



The E.D.G.E. program provides continuous learning and leadership development for all professionals. This leadership program is designed to help business professionals maximize strengths, fill in development gaps, raise the bar on performance in current roles, and courageously and strategically plan for continuous growth and advancement.

### **Opening Session and Teambuilding -April 29<sup>th</sup>**

Class members will gather for the first time to embark on their leadership journey. They will engage in team-building activities and meaningful conversations to get to know each other. In this session, we will cover crucial communication skills for the workplace and provide guidance on avoiding common mistakes. Additionally, an interactive DISC assessment will help participants gain insights into their behavior and communication style.

### **Goal Setting – April 30<sup>th</sup>**

This session delves into the fundamentals of starting one's professional journey. Classmates will learn the important skills of writing a bio, setting goals, networking, volunteering, time management, and active listening/body language.

### **Networking and Public Speaking – May 9<sup>th</sup>**

This session is scheduled to begin during the monthly breakfast of the Orange County Chamber of Commerce. During this event, you will be able to test your newly acquired networking skills. Later, we will discuss your experiences and evaluate the good, the bad, and the ugly of them. Throughout the day, Toastmasters will join us to teach presentation skills including how to deliver an effective presentation to all audience types, manage time when presenting, engage the audience, and apply various methods to deliver a compelling presentation.

### **Mental Health and DEAI – MAY 14<sup>TH</sup>**

The Leadership Orange Signature Mental Health and DEAI Session is a safe space where the class can have open discussions about mental health topics, diversity, equity, accessibility, and inclusion. The first half of the day will focus on mental health and its impact on different groups such as men, women, and the LGBTQ+ community. It will cover topics like suicide prevention, stress management, identifying signs of internal suffering, and how to start guided conversations. The class will also learn about self-care activities including meditation, breath work, and stress reduction exercises. During the second half of the day, the class will explore social equity implications in a corporate structure and microaggressions. They will also participate in skill-building and breakout activities to identify intersectionality between classmates.

## **Leadership and Service – May 21<sup>st</sup>**

The Leadership and Service session is designed to provide a practical and insightful conclusion to the series of leadership development sessions. In this final session, class members will reflect on their volunteer experiences, understanding how their efforts have impacted their organizations and the wider Orange County community. Key topics include conflict resolution and finding your voice, which is essential for effective communication and leadership in challenging situations. The session also covers delegation, teaching the importance of distributing tasks to enhance team efficiency and morale. Ethics, a critical aspect of professional conduct, will also be discussed, focusing on making decisions with integrity. Lastly, critical thinking and decision-making are covered, equipping participants with the skills needed to analyze situations and make informed choices. This final session ties together the core elements of the EDGE Program, emphasizing the role of effective leadership in professional growth and community development. Class members will leave with practical skills and a clear understanding of how to apply these principles in their ongoing leadership roles.

### **ADDITIONAL REQUIREMENT - Day of Service**

Volunteering with businesses and nonprofit organizations can make people invaluable resources. By utilizing the power of volunteers, nonprofits can enhance their capacity and bring about positive changes in their communities. On this Day of Service, class members will have the opportunity to choose one of the five non-profit organizations we have provided and volunteer with them. Service hours will be determined by the selected non-profit, either during the week or weekend. The selected nonprofits are: **Beautiful People, Catholic Charities of Orange, Sullivan and Ulster, Habitat for Humanity of Greater Newburgh, Leadership Orange and Victory Hill Therapeutic Horsemanship.**