



This is a list of the different workshops offered by Student Leadership Trainers followed by a brief description of each. Please keep in mind that all SLTs will tailor each workshop to your organizational needs. If you would like to request a workshop that is not on this list, we have facilitators that can work with you to create a completely custom program. Email inosld@lehigh.edu for more information!

Communication: Members learn different styles of communication, such as verbal, non-verbal, etc., and become more efficient communicators

Conflict Management and Mediation: Aims to educate members on different types of conflict and how to handle that conflict with others

Event Planning: Members learn how to plan successful events, such as Philanthropy or Alumni events, in a timely and organized fashion

Group and Team Dynamics: Educates members on the difference between groups and teams, and how they can work well together by utilizing all their strengths

Leadership Styles: Members will learn the different styles of leadership, which style they use, and which styles are better depending on the situation

Learning Styles: Shows members how people learn differently, and pinpoints their style of learning (visual, kinesthetic, etc.)

Public Speaking and Presentation Skills: Members learn how to prepare for public speaking and tips for enabling them to speak effectively in front of other

Visioning and Goal Setting: Helps organizations to set goals for the future and vision what they want to become; the difference between SMART and Stretch Goals will be discussed

Delegation: Leaders of organization can learn how to 'lighten their load' by delegating effectively and empowering their general members

Motivation: Having trouble motivating your members? This workshop offers suggestions for breathing new life into your organization by getting members to become more involved and excited about their organization

The Race: A political workshop designed to educate participants on the present candidates, as well as start a dialogue in the organization regarding many political topics, such as the economy, health care, etc.

Valley of the Kings: This workshop is a simulation of a hot-air balloon crash where participants are stranded in the desert. Participants will learn how working as a team is always better than working alone, as well as witness different team dynamics that they should strive for or avoid.

Balance: Members will learn how to manage their time more effectively by prioritizing. This workshop also provides helpful tips on how to unwind and manage stress in a healthy way.

Followership: This workshop is meant for general members of organizations. It goes over how members who are not in official leadership positions can contribute to their organizations in meaningful ways.

Mars Surface Rover: This workshop focuses on improving team dynamics by having members work together to build a “Mars Surface Rover”. By participating in this workshop members will learn different leadership techniques and be able to communicate more effectively.

Transition: This workshop is meant for the transitional period between different leaders in an organization, for example when Executive Council changes officers every spring. It involves having the leaders take a look back at the past year in their position, offering advice to their rising officer, and have both outgoing and incoming officers goal set for the coming year.