

# THE PLS PULSE

THE OFFICIAL NEWSLETTER OF PHI LAMBDA SIGMA DELTA CHAPTER

Volume 1 | Issue 1 | May 2020



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# A MESSAGE FROM THE OUTGOING PRESIDENT

*Greetings, fellow PLS members!*

I hope that you are all staying healthy and safe!

The mission of Phi Lambda Sigma, otherwise known as the national Pharmacy Leadership Society, is to **support pharmacy leadership commitment by recognizing leaders and fostering leadership development.**

The outgoing executive board and I made it a goal to publish this first newsletter at the end of the academic year. Through this newsletter, it is our hope that you may:

- 1.) Learn more about Phi Lambda Sigma (on both a national and local level) and all of the incredible things planned for the future
- 2.) Celebrate the amazing things that our PLS members are accomplishing
- 3.) Stay relevant within the realm of healthcare
- 4.) Utilize the leadership resources in this newsletter to fine tune your unique leadership style
- 5.) Find some entertainment - Leaders are allowed to have fun, too!

**Strong leaders are needed now more than ever in the profession**, and I am confident that we will fulfill this need. As leaders, we must constantly set an example for those who look up to us. It is our job to enable others to succeed, and once we have done that, then extraordinary things will happen.

As John Quincy Adams, our country's sixth president, once stated:

***"If your actions inspire others to dream more, learn more, do more and become more, you are a leader."***

I have always loved this quote because I think that it summarizes what leadership is all about. Remember that you don't have to be a "Big L" to be a great leader. "Little L's" are just as important! So, whether you are a "Big L" or a "Little L", remember to never stop inspiring and uplifting those around you. You have what it takes. You are strong enough. You are brave enough. You are capable enough. You are worthy enough. Believe in yourself.

It has been an absolute honor to have served as your President this past academic year, and I am deeply humbled and amazed by the passion I have witnessed you all exhibit for the pharmacy profession. I would like to thank my executive board for all of the hard work they put in this past year to continue to grow our chapter. I am excited for the future of the Delta Chapter, and I am confident that our new executive board will go above and beyond.

Sincerely,

*N. Murphy*

Nina Murphy  
Pharm.D. Candidate, Class of 2021





# PLS 2020-2021 NEW INDUCTEES & EXECUTIVE BOARD

**Congratulations to our newest members who were inducted into the PLS Delta Chapter on March 5th, 2020!!**

- Aliya Abdulla
- Holly Edison
- Antonia Aderemi Fagbamiye
- Olubusola Fowowe
- Chelsea James
- Hui Lin
- Kristine Nguyen
- Sara Grace Peacock
- Savannah Wren Rainey
- Zhenni Ren
- Emily Royal
- Rachel Shelley
- Blake Terrell
- Brian Tran
- Thomas Shaw Tuggle

On Monday, March 30th, 2020, we held virtual elections using Qualtrics ballots. **Congratulations to our new executive board!** We are excited to see the amazing things you will accomplish in the upcoming academic year!!



**President:**  
Emily Royal



**Vice President:**  
Busola Fowowe



**Secretary:**  
Kristine Nguyen



**Treasurer:**  
Tommy Tuggle



**Marketing Chair:**  
Blake Terrell



# KEEPING UP WITH PHARMACY PRACTICE: HOW TO LEVERAGE DIGITAL & SOCIAL MEDIA

Written by: Justin Petway, Pharm.D. Candidate 2021

*Living in the digital age provides us with the unique ability to access limitless amounts of information, data, and knowledge.*

This can be time consuming and quite challenging, especially with respect to pharmacy, medicine, and science. As pharmacy students we are all taught how to identify, utilize, and apply information from primary, secondary, and tertiary literature sources. However, we don't always have the time to keep up with what's new in pharmacy practice. Many have recognized this issue and have begun to utilize different platforms and mediums to distill and disseminate information. These platforms range from podcasts to radio shows, and even social media channels. As anecdotal evidence, I first viewed the updated (October 01, 2019) community acquired pneumonia guidelines via the American Thoracic Society twitter feed. Furthermore, there are numerous pharmacy podcasts to choose from and are a great way to keep up with relevant pharmacy topics. Podcasts can be downloaded and then listened to whenever is convenient for the listener. Lastly, live radio content can be live streamed via the internet, with a link to the live broadcast. Below I'll preview some of these resources, followed by a Q&A with Jim Pruitt, PharmD, BCPS Clinical Pharmacy Specialist in Emergency Medicine.

## Podcasts:



## Live stream:

**WUOG 90.5FM Athens, GA**  
**26,000 Watts of College Radio Debauchery**  
 WUOG 90.5FM is the University of Georgia's student-run radio station.  
 Calendar | [www.wuog.org](http://www.wuog.org)  
**Radio Rx**  
 • Every week on Tue at 12:30 PM

**Q&A with Jim Pruitt, PharmD, BCPS Clinical Pharmacy Specialist in Emergency Medicine – Cohost of the Pharm So Hard Podcast**

**Q: What made you decide to start a pharmacy podcast?**

**A:** During PGY1 residency, my partner Oscar Santalo and I wanted to find a way to disseminate information in a casual and evidenced-based manner that was accessible to pharmacists, nurses, physicians, and other members of the healthcare team. Therefore, we started recording our topic discussions and later decided to get guest speakers to discuss their areas of interest.

**Q: What is the value to learners and practitioners of being able to utilize this medium for quick informative information?**

**A:** For learners and practitioners, the Pharm So Hard Podcast will allow them to access the minds of some of the experts in emergency medicine and hospital administration on controversial topics in an evidence-based manner. Also, the podcast accompanying website offers show notes and references that assist in the review of various topics.

*(Continued on Page 4)*

### **Did you know?**

*Phi Lambda Sigma was organized in March 1965 by Charlie Thomas on the campus of Auburn University.*

*As of Feb. 2019, a PLS Chapter had been chartered at 127 of the 142 schools and colleges of pharmacy across the U.S. These chapters are further divided into 8 different regions.*

**The Delta Chapter is part of REGION 3.**



# KEEPING UP WITH PHARMACY PRACTICE: HOW TO LEVERAGE DIGITAL & SOCIAL MEDIA (CONT'D)

## Opportunities in Pharmacy Spotlight: Internships

**\*\*Note:** The application deadlines have passed for these opportunities. This list is not comprehensive and is only to illustrate the opportunities that exist. For current P1's, now is the time to start planning if interested in a summer internship.

| Internship          | The Johns Hopkins Summer Pharmacy Internship                | Mayo Clinic Pharmacy Internship | Junior Commissioned Officer Student Training and Extern Program | James A. Ferguson Emerging Infectious Disease Fellowship |
|---------------------|---|---------------------------------|---|--|
| Location            | Baltimore, Maryland   | Rochester, Minnesota            | Various locations across the U.S.                               | Atlanta, Georgia or Baltimore, Maryland                  |
| Duration            | 9 or 10 weeks (Summer)                                      | 10 weeks (Summer)               | 31-120 Days (During school breaks)                              | 9 weeks (Summer)   |
| Requirement (P1/P2) | Must have completed first two years of pharmacy school (P2) | P1 or P2                        | Must have completed first two years of pharmacy school (P2)     | P1 or P2   |
| Website             | <a href="#">Hopkins</a>                                     | <a href="#">Mayo</a>            | <a href="#">JRCOSTEP</a>  | <a href="#">Infectious Disease</a>                       |



**Johns Hopkins Summer Pharmacy Internship**

<https://www.hopkinsmedicine.org/pharmacy/internship/>

**i**

**Explore health care careers**

Learn more about the role of a pharmacist.

**u**

**Choosing Mayo Clinic**

Discover why people choose Mayo Clinic to complete their education

**u**

**Choosing Mayo Clinic**

Discover why people choose Mayo Clinic to complete their education

**Mayo Clinic Pharmacy Internship**

<https://college.mayo.edu/academics/health-sciences-education/pharmacy-internship-minnesota/>



**JRCOSTEP**

<https://www.usphs.gov/student/jrcostep.aspx>



**James A. Ferguson Emerging Infectious Diseases RISE Fellowship**

<https://www.kennedykrieger.org/training/programs/center-for-diversity-in-public-health-leadership-training/ferguson-rise>



# WHAT'S NEW IN PHARMACY: THE INTERN PERSPECTIVE

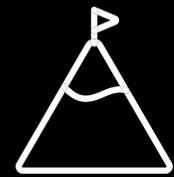
Written by: **Victoria E. Hunt, Pharm.D. Candidate 2021**

What's new in pharmacy is a broad topic. Sure, new drugs are approved by the FDA every day, and clinical guidelines are updated frequently. A better question to ask is, what's going on in chain pharmacies? The New York Times recently published a newsletter that provided a picturesque view of the elephant in the room. If you asked a chain pharmacist what this elephant looked like, they would describe it as fear; fear of not meeting quotas, fear of not meeting customer expectations, fear of not meeting company expectations, and fear of speaking up. Now chain pharmacists find themselves staring in the eyes of a new concern, putting patient's lives on the line for the sake of meeting unrealistic company expectations.

Although I cannot speak to the level of stress a pharmacist experiences, I did work as a pharmacy technician and as a pharmacy intern over six years in a chain pharmacy. I started my pharmacy journey as a high school senior that was eager to find her place in the world. At the time, the pharmacy I worked for still had a considerable amount of autonomy despite being part of a chain. Increased expectations and demands from corporate slowly crept in. They started with new checklists and new call lists, all while defending their commands as processes that were meant to enhance patient care. While these tasks seemed minute, we persisted and did as told. Notices came down from corporate that removed stores' ability to set pharmacy hours. Some weeks, I saw our hourly allowance cut by 30 hours compared to the previous year. From that point forward, I witnessed pharmacists breaking down at work, skipping lunch breaks, missing bathroom breaks, and feeling worthless when quotas fell short. As a first-year intern, there were moments I thought I had made a wrong turn. I've worked with pharmacists that told me to run for the hills, and I've met incredibly optimistic pharmacists that found a silver lining within the chaos.

Now we've come full circle to the possibility of negatively impacting our patients' lives. At what point do chain pharmacies realize that we're heading in the wrong direction? How many patients have to pick up the wrong medication, get hospitalized, or worst-case scenario, death. The New York Times article provided a unique perspective of all parties involved. Pharmacists have anonymously expressed their concerns to their state boards of pharmacy. Patient's spoke of their negative experiences from dispensing mistakes. Physician's expressed their fear of pharmacies pushing 90 day fills and unnecessary refill requests. Chain pharmacies are put between a rock and a hard place. On one shoulder is corporate chains continuing to cut hours and demand more blood, sweat, and tears. On the other shoulder is a little voice that encourages persistence, patience, and kindness. Perhaps the solution to this chaos is on the horizon and we're on the crest of the hill. Perhaps among us, is an individual that has the solution to PBM reimbursement, workload balance, and a euphoric relationship between patient, pharmacist, and provider. Until then, chain pharmacists continue to prevail through the fog and smoke all while advocating for their patients.

Article: <https://www.nytimes.com/2020/01/31/health/pharmacists-medication-errors.html>



## THE GOALS OF PHI LAMBDA SIGMA

### ***GOAL 1: Ensure the continuing availability of student and practitioner leaders for the profession of pharmacy***

- Develop awareness of the continuing need for leaders in the profession of pharmacy
- Promote opportunities and rewards for leadership in the profession of pharmacy
- Motivate student pharmacists and pharmacists to accept leadership service opportunities
- Promote leadership research

### ***GOAL 2: Acknowledge leadership achievement and award membership to leaders recommended by the Society***

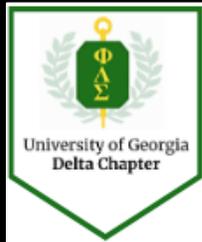
- Strengthen recognition of Phi Lambda Sigma as the leadership honor society in pharmacy
- Promote the national awareness and visibility of Phi Lambda Sigma by linking membership and leadership achievement
- Build a sound membership base of students, alumni, faculty, and honorary members

### ***GOAL 3: Enhance the talent, skill, and effectiveness of leaders for the profession of pharmacy***

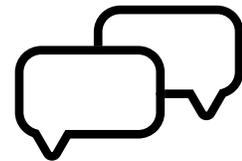
- Support and encourage programs and services to assist those who desire to serve in a leadership role

### ***GOAL 4: Support and encourage sustained leadership commitment***

- Ensure the continued utilization of the talents, skills, and experiences of existing leaders
- Reward students and practitioners who serve the profession in a sustained leadership role



# A CONVERSATION WITH SHANNON ALEXANDER, PHARM.D., UGA COP C/O 2020



Written by: Alfred Awuah, Pharm.D. Candidate 2021

## ***Where are you from?***

"Lawrenceville, Georgia."

## ***How long have you been a Phi Lambda Sigma member?***

"I was inducted into PLS during my P2 year spring semester [2018]."

## ***What has been your favorite rotation so far?***

"My favorite rotation was my FDA rotation back in September. I was in the Division of Drug Information at their headquarters in Silver Spring, Maryland where I directly helped with all of the regulatory work that they got to do. I helped with MedWatch, talked to patients, went to committee meetings. There was a lot of cool stuff I got to do!"

## ***What leadership roles have you held in the past?***

"Throughout pharmacy school, I had a few different roles. I was in PDC and was their Scholarship Chair during my P1 year. During my P1 year in SNPhA, I was the Legislative Assistant Chair which was kind of my introduction to the organization. Later, I was President-Elect and eventually became President. I co-founded an organization called IPhO with one of my peers my P3 year."

## ***What leadership roles do you currently hold?***

"Right now, I am the SNPhA National Recording Secretary. In my current position, I am the direct form of communication between the national President and the rest of the general body, as well as outside sponsors. I take care of our official recording for the whole national organization. We have a platform called 'CIC,' which is how we record the progress of all our chapters across the country. Another responsibility is that I serve on the House of Delegates, so we work to amend the bylaws and propose new resolutions so that we are staying up to date and current with all of our activities and things we are trying to accomplish in the organization on a national level. In addition to that, I am also the lead of the Prescription for Service Committee which is a competition that I participated in last year. My team won first place nationally, so now I am on the other end of it, working with our sponsors to ensure that we facilitate it and have the grant to fund the project, as well as helping new teams come up and mentoring them along the way. I am also the head of the Chapter Excellence Committee, so looking over all of our chapters and recognizing those that have gone above and beyond to serve our mission and purpose."



***"To serve [as a leader] is not necessarily for your voice to be heard, but to let the voice of others be heard through you."***

- Shannon Alexander

## ***In your own words, what is your definition of leadership?***

"Leadership to me is really service. I think a good leader is someone that does not necessarily need to command a situation. A leader that someone that sees a need in a group of people, draws them together, and ignites a common passion to drive them into a mission and common purpose for the betterment of the group. And to serve in that role, not necessarily for your voice to be heard, but to let the voice of others be heard through you."

## ***Why do you think leadership is important to pharmacy practice?***

"I think leadership is important to pharmacy practice because we are a very capable group. We have a lot of incredible qualities, opportunities, things that we can achieve and excel in to better serve patients. I think that it is important to have good guidance to ensure that our efforts are directed in a way that we are projecting towards more and more growth. As we have seen in the past with the profession of pharmacy, it has grown in so many ways that I feel like it can continue to prosper."

## ***What are your plans for after graduation?***

"A few weeks ago, I accepted a position as the Regulatory Pharmaceutical Fellow, sponsored by Purdue University, the FDA, and Astellas Pharma."

***(Continued on Page 7)***



# A CONVERSATION WITH SHANNON ALEXANDER, PHARM.D., UGA COP C/O 2020 (CONT'D)

## *What advice would you give to a young pharmacy student that is looking to develop themselves as a leader?*

"I would say, really, just go for it. If you see an opportunity, no matter how crazy you think it is, no matter how adequately or inadequately prepared you feel, just seize every opportunity. At the same time, make sure there is purpose behind everything that is you're doing. Ultimately, do not let the fear of failure stop you because you never know what doors that opportunity is going to open for you down the road. Just go for it!"

## *Reflecting on your time as a pharmacy student, what would you say has been your most memorable experience as a leader?*

"I would have to take it back to my Prescription for Service project. Probably one of my most involved position throughout pharmacy school, especially on campus, was as SNPhA President. During my year that I was serving, I got to participate in Prescription for Service, and our team was awarded the regional grant as national finalists. I think one of the biggest things that I took away from that experience was that being face-to-face, shoulder-to-shoulder with the people that we were serving, and understanding that when you serving the underserved, it's not just this abstract concept. Being able to look into the eyes of the people that you're affecting, being able to not only plan from a big picture standpoint, but also actually getting in there and getting your hands dirty, I feel like that was one of the most defining moments of my entire career as a leader. It really helped to bring more focus on everything that we were doing. It felt like a lot of work and a lot extra things we were doing on top of school, but seeing the impact of what you can accomplish as a leader, even as a student leader, it really made it all worthwhile"



## ***DID YOU KNOW?***

PLS Delta was chartered on **May 28, 1974** & is the **4th oldest chapter** (after Auburn, Samford, and Mercer Universities)

To date, PLS Delta has **856 members !!**

## **FOLLOW US ON SOCIAL MEDIA & THE WEB!**

### Delta Chapter

- Instagram - @uga\_philambdasigma
- Facebook - UGA Phi Lambda Sigma

### Region 3

- Facebook - Phi Lambda Sigma Region 3

### Nationals

- Facebook - Phi Lambda Sigma
- Website - philambdasigma.org



# STUDENT SPOTLIGHT: ANSLEY GAYLE, PHARM.D., UGA COP C/O 2020

Written by: Parisa Ayers, Pharm.D., UGA COP C/O 2020



## Meet one of our outstanding members, Ansley Gayle!

She recently received her Pharm.D. and did her fourth year rotations in Columbus, GA. Ansley has been actively involved in multiple organizations throughout pharmacy school. She was president of the Rho Chi Honor Society, Vice President of Professional Development and Education for the Georgia Society of Health-System Pharmacists (GSHP-UGA), alumni coordinator for Lambda Kappa Sigma (LKS), and was an active member of the Dean's Student Advisory Council (DSAC). Ansley's numerous leadership opportunities continued to expand during her unique rotation opportunity at the American Society of Health-System Pharmacists (ASHP) Association Administration APPE rotation. This rotation was one of the unique elective opportunities that required an application to be completed during P3 year for consideration. If selected, the student would fly to Maryland to complete this five-week rotation at ASHP Headquarters. Since one-on-one patient interaction is not the primary focus of this rotation it is considered an indirect patient care elective. Most of your time at ASHP is spent looking at the patient care process as a whole. She states that one of her favorite opportunities was working on clinical guideline development and revision, which applies patient care principles by requiring perspective on how to optimize therapy for a larger population. The experience allowed her to meet each member of the ASHP staff (including CEO, Paul Abramowitz)- talk about networking! If interested, keep in mind that you won't be the only extern around. Ansley shared an office with two other externs who were paired with different preceptors. She also got to work with PGY2 residents from Johns Hopkins and the ASHP Executive Fellows. APPE students are fully integrated into the ASHP team and are responsible for presentations, publications, and guidelines. Given the nature of this work, it's important that students interested in this opportunity are detail-oriented and take accountability for their work. If this sounds like it may be of interest to you, keep an eye out during your P3 year for an email explaining the application process.

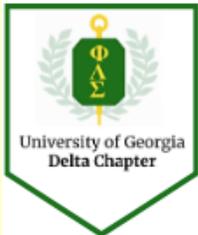
We also asked Ansley if she had any tips for students interested in pursuing a residency, a process she is currently involved in. Here's what she had to say:

**Start early!** It's never too soon to begin researching programs. If you're wondering where to start, she recommends using ASHP's Residency Directory. It's easy to navigate and you can search programs by state or residency type (i.e. PGY1, PGY2, PGY1/PGY2 combined). Browse through the different programs and get a better understanding of their requirements - for example, some programs require a certain GPA or class rank to apply, while others put more emphasis work experience or leadership roles.

**Keep an open mind.** When considering different programs, your focus should be on the quality of the program and where you would fit best - don't get caught up in the "name." Stay open-minded and give smaller programs a chance (especially if they offer something you might be interested in). Another thing to keep in mind is the institution type, the role of pharmacy varies substantially between community hospitals vs. academic medical centers vs. institutions with a strong clinical research focus.

*(Continued on Page 9)*

# STUDENT SPOTLIGHT: ANSLEY GAYLE, PHARM.D., UGA COP C/O 2020 (CONT'D)



**Take notes!** Once you have narrowed your search and have an idea of the types of programs you may want to apply to, start a list to compare residencies. Ansley created a spreadsheet in Excel and included information about the number of positions available, required PGY1 rotations, elective experiences and PGY2 programs offered. Some organizations allow their PGY1 residents the opportunity to early-commit to a PGY2 at the same institution. If staying with the same program for two years appeals to you, take advantage of the time at Midyear and interviews to learn more about the PGY2 programs offered in your interest area.

**You don't have to know exactly what you want to be when you grow up.** Contrary to popular belief, you do NOT already have to know exactly what you want to do after graduation. APPE's are designed to expose students to diverse pharmacy practices, so make the most of this time and get a better idea of which areas of pharmacy you most enjoy.

**Be yourself.** application season can be a stressful time and I think it's easy for students to build up this image of how they think the perfect residency candidate should act. There's a difference between maintaining professionalism and pretending to be something you're not. Be honest about your achievements and stay humble. You'll thank yourself for it in the long run - if you match with a program because you put on a faux persona during the interview, you just accepted the burden of faking it for an entire year during residency. Don't get caught up comparing yourself to others, just be your fabulous self and own it. You got this!!



## The PLS Insignia

The insignia of the Phi Lambda Sigma is the key pin, which bears a mortar and pestle and the Greek letters of Phi Lambda Sigma. A wreath of laurel surrounds the mortar and pestle. The colors of the Society are green and gold with the bearers initials engraved on the backside.





# EVENTS & LEADERSHIP RESOURCES



## EVENTS:

- **2nd Annual PLS Collegiate Leadership Weekend Retreat, Charlotte, NC** – CANCELLED UNTIL FURTHER NOTICE
- **PLS House of Delegates 2021, St. Louis, Missouri** – Summer 2021
  - 1st ANNUAL NATIONAL PLS MEETING!!!
  - PLS is expanding the opportunities we already offer at APhA Annual Meeting by hosting our own first Annual National Meeting. Student pharmacists will have the opportunity to convene, learn, network, and engage with peers. The meeting will conduct business of the organization, feature educational activities and host the House of Delegates.



## RECOMMENDED READING LIST:

- 21 Indispensable Qualities of a Leader – John Maxwell
- 21 Irrefutable Laws of Leadership – John Maxwell
- Developing the Leader Within You – John Maxwell
- 7 Habits of Highly Effective People – Steven Covey
- Principle Centered Leadership – Steven Covey
- My Grandfather's Blessings – Rachel Naomi Reman MD
- On Becoming a Leader – Warren Bennis
- The Servant as a Leader – Robert Greenleaf
- The Leadership Challenge – James Kouzes/ Barry Posner
- Credibility: How Leaders Gain and Lose It, Why People Demand It – James Kouzes/ Barry Posner
- Leadership as an Art – Max Dupree
- Leadership Without Easy Answers – Ron Heifitz
- Who Moved My Cheese – Spencer Johnson
- More Quick Team-Building Activities for Busy Managers: 50 New Exercises That Get Results in Just 15 Minutes – Brian Cole Miller



## AUDIOBOOKS

- They Don't Teach Corporate in College – Alexandra Levit
- Speak So Your Audience Will Listen – Robin Kermode
- The Ideal Team Player – Patrick M. Lencioni
- Extreme Leadership – How How U.S. Navy SEALs Lead and Win – Jocko Willink, Leif Babin
- The Effective Executive – The Definitive Guide to Getting the Right Things Done – Peter F. Drucker
  - The Leadership Challenge – How to Make Extraordinary Things Happen in Organizations – James M. Kouzes, Barry Z. Posner

*A leader  
is one who  
KNOWS the way,  
GOES the way, and  
SHOWS the way*

*John. C. Maxwell*



## TED TALKS ON LEADERSHIP

<https://www.inspiringleadershipnow.com/best-ted-talks-on-leadership/>

- How great leaders inspire action – Simon Sinek
- The puzzle of motivation – Dan Pink
- Why we have too few women leaders – Sheryl Sandberg
- The difference between winning and succeeding – John Wooding
- What makes us feel good about our work? – Dan Ariely
- Why good leaders make you feel safe – Simon Sinek
- Date to disagree – Margaret Heffernan
- Lead like the great conductors – Italy Talgam
- What it takes to be a great leader – Roselinde Torres