Limitless LEADERSHIP. NEWSLETTER

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LEARNING COMMUNITY. LEARNING LEADERSHIP.

Fran Verzosa brings a global-local perspective to 2026-27 Limitless Leadership cohort.

Fran Verzosa's earliest leadership memory is the summer of 3rd Grade, spending countless hours playing teacher to neighborhood childhood friends who happily gathered to do English and Science lessons together. The joy she experienced helping others and creating learning communities as a child would become a driving force in her life. Fran also credits moving to St. John's from the Philippines at the age of 12 as an experience that was fundamental to her leadership outlook.



Fran moved to NL from the Phillipines at age 12 and has used leadership as a way to establish connections.

"This transition has shaped how I understand community, belonging and the significance of creating spaces where people feel welcomed and empowered. After moving to St. John's, being involved in school and volunteering became my way of building new ground and connections. It has taught me the value of connection, the importance of learning from others and how much we can grow when we support each other."

Now in the final year of a BA in Psychology and Gender Studies program, Fran has interests in healthcare and education, with a focus on 2SLGBTQIA+ and newcomer communities. "I see myself leading research and advocacy initiatives that challenge inequalities and create meaningful change. Whether that be in healthcare, education or policy making, I want to build spaces where people feel heard and valued, especially for those who feel like they can't be a leader. With this program, I'm confident I'll be able to grow more."

Her passion for creating and supporting learning communities is evident in the groups who have already benefitted from her dedication. She credits organizations and initiatives such as the O'Brien Farm Foundation, Thrive CYN and the Rabble Rousers project, among others, for opportunities in leadership, collaboration and outreach. "Having worked alongside community partners and community initiatives, I discovered that I can lead. And what is beautiful about leadership is that the growth is limitless," she said.

"It's hard to envision yourself in a space where there's not a lot of people who are like you. Through this program I hope to become a more confident and intentional leader. I hope that the skills I learn will help me cultivate a space where women and folks from underrepresented communities can thrive and be able to see the leaders within themselves."

Being part of a program like Limitless Leadership has only reinforced Fran's commitment to learning through and with others.

"My peers have taught me that leadership can take many forms. No one is greater than the other. Each one has unique strengths and ways of making a meaningful impact. Each form of leadership offers something to learn from," said Ms. Verzosa.

INTRODUCING: OUR 2026-27 COHORT

Limitless Leadership kicked off the year with an evening of connection, celebration and inspiration as participants, alumni, and community supporters gathered to welcome the new cohort.

MEET THE COHORT



2026/27 Limitless Leadership Cohort







Snapshots from the Fall 2026 Program Kickoff Celebration

ALUMNI SPOTLIGHT

From Participant to City Councillor: How One Limitless Leadership Alumni is Shaping the Future of St. John's

My leadership journey started at a young age. I was always looking for ways to get involved, bring people together, and make my community a little better. As I grew older, my interest in politics grew with me. I began to notice how often women and young people were missing from the rooms where important decisions were being made. I wanted to understand that gap, but I also wanted to be part of changing it.

Limitless Leadership gave me the push I needed to believe that I could.

The program challenged me in ways I did not expect. It introduced me to women and gender-diverse leaders who were not only doing incredible work, but who were willing to share their experiences, lessons, and challenges with us. It gave me the confidence to take up space, ask for more, and imagine a future where I could make a meaningful difference. Most importantly, it showed me that leadership is not about having all the answers. It is about having the courage to step forward and bring others with you.

Since completing the program, I have run for and been elected to St. John's City Council, becoming the youngest Councillor in the city's history. I have continued to advocate for greater representation in politics and to encourage more women and young people to see themselves as leaders, candidates, and decision-makers.

The lessons, confidence, and community I gained through Limitless Leadership continue to shape how I lead, the spaces I create for others, and my commitment to bringing more women and young people into politics.

Kate Cadigan, 2024/25 Limitless Leadership Cohort



Kate Cadigan
BA (Political Science) '25
City Councillor, City of St. John's



Participants share their leadership symbol as part of "Best Practices for Leadership" (September 2026).

FALL 2026: A SEMESTER OF GROWTH

Fall 2026 has marked another exciting chapter for Limitless Leadership. Participants are exploring leadership competencies through interactive workshops, facilitated discussions, self-reflection activities, networking opportunities, and one-on-one coaching with certified executive coaches. Coaching sessions provide space for reflection, goal setting, and personalized leadership development. Participants are also engaging in their Cornerstone Project groups and will apply learning to real-world challenges while strengthening collaboration and problem-solving skills.

Looking ahead, the Winter term will introduce the signature Leadership Exchange Series. This series brings together participants and accomplished leaders from across industries and sectors who generously share experiences and insights from their own leadership journeys. Each session explores a leadership theme through candid conversations, and small-group discussions, allowing participants to engage directly with each speaker, ask questions, and build meaningful professional connections.

LEADERSHIP EXCHANGE SERIES

Interested in inspiring the next generation of women leaders?

We're seeking speakers for our Winter 2027 Leadership Exchange Series. Please review the listed topics and reach out if you'd like to share your insights!

Email Sarah Bartlett at limitlessleadership@mun.ca for more information on the upcoming Exchange Series.

Leading Without the Title
Exploring how influence, initiative, and leadership can be demonstrated from any role.

Leading Through Challenging Moments
Navigating uncertainty, overcoming setbacks, managing difficult conversations, and leading with confidence through challenging situations.

The Leadership Balancing Act
Honest conversations about navigating competing priorities, managing expectations, and maintaining well-being while leading.

Allies In Leadership
Examining the critical role of active allyship in creating inclusive workplaces, building supportive networks, and empowering emerging leaders.

LOOKING AHEAD: PLANNING FOR 2027-28

In the fast-paced rhythm of the university semester, planning for what's next begins long before the current year concludes. As our participants prepare for the exciting opportunities ahead in the Winter term, we have already begun laying the groundwork for the 2027/28 Limitless Leadership program year.

Over the coming months, our team will be focused on recruitment and participant selection, engaging with community supporters, and refining the program to ensure Limitless Leadership continues to meet the needs of emerging women leaders. We will also be working alongside our program participants, Advisory Board, alumni, and coaches to enhance the participant experience and identify new opportunities for learning and connection. The continued success of Limitless Leadership is a reflection of our many champions who believe in investing in women's leadership.



Leadership Exchange Series, Winter 2026.



KNOW AN EMERGING LEADER?

Applications for the 2027/28 Limitless Leadership cohort will open early in 2027. If you know an undergraduate woman who demonstrates leadership potential and is looking to grow her confidence, expand her network, and develop as a leader, we encourage you to share this opportunity with her.

More details shared on our website.

MESSAGE FROM ADVISORY BOARD CHAIR



Peg Hunter
B.Comm. (Hons.) (Co-op.) '82
Chair, Advisory Board

Welcome to the first edition of the Limitless Leadership Program newsletter!

Limitless Leadership was created with a bold goal: to increase the long-term participation of women in leadership by accelerating the journeys of high-potential undergraduate women.

Now in its third year, 25 young women from all faculties and schools at Memorial University are invited to participate because they have already demonstrated leadership talent and impact in their communities. Our focused two-term program of leadership development, executive coaching, experiential learning, and professional networking introduces them to leadership concepts and experiences years before they otherwise might.

How many of us have said of our own careers, "If only I knew then what I know now…"?

There is no doubt this award-winning program will influence these women's leadership trajectories for years to come. And so can you.

Join a growing community investing time, talent, and treasure in the next generation of women leaders. Speak on a panel. Have coffee with someone interested in your field. Offer a seat at an industry conference. Share this newsletter—or, if you can, donate.

The program is 100% donor-funded, and we are building a fund to sustain it for at least 10 years. A committed group of donors has stepped up to this challenge, but there is still much to do. In whatever way you can, we invite you to help build what comes next.

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City Councillor, Past Participant Seat (June 2026-May 2027)

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CEO, Advantage St. John's

UPCOMING EVENTS

Fall Networking Event
November 25th, 2026

Limitless Leadership Alumni Holiday Social
December 18th, 2026

Leadership Exchange Series
January 2027 - March 2027

2027/28 Applications Open
January 25, 2027

26/27 Year-End Celebration
March 24th, 2027



Limitless
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To learn how you can donate or get involved, contact:
Sarah Bartlett, Program Manager
limitlessleadership@mun.ca

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