



Strengthening leaders,
nonprofits and communities



SUFU Leadership Development Program Program Application

Speaking Up for Us (SUFU) is offering a Special Leadership Training program that will help you learn problem solving and decision making, and how to be a leader. This training will help you gain the confidence and skills needed to advocate for yourself and others.

*Because this program is so special you need to be nominated to participate.
Congratulations on being nominated to participate in this program!*

This training is a three-day program, taking place in Bangor on March 31, April 20, and May 27, 2015, from 9:00 – 3:00 each day. Please check to be sure that you can attend all three sessions, since each day is important to your learning. Transportation and meals will be provided. (We have not determined where in Bangor yet.)

SUFU will be scheduling two follow-up meetings after the three trainings, so you can see each other again and talk about what you are doing with what you have learned. We will let you know those dates.

There is a fee of \$15 for SUFU members or \$25 for non-members (with \$10 of the \$25 going to your new SUFU membership).

I am looking forward to working with you,

Tucker Conley
Chairperson: SUFU Leadership Development

To apply please answer the following questions to help know you better.

Your name:

Date of Birth (month, day and year you were born):

Home address:

Email Address (If you have one):

Phone number where we can reach you or leave a message:

To apply please answer by putting an X in either the Yes or No Line:

- Can you attend all three days of the training? ___ Yes ___ No
- Will you try to use what you learned in this training in your community? ___ Yes ___ No
- Can you pay the program fee of \$15 for SUFU members and \$25 for non-members (\$10 of the \$25 goes to your new SUFU membership)? ___ Yes ___ No
- Are you willing to participate in an interview before being selected into the program (either in person or on Skype or GoToMeeting)? ___ Yes ___ No

Please answer the following questions with information about yourself.

1. Why do you want to be part of the SUFU Leadership Training?

2. Tell us something you are good at.

3. Tell us about ways that you are presently a leader or have been a leader in the past.

4. What are the barriers that you may have experienced being a leader?

Steps in completing your application:

- Complete the application form and mail in by:
February 27, 2015
- Include either \$15 or \$25 with this application.

Thank you very much! We look forward to meeting with you for your interview. You'll be hearing from us soon to set a date for that meeting.

Please mail the completed application and payment to:

SUFU

PO Box 6320

Cape Elizabeth, Maine 04107