**Developing leadership capabilities**

• **Leadership shadowing**: Observe mentors in leadership roles to learn effective decision-making, team motivation, and conflict resolution within dental practices, educational institutions, or public health programs.

• **Leadership scenarios**: Analyse and discuss real or hypothetical leadership challenges such as managing team dynamics, navigating change, or responding to ethical dilemmas in the workplace.

• **Project leadership**: Take the lead on small initiatives like organizing a community event, implementing a new clinic protocol, or coordinating a student study group to develop practical leadership experience.

• **Leadership courses**: Enrol in short courses or certificate programs in topics like strategic leadership, emotional intelligence, or health care management offered by universities or professional associations.

• **Mentorship and peer coaching**: Serve as a mentor or peer coach to support colleagues’ growth, reinforcing your own leadership skills in listening, goal-setting, and giving constructive feedback.

• **Committee or association involvement**: Join a local or national dental association committee, taskforce, or board to participate in decision-making and represent the voice of oral health practitioners.

• **Reflective practice journals**: Keep a leadership journal to reflect on situations where you influenced outcomes, handled challenges, or identified growth opportunities.