

Schedule for Foundational Peer Leadership Training

Time	Module
9:00AM – 9:15AM 15 min	<i>Registration, Networking & Breakfast</i>
9:15AM – 9:50AM 35 min	Welcome, Introduction and Overview of The Colleges
9:50AM – 10:05AM 15 min	Roll the Dice Break the Ice
10:05AM – 11:20AM 75 min	Leadership 101
11:20AM – 11:30AM 10 min	<i>Snack Break</i>
11:30PM – 12:20PM 50 min	Campus Resources
12:20PM – 1:00PM 40 min	<i>Lunch</i>
1:00PM – 1:45PM 45 min	Building a Successful and Effective Consultation/Mentorship Session
1:45PM – 1:50PM 5 min	<i>Stretching</i>
1:50PM – 2:20PM 30 min	Communicating Professionally with Peers, Staff and Profs
2:20PM – 2:30PM 10 min	<i>Snack Break</i>
2:30PM – 3:15PM 45 min	Taking Care of YU
3:15PM – 3:20PM 5 min	<i>5 Minute Meditation Session</i>
3:20PM – 4:15PM 55 min	Oral Communication
4:15PM – 4:25PM 10 min	Evaluation and Wrap-up