



Canadian International
Development
Scholarships 2030

Université 
de Montréal

Training workshop

Deepen self-awareness to initiate change



Knowing yourself is an important part of building a successful career and a meaningful life. Understanding your strengths, values, beliefs and areas for growth can help you set achievable goals and make decisions that bring you closer to achieving them.

This interactive training series is designed specifically for BCDI 2030 Scholars. Through five two-hour online workshops you will explore key concepts through a mix of theory, personal reflection exercises and group discussions.

You will:

- **Discover** your self-image, personality and values.
- **Understand** the importance and impact of emotions.
- **Identify** your communication style and how it shapes your interactions with others.
- **Learn** how to navigate change with confidence and embrace it as an opportunity for growth.
- **Explore** the concept of agency and how it can empower you to become a leader and an agent of change.

Why participate?



Get to know yourself better and understand what motivates you.



Identify your core values, interests, strengths and areas for growth.



Set achievable goals that reflect your values and aspirations.



Develop practical strategies to help you turn your goals into action.

Visit the BCDI 2030 Scholars' platform, [ConnecT](#) to learn about upcoming sessions and register.

For any questions please contact info@BCDI2030.ca.