

# Leadership U.

In 2004, the Eastern United States Staff began using a new slogan, Leadership U., for Leader Development Seminars. This was partly due to the return to college campuses for the seminars but also because it conveys that we, as Leaders and Leader Applicants, deserve a place that is just for us! We also deserve a time to gather with others who believe in supporting nursing mothers, to discuss current breastfeeding information, to discover how others handle similar Group situations, and to bask in the pure enjoyment of being with other LLL supporters.

When a Leader attends the LDS, the benefits are numerous! The information, energy, and enthusiasm shared at an LDS can carry over into more Leaders encouraging Group members to seek leadership. An inspired Leader is more apt to take on administrative roles within the Area. It may be the little nudge that helps a Leader Applicant complete her accreditation. Attending an LDS may even encourage a Leader whose children have left the nest to start up a Group again. New Groups, new Leaders, new Leader Applicants and new Leaders to fill Area Council and Team positions spell growth and enthusiasm for La Leche League now and in the future.

Here is what you can do to encourage Leaders and Leader Applicants to attend at LDS:

- ◆ Invite Leader Applicants you support to attend the LDS with you.
- ◆ Hold a fundraiser to help defray the cost of registration, travel, and lodging.
- ◆ Travel or share your room with a nearby lone Leader.

**Most importantly, attend the LDS yourself!**



## 15 Exciting Reasons to Attend an LDS!!

15. Find a roommate, grab your overnight bag, and head campus to pull all-nighters with your friends.
14. You cannot imagine not going!
13. The session topics will benefit you as a Leader to stay up-to-date with the latest breastfeeding research and leadership skills.
12. It's time to attend an LDS and find out why everyone enjoys them so much.
11. The LDS is a great opportunity to meet Leaders throughout the Eastern United States.
10. Come to the Opening Pep Rally and join in the cheers of excitement and fun.
9. Visit the variety of local attractions at each site.
8. You can afford to go! Your Group fundraiser will cover your expenses.
7. Get away and take a rejuvenation break.
6. It's a bargain!
5. It's a great investment in yourself, you deserve to go.
4. Taking a road trip with LLL girlfriends is a blast.
3. Shopping! Shop with your LLL sisters at the Student Union.
2. You're guaranteed to find out more about your wild side.
1. Be there or be square!

### Looking for more information?

Contact Rhonda Harris, EUS Division Seminar Coordinator at [LLLRhonda@aol.com](mailto:LLLRhonda@aol.com) or 734-795-6921. You can also visit the LDS web site: <http://www.lleus.org/LDS.html>

Follow the Sun  
to Education, Unity,  
and Support!



## 2008 Eastern United States Leader Development Seminars

July 11-13

Virginia Polytechnic Institute  
Blacksburg, Virginia

July 18-20

University of Alabama-Huntsville  
Huntsville, Alabama

July 25-27

Best Western Albany Airport Inn  
Albany, New York

# Tell me more about these Leader Development Seminars ...

## What is a Leader Development Seminar?

A Leader Development Seminar (LDS) is a unique continuing education opportunity for Leader Applicants, new Leaders, and experienced Leaders. By joining with others for a weekend of learning and living, all attendees have an opportunity to hear new ideas and information designed to enhance their LLL involvement. While the schedule can be intense, much time is left for fun and enjoyment.



The weekend starts Friday with optional Communication Skill sessions.

After dinner,

attendees enjoy a fun-filled evening Opening Session with a Meet and Greet afterwards. Saturday will have four sessions with a variety of topics for Leaders and Leader Applicants, no matter where they are in their journeys with La Leche League. This will include a special track for Leader Applicants throughout the entire weekend, and some just-for-fun sessions if you choose to break up the routine. Saturday evening will bring all together for a time of fun and relaxation. Finally, Sunday morning will offer two sessions that include topics of interest to all Leaders as well as Administrators, followed by an inspiring Closing Session to end the weekend.

## Why hold the LDS at a College?

The Leader Development Seminars began in 1986 and took place on college campuses. Hotels were used occasionally when a college was not available. When the Eastern United States Division Staff decided to revive the LDSs in 2002, all three LDSs were held in hotels. Though hotels offer many amenities, they often come with a high price tag. We heard Leaders' concerns about the expense and explored the option of returning to college campuses. The 2004 LDS series returned to college campuses for several reasons, especially cost.

One of the goals of the LDS is to present Leaders and Leader Applicants with a larger view of La Leche League without the cost involved with an LLLI Conference. Colleges offer a lower cost for sleeping rooms and meals, so more women can attend and benefit from this continuing education opportunity. By holding the LDS on campuses in 2004, we were able to reduce the meal package

### Costs:

Registration for the entire weekend: \$80

A bed at VT or U of A-Huntsville:  
\$35 per night

A room at the Best Western Albany  
Airport Inn: \$ 109. (plus tax) per night,  
includes continental breakfast

Food package price will vary based on  
site—estimate of \$40-\$55 each  
CERPs available for \$20!

cost by a whopping 56 percent from 2002 prices. This allowed us to keep the registration fee at \$75, the same rate it had been for two LDS series. In 2006, we increased the registration price by \$5, to \$80 for the entire weekend. It's staying the same for 2008. Food costs and choices vary a bit between the three locations.

Leaders have found other advantages to being at a college. Sharing a dorm room means a higher possibility of late-night chats with new friends and co-Leaders. The atmosphere is more relaxed. This makes for a more enjoyable weekend for all.

Challenges come with colleges, too. Meals are usually held in the college cafeteria, which usually does not have high chairs. This means mothers need to be prepared to hold little ones while they are eating. Of course, with all those Leaders around, plenty of "LLL aunts" will volunteer to give you a break. Specialized meals are not easily available but the buffets offer a wide variety of choices to accommodate most eating styles.

Sometimes sessions are held in different buildings. Using a baby carrier or stroller for little ones is necessary, as well as good walking shoes! Also, on campuses we don't offer a Rock 'n Rest or Romp 'n Roar room. Being prepared with quiet, losable toys is necessary for keeping a toddler happy and allowing mothers to enjoy the sessions.

So find a roommate, grab an overnight bag, and hit the road for a fun-filled, exciting, supportive weekend at a 2008 LDS!

