

TRUE NORTH:

LEADERSHIP MOMENTS AND KICKING DOWN DOORS

TOP 10 that guides my breathing, living and being

1. Be kind, generous and forgiving to self.
2. Everything is not difficult, but not always easy
3. Time is limited – Don't wait and kick it down (respectfully).
4. Value your time vs ROI
5. Filters – Value 'inconvenient truth' from ones that deserve your Trust
6. Diversity in Network and Community – Friendships, perspectives and voices
7. Confidence in your Ability – Grit, Courage and Lots of Laughs
8. Learning and Growth - is a Journey and not Pit Stops
9. Self-Awareness – Emotional Intelligence, ask for help and your Brand
10. Results – Always 'Day One' with a sense of urgency

Sophia Leong – Brief Bio

Sophia Leong is Executive Lead, Development & International Relations, at the University of Ottawa and Global Advisor on Executive Development for Canadian Advanced Technology Alliance. She was previously Executive Director of uOttawa's Executive MBA program and successfully led the program to achieve two consecutive #1 global position, ranked by CEO Magazine. She successfully exited from two technology start-ups and currently serves as director/advisory board member of a few start-ups. Sophia is also a member of the Council of the Royal College of Physicians and Surgeons of Canada.

She has extensive strategic and management experience and a recipient of numerous awards for outstanding contribution during her time at Nortel Networks and Nortel Technology. Sophia is a frequent speaker on innovation and leadership on local, national and international platform.