

On 01/27/24, the Phi Lambda Sigma Epsilon Iota Chapter hosted its Leadership Retreat. This was a half-day event, consisting of six different sessions throughout the day focused on developing leadership skills in pharmacy students. The event was targeted to student organization leaders, but open to all students. Each session had a specific focus, including event planning, organization, communication, conflict resolution, leadership styles/delegation, and an activity tying everything together. The sessions were led by various leaders from the school of pharmacy, including four pharmacy school faculty members, one pharmacy school staff member, and four Phi Lambda Sigma Epsilon Iota executive board members. Each workshop was ~30 minutes long, and consisted of presentations, handouts, and interactive questions or activities. The final activity consisted of scenarios in which attendees were tasked to plan a large-scale event and faced interpersonal or logistical challenges during their planning, and had to use the skills worked on at the retreat to navigate the obstacles.

There were a total of 23 attendees at the event. Of this, six attendees were active Phi Lambda Sigma members (19 total active members at the time of the event), and five attendees were joining Phi Lambda Sigma with their induction ceremony the following month. The Phi Lambda Sigma Chapter Development Award made the event possible by supporting the costs of food and handouts for the event. Breakfast (including bagels and coffee) and lunch (including subs, salad, and soda) were provided for all in attendance.

This event had a significant impact on attendees. Feedback was collected via a Google Form. Attendees stated that they enjoyed the event, and thought that the sessions did well varying the content and breaking down different aspects of leadership, while tying everything together to the main theme of leadership throughout. Participants stated multiple takeaways such as better views on conflict resolution and improved understanding of different leadership styles. The impact on attendees can be expected to lead to an impact of the pharmacy school as a whole as well. Many of the attendees were leaders of various student organizations. The leadership skills emphasized in the retreat can be applied to each organization, as well as to other aspects of our school environment, which should improve operations of all organizations and strengthen the pharmacy school as a whole. Along with this, the leadership skills will be applied throughout the careers of the event's attendees, so this event's leadership skill sessions should strengthen future leaders in the field of pharmacy and inspire continuing growth and importance of the profession.

We are looking forward to continuing this event, with some minor improvements. For the future of this event, we plan on extending the event to ~45 minutes per session rather than 30 minutes, to provide extra time for presentations and more flexibility. We also hope to collaborate more with other organizations for the event in the future, and request the attendance of student leaders from every organization if possible to further strengthen our school and student organizations.



Above: Dr. Keri Dwyer and Ms. Erica Folli lead a session on communication skills.

Below: Dr. Kenneth McCall leads a session on conflict resolution.







Above: Dr. Nicholas Schwier leads a session on different leadership styles and delegating tasks.

Below: Dr. Leon Cosler leads the final activity of the leadership retreat,.

