Leadership LIVE 2016 2017

A series of workshops, special events, and community service opportunities designed to further your leadership development.

Jefferson.edu/LeadershipLIVE
The community service aspect was a true highlight. Service brings people together in a unique way. Reflecting afterward helped me identify why this experience was so meaningful. I learned how leadership can take on different forms in different individuals. All of us are capable of this greatness.

— Samantha Melonas,
Jefferson College of Health Professions,
Department of Physician Assistant Studies
The Leadership Team expresses its thanks to the Farber Foundation for its generous continued support of the Leadership LIVE program.
Leadership LIVE Guiding Statements

Philosophy/Key Assumptions

• Leadership development should be accessible and inclusive
• Leadership is a process rather than a position
• The program is informed by the Leadership Identity Development Model
• Each individual has the capacity to develop and practice leadership within multiple contexts

Mission

The mission of Leadership LIVE is to promote leadership as an integral aspect of higher education. We strive to empower students to be ethical leaders in the healthcare industry and the global community, teaching them that leadership is a process, not just a position. Leadership LIVE fosters an awareness of self and others, the value of teamwork, and an understanding of living and leading in diverse contexts.

Learning Outcomes

By participating in this program students will be able to:
• Increase awareness of self and others in relation to leadership
• Demonstrate the skills necessary to work collaboratively
• Discuss theoretical and practical knowledge about leadership
• Understand leadership as a process
• Identify opportunities to enhance leadership development
• Engage in leadership behaviors
Curriculum

The Leadership Team designs the Leadership LIVE program each academic year to ensure that all of the core concepts below are integrated. While individual sessions may reflect one or more of the core concepts, the program as a whole reflects the curriculum in its entirety.

I. DIVERSITY
   Diversity in leadership styles • Diversity among team members • Collaborating in a global workforce

II. INTEGRITY
   Excellence • Ethical standards • Professionalism • Respect

III. PERSONAL AND PROFESSIONAL DEVELOPMENT
   Self-awareness • Leadership as a learned behavior • Networking • Motivation of self and others • Professional organizations • Mentoring

IV. PRINCIPLES OF LEADERSHIP
   Creativity • Stylization • Qualities of a leader

V. SERVICE
   Commitment to leadership outside of the workplace • Community service • Being a role model

VI. TEAMWORK
   Communication • Assertiveness • Conflict resolution • Being a change agent • Working with strengths

Register for Leadership LIVE!

To register, simply visit: http://jefferson.edu/LeadershipLIVE

• Many sessions are offered twice, once in the afternoon and once in the evening. Please attend whichever offering accommodates your schedule.

• There is no charge to participate in Leadership LIVE

• Program is open to all matriculated students at Thomas Jefferson University
Leadership LIVE Program Calendar

Please refer to the corresponding sections in this brochure for detailed information on sessions and service activities.

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<tr>
<th></th>
<th>Session Time 12-1 pm</th>
<th>Special Event 5:30-7:30 pm</th>
<th>Service Activity</th>
<th>Leadership Portfolio Submission Deadline</th>
<th>Leadership Ceremony 5-8 pm</th>
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| DECEMBER 2016 |                     |                             |                  |                                          |                             |
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| JANUARY 2017 |                     |                             |                  |                                          |                             |
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| MARCH 2017 |                     |                             |                  |                                          |                             |
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| APRIL 2017 |                     |                             |                  |                                          |                             |
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Leadership LIVE Participation

### Recognition Opportunities

**Leadership Certificate**

Participants who earn at least eight leadership credits during the 2016-17 academic year will receive a Leadership Certificate. Earning your Leadership Certificate is a great accomplishment to highlight on your resume and reference in your future job interviews. Even more importantly, your participation in the Leadership LIVE program can benefit you throughout your professional career.

**Leadership Ceremony**

Participants who earn at least eight leadership credits during the 2016-17 academic year will be invited to attend the Leadership Ceremony on Wednesday, April 12, 2017, where Leadership Certificates will be presented.

**Leadership Transcript**

All participants will have the option of receiving a Leadership Transcript at the end of the academic year. The Leadership Transcript will provide you with a detailed record of your participation in the program, listing the specific sessions you attended during the year.

*Leadership Credits do not transfer over from one academic year to the next.*
Leadership LIVE Sessions Information

Room locations for the spring semester will be communicated via email and will be posted on the Leadership LIVE website.

The abbreviation “LC” indicates the number of Leadership Credits for each session. Leadership Credits are determined by the content of a session in relation to the length of the session. Some sessions may be the same length of time but be worth a different number of Leadership Credits as they are weighted differently due to the content and learning experience.

1. Getting Started: Beginning Your Leadership Journey (1 LC)*

* Presenters: Jennifer Fogerty, MSEd and Jennifer M. Gronsky, MA

Leadership Curriculum: Personal and Professional Development, Principles of Leadership

Monday, September 26 | 12 pm to 1 pm | JAH, Room 207

Tuesday, September 27 | 5:30 pm to 6:30 pm | JAH, Solis-Cohen Auditorium

Wednesday, September 28 | 12 pm to 1 pm | JAH, Atrium

In this first session, we will provide an overview of the Leadership LIVE program and engage in a discussion on the many definitions and philosophies of leadership. From there we will transition into a conversation on values and self-awareness, a foundational topic in leadership. Self-awareness is essential for leaders, and one way to increase your self-awareness is through knowing your values and reflecting upon how they influence your beliefs and actions. We’ll briefly discuss the principles of values-based leadership and lead participants through an activity to identify their core values.

* Note: Some content for this first session will be similar to last year, so you may not wish to repeat this session if you previously attended.

“As a medical student we often hear about leadership being teamwork and working with other medical professionals who are not doctors, but we rarely get to have that actual interaction. Leadership LIVE gave me that opportunity at a time that worked for me, to really learn about working well with groups.”

– David Halpern, Sidney Kimmel Medical College
2. Social Justice: Identifying and Interrupting Our Everyday Biases (1LC)

Presenter: Everette Nichols, MA

Leadership Curriculum: Diversity, Integrity, Personal and Professional Development

Monday, October 10 | 5:30 PM to 6:30 PM | JAH, Atrium

Tuesday, October 11 | 12 PM to 1 PM | JAH, Atrium

Understanding social justice issues from different perspectives is important when working with diverse groups of people. As leaders in healthcare you will undoubtedly be working with people from different socioeconomic backgrounds, races, ethnicities, religions, etc. than your own. This workshop will address identity and how it affects our interpersonal relationships. Participants will walk away with tools to help identify and interrupt our everyday biases to create a more welcoming and socially aware healthcare environment.

3. I Might be Willing to Consider...: Negotiation for Young Professionals Today (1LC)

Presenters: Kenneth Lastowka, MS and Reema Shah Kanzaria, JD

Leadership Curriculum: Integrity, Personal and Professional Development, Principles of Leadership

Monday, October 24 | 12 PM to 1 PM | JAH, Brent Auditorium

Tuesday, October 25 | 5:30 PM to 6:30 PM | JAH, Solis-Cohen Auditorium

Negotiation is embedded into our daily lives both consciously and subconsciously. In this session, students will gain an understanding of the importance of negotiation in leadership, as well as negotiating with superiors, colleagues, customers, and other business relationships. Students will leave this session with a toolbox of steps, techniques, and tips to negotiate successfully. Through hands-on activities and discussion, students will work to develop a negotiation plan and/or see firsthand how leaders negotiate through a problem.
4. WE Over ME: How Leaders can be Effective Team Members to Achieve Group Success (1LC)

*Presenter: Matthew Bonder, MEd*

*Leadership Curriculum: Diversity, Personal and Professional Development, Principles of Leadership, Teamwork*

*Monday, November 7 | 5:30 PM to 6:30 PM | JAH, Solis-Cohen Auditorium*

*Wednesday, November 9 | 12 PM to 1 PM | JAH, Brent Auditorium*

This interactive session will focus on how individuals can be leaders regardless of their title or position on a team. The importance of communication, teamwork, and understanding the perspectives of others will be discussed. Participants will engage in a number of activities designed to help cultivate their own leadership and communication style while working as part of a team towards a unified goal. The goal of this session is to provide participants with a safe space to foster connections with others and become comfortable with the idea of working in interdisciplinary teams to serve a diverse population of patients and clients.

5. Oxfam Hunger Banquet (2 LC)

*Facilitators: Kaitlyn Delengowski, MPA, Rebecca LeFevre, MSL, Jennifer Ravelli, MPH, and Lisa Vernaza, MPA*

*Leadership Curriculum: Diversity, Integrity, Personal and Professional Development*

*Tuesday, November 15 | 5:30 PM to 7:30 PM | JAH, Atrium*

This interactive and impactful session will include a dining experience where participants are randomly assigned to upper, middle, or lower class income groups representing the actual current distribution of wealth in our country. Participants will learn more about hunger, poverty, socioeconomics, the distribution of wealth in the United States, and resource access and its impact on nutrition. This event is designed to give students a deeper understanding of these issues to foster their ability to demonstrate an important leadership quality, empathy, when encountering individuals from different socioeconomic backgrounds.
6. This I Believe: Developing Your Personal Mission Statement (1LC)

*Presenters:* Anna Miller, MBA and Colleen Dempsey, MS, RT(R)

**Leadership Curriculum:** Personal and Professional Development, Principles of Leadership

**Monday, December 5 | 12 PM to 1 PM | JAH, Brent Auditorium**

**Tuesday, December 6 | 5:30 PM to 6:30 PM | JAH, Solis-Cohen Auditorium**

A mission statement forces you to think deeply about your life, clarify the purpose of your life, and identify what is really important to you. It imprints your values and purposes firmly in your mind so they become a part of you rather than something you only think about occasionally. This session will give participants the opportunity to identify the beliefs that underlie behaviors and to inspire conversations about points of connection. Participants will actively draft a personal mission statement within the context of NPR’s *This I Believe* series.

7. Coaching and Mentoring: Developing Leadership and Learning Through Peer Support (1LC)

*Presenter:* James Dyksen, MSEd

**Leadership Curriculum:** Personal and Professional Development, Principles of Leadership, Service

**Tuesday, January 10 | 5:30 PM to 6:30 PM | Room Location TBD**

**Wednesday, January 11 | 12 PM to 1 PM | Room Location TBD**

Good coaching is focused on eliciting and developing the abilities of others and helping others realize their best potential. The ability to coach or mentor is an important characteristic of good leadership. Working with others in this way also encourages learning for all participants. This session will focus on the value of coaching as an opportunity to serve others and to develop personally, academically and professionally. Participants will obtain information about coaching, mentoring, or similar opportunities across campus.

“I was happily surprised to find out how much self-reflection and thought provoking activity could be accomplished in short one hour sessions. Not only did I learn about myself and how I behave or want to behave as leader, I learned about the diversity of students around me at Jefferson and in our Philadelphia community.”

— Jennifer Polo, Jefferson College of Nursing
8. Standing Up & Stepping In: Intervention Techniques for Future Healthcare Leaders (1LC)

Presenters: Jennifer Fogerty, MSEd and Kenneth Lastowka, MS

Leadership Curriculum: Integrity, Personal and Professional Development, Principles of Leadership

Monday, January 23 | 12 PM to 1 PM | Room Location TBD
Tuesday, January 24 | 5:30 PM to 6:30 PM | Room Location TBD

As students, adults, and professionals there will be instances when things occur that we are not comfortable with. These could be unsafe clinical practices, inappropriate behaviors or discrimination in a healthcare setting or in everyday life. Leaders need to be able stand up and step in to intervene in an appropriate and effective way. This session will teach students how to intervene in ways that are safe and work with their personal style.

9. How To Burn Bright Without Burning Out: Understanding the Connection Between Living Well and Leading Well (1LC)

Guest Presenter: Deanna Nobleza, MD

Leadership Curriculum: Integrity, Personal and Professional Development

Monday, February 6 | 5:30 PM to 6:30 PM | Room Location TBD
Tuesday, February 7 | 12 PM to 1 PM | Room Location TBD

The typical health professional’s lifestyle is demanding and depleting so it’s important for students to be proactive about their emotional health and well-being. In this session, students will learn to recognize signs and symptoms of burnout and develop effective ways to tackle it (and better yet, prevent it). Students will be introduced to the PERMA model of wellbeing, a theory of Positive Psychology, and will learn about a variety of self-care/stress management techniques to customize their own “coping toolboxes.” Students will better understand how failure to attend to one’s own wellness can negatively affects one’s ability to lead, and how taking better care of oneself can allow you to be a more energetic, productive, and inspiring leader.

“I am confident that what I learned from Leadership LIVE will help me in my future career as a pharmacist and in my interactions with other health care professionals.”

– Ashley Maister, Jefferson College of Pharmacy
10. The Leadership Journey: Challenges, Opportunities, Career Paths, and Lessons Learned (2LC)

Facilitators: Reema Shah Kanzaria, JD, Anna Miller, MBA, and Marybeth E. Pavlik, MSN, RN

Leadership Curriculum: Integrity, Personal and Professional Development, Principles of Leadership

Tuesday, February 21 | 5:30 PM to 7:30 PM | Room Location TBD

Meet participants of Jefferson’s Leadership Academy* as they share the key moments, decisions, and skills that brought them to their current role in the fields of healthcare or research. What has led to their success? What can you do now as a student to prepare for your career? Join us for this special event as the panelists share their leadership journeys and provide advice and insight to our future healthcare professionals. The program will feature a facilitated panel followed by networking reception.

*The Leadership Academy is an intensive 10-month program to develop senior administrative and faculty leaders who will work collaboratively to drive Jefferson’s business strategy and organizational transformation.

11. Culture and Diversity: Be a Leader Who Fosters Cultural Diversity in Your Organization (1LC)

Presenters: Colleen Dempsey, MS, RT(R) and Jennifer Ravelli, MPH

Leadership Curriculum: Diversity, Integrity, Personal and Professional Development, Principles of Leadership, Teamwork

Tuesday, March 14 | 12 PM to 1 PM | Room Location TBD

Wednesday, March 15 | 5:30 PM to 6:30 PM | Room Location TBD

Culturally competent leaders create culturally competent institutions. It is crucial for leaders of today and the future to recognize the power and influence of culture and diversity. In this session participants will identify the skills and attributes needed to lead in a culturally diverse society. Participants will reflect on their own communication and leadership skills to discover how they have been influenced by their own culture and how they can leverage the rich resources of a diverse organization.
12. Listen Up & Talk Back: Collaboration in the Multi-Generational Workplace (1LC)

*Presenter: Chris Miciek, MA*

**Leadership Curriculum:** Diversity, Teamwork

**Monday, March 27 | 12 PM to 1 PM | Room Location TBD**

**Tuesday, March 28 | 5:30 PM to 6:30 PM | Room Location TBD**

The odds are that you will find yourself working alongside members of three or even four different generational cohorts. Having an understanding of some of the defining experiences of each generation and the corresponding general tendencies of that cohort can aid you in effectively navigating the range of expectations and communication styles you will encounter. Through intentionally shaping your own communication, you can enhance your effectiveness as a leader by creating clarity and fostering a more collaborative work environment.

**Leadership Portfolio (2 LC)**

*Facilitators: James Dyksen, MSEd and Chris Miciek, MA*

**Leadership Curriculum:** Personal and Professional Development, Principles of Leadership

The Leadership Portfolio option provides students with an opportunity to illustrate their leadership development through a compilation of their leadership learning and experiences. A Leadership Portfolio is an ongoing reflection of the individual accomplishments, skills, activities, programs and other related experiences that have contributed to personal leadership development. Students can use a leadership portfolio when they need to demonstrate their leadership abilities, such as in a job or internship interview. The portfolio will include a personal statement on leadership, resume, listing of leadership experiences, reflective essays on leadership experiences, and an essay on leadership growth. Students can access detailed information on the Leadership Portfolio by visiting [www.jefferson.edu/LeadershipLIVE](http://www.jefferson.edu/LeadershipLIVE). The deadline for submission of the Leadership Portfolio is **March 15th**.

“I loved the opportunity to reflect upon my current leadership foundation and take experiences in Leadership LIVE and bring them into my future career as an OT.”

— Lauren Morosky, Jefferson College of Health Professions
Leadership in Action: Serving the Community (2 LC)

Leadership Curriculum: Diversity, Integrity, Personal and Professional Development, Principles of Leadership, Service, Teamwork

Service is an important component of leadership. This session will provide participants with the opportunity to actively engage and reflect upon a service opportunity within the community. A variety of service opportunities will be offered during the fall and spring semesters. Students may select the one that best fits with their own goals and personal philanthropy.

Students who complete a service activity AND complete the corresponding online reflection within one week of the service activity will receive TWO Leadership Credits (2LC). Registration is on a first-come, first-serve basis; all students must sign-up in advance to participate. Due to popular demand, students may only be able to participate in one service activity per year. However, if space is available in a service activity and no additional students are volunteering, a student may sign up for a second service activity.

Please note that a maximum of two Leadership Credits will be awarded regardless of the number of opportunities completed.

Fall Semester Service Activities

United by Blue Schuylkill River Clean-up | Tuesday, October 4 | 4 PM – 6 PM
Cradles to Crayons | Saturday, October 8 | 10 AM – 12 PM
Veterans Affairs Medical Center (VAMC) | Saturday, October 22 | 1:45 PM – 4 PM
MANNA | Sunday, November 6 | 9 AM – 12 PM
Ronald McDonald House of Southern NJ | Friday, November 11 | 4:30 PM – 7:30 PM
Sunday Breakfast Rescue Mission | Saturday, November 12 | 9:30 AM – 1 PM
St. Peter’s Churchyard Gardeners | Sunday, November 20 | 12 PM – 4 PM
Philly AIDS Thrift | Thursday, December 1 | 4:30 PM – 8 PM

Spring Semester Service Activities

Our spring service activities will be finalized later in the fall semester. Updates will be posted on the above referenced Service Activities page of our Leadership LIVE website.

An email will be sent to all students registered for the Leadership LIVE program with additional details on each of the service activities and instructions on how to sign up. You may also visit the Service Activities page of our Leadership LIVE website for additional information www.jefferson.edu/LeadershipLIVE.
2016 – 2017 Leadership Team

The Leadership LIVE program is coordinated by the Programming Team in the Office of Student Life and Engagement.

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To register, please visit:
Jefferson.edu/LeadershipLIVE