

# THE STRIDE



## The Stride FAQs

### 1. How does The Stride work?

The Stride provides a platform that engages participants in a 3-step process of learning, ideation and action. The Stride is not a passive learning experience, your participation and willingness to contribute are key to your success in the program. Striders are content curators and program architects.

- **STEP 1 - Learning & Awareness (Task Forces & Leadership Up-Close)**

Striders select one of four Task Force groups to be part of. Each group is responsible for curating 3-4 learning experiences about a specific topic. The entire cohort is then invited to participate in these events.

- **STEP 2 - Ideation (Reflection Salons)**

Reflection salons are opportunities for Striders to reflect on what they have learned and experienced over the past quarter and ask themselves the question “what can I do about this issue?”. This is the first step in building collaborations with other Striders or community organizations to generate tangible action.

- **STEP 3 - Action (Legacy Projects)**

Supporting tangible action in community, the Legacy Projects Grant is a fund that has the ability to take Strider’s ideas to reality. Striders might develop a community project on their own, or support an organization to access these funds for an existing project that aligns with The Stride’s mission and vision.

### 2. What topics and issues do you talk about?

The Stride focuses on community issues that are timely and relevant to Calgary. Topics are rooted in learnings from the Calgary Foundation’s Vital Signs report. The core topics are intentionally broad to allow for focus to be placed on specific issues as they evolve over time. The core topics are:

- Arts & Culture
- Environment & Sustainability
- Equity & Inclusion
- Seniors & Aging
- Indigenous Relations
- Mental & Physical Health
- Newcomers
- Poverty & Homelessness
- Transportation & Infrastructure
- Youth



Each year Striders are invited to focus on four core topics.

### **3. What if I can't attend every event or meeting?**

The Stride relies on the energy and contributions of its members to create an exceptional experience and lasting impact. The more you show up and contribute, the more you will get out of the program. However, we recognize that everyone has busy schedules and everyone's schedule is different. Expect events and meetings to be scheduled at a variety of different times - weekdays, evening and weekends. We would never expect that every Strider can make it to every event. If you can attend one event per month you will likely have a very positive experience in the program.

### **4. What are Legacy Projects?**

Legacy Projects are your opportunity to leave your mark on Calgary in a very positive way. We strongly encourage Striders to be the architects and champions of these projects. Striders might identify an organization they want to support and develop a project collaboratively with that organization, or that organization might already have a project they are hoping to find funding for.

These could be physical projects, such as renovating a space to be more user-friendly for the organization's client base, or upgrading equipment or infrastructure to provide better services. The funds could also be used to pilot a new program or service offering.

### **5. What are some examples of Task Force events?**

A Task Force event could be a "lunch 'n' learn" with a subject matter expert, or a group volunteer experience. It could be attending a cultural event, followed by a facilitated discussion. Events are intended to provide a varied experience, from academic to experiential. Past events have included:

- A volunteer morning at Brown Bagging it for Kids Calgary
- A discussion with Indigenous Elders and representatives from Awo Taan Healing Lodge about Missing and Murdered Indigenous Women and Girls followed by attending the Making Treaty 7 Society's play *Kiitistsinnonicks*
- A panel discussion on Accessibility and Inclusive spaces in Calgary attended by subject matter experts, City Councillors, individuals with lived experience and business owners.

### **6. Are there options for fee assistance?**



The program annual fee is \$1,000.00. This fee covers all Stride activities and events, and provides the budget for each Task Force group to plan and execute events. Monthly payment plans and fee assistance options are available. Please contact the Program Administrator at [info@thestrider.ca](mailto:info@thestrider.ca) for more information.

**7. I'd like my organization to consider The Stride as part of my professional development. How can I make that case?"**

The Stride is an excellent professional development opportunity for organizations who wish to increase their knowledge about social and community issues to gain an understanding of how these issues could impact them or how they could contribute to addressing this issue.

In fact, in a survey done by Ripplemarch of Generation Z job seekers, respondents ranked a company's social impact initiatives higher than company prestige and equal to compensation when deciding on where they want to work.

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**9. What's in it for me?**

The Stride provides a unique learning and growth experience unlike any other in the City. It is a multi-faceted program that offers both tangible and intangible outcomes for participants.

- **Connection** - above all The Stride provides the opportunity for individuals to connect with their community, their city and their peers. These connections foster a sense of belonging and well-being and inspire Striders to get involved in building an amazing place to live, work, and play

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- **Personal and professional growth** - The Stride provides numerous opportunities for participants to initiate action in both their personal and professional spheres that have the potential to lead to positive change. This may be spearheading a fund-raising campaign in your office or starting a wellness club for co-workers that supports mental health in the workplace. It might be making small changes in your personal life that support sustainability and energy savings. It might be making that one new connection in your network that opens a new door for you.
- **Leadership development** -The Stride is a “leadership by doing” program. It’s not a workshop on delegation skills or time management, it will provide you with the actual opportunity to delegate and manage your (and your group’s) time. It will provide you with the opportunity to learn how to lead by taking on leadership roles in a safe and supported environment.
- **Knowledge of your city and the issues impacting it** - whether you work in the corporate sector, the non-profit sector, or are a small business owner, understanding the issues that impact your city only enhances your ability to be an active contributor. The Stride offers participants the opportunity to understand current trends and impacts of social issues and how they can best position themselves, and the organizations they work for, to navigate and respond to these issues and trends