

# Schedule for Advanced Peer Leadership Training

Time	Length	Training Modules
9:00AM – 9:15AM	15 min	<b><i>Registration, Networking &amp; Breakfast</i></b>
9:15AM – 9:30AM	15 min	Welcome and Introductions, Health and Wellness Themes, & Agenda
9:30AM- 9:45AM	15 min	Team Builder 1
9:45AM – 10:00AM	15 min	Personality Types
10:00AM – 10:45AM	45 min	Leadership Styles
10:45AM – 10:55AM	10 min	<b><i>Snack Break</i></b>
10:55AM – 11:10AM	15 min	Team Builder 2
11:10AM – 12:10PM	60 min	Creating and Delivering Presentations
12:10PM – 12:50PM	40 min	<b><i>Lunch/ Networking</i></b>
12:50PM – 1:25PM	35 min	Resiliency, Grit, Growth Mindset
1:25PM – 2:10PM	45 min	Self-assessment and Communicating Feedback
2:10PM – 2:40PM	30 min	Team Builder 3
2:40PM – 2:50PM	10 min	<b><i>Snack Break</i></b>
2:50PM – 3:00PM	10 min	Mindful Meditation
3:00PM – 3:35PM	35 min	Emotional Intelligence
3:35PM – 4:00PM	25 min	Reflection, Evaluation, and Wrap-up