



Ulster Leadership Development Institute Class of 2020





Leadership

"You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You must do the thing you think you cannot do."

-Eleanor Roosevelt



M&T Bank is proud to
support Ulster County
Regional Chamber of
Commerce Foundation,
Inc.

Congratulations to the Ulster Leadership Class of 2020.



M&T Bank



**Thanks to our Annual
Institute Sponsors!**
***You make this program
possible.***

ULSTER LEADERSHIP *Celebration*

Celebration GOLD SPONSORS



Engineering and
Land Surveying, P.C.

Ulster  Savings
MEMBER FDIC



SCHOOL OF BUSINESS
STATE UNIVERSITY OF NEW YORK AT NEW PALTZ

“Do not follow where the path may lead. Go instead where there is no path and leave a trail.”

-Ralph Waldo Emerson



ULSTER LEADERSHIP *Celebration*

Celebration GOLD SPONSORS



ULSTER LEADERSHIP *Celebration*

Celebration GOLD SPONSORS





The Retreat at the Emerson Resort & Spa

Getting to know each other



Class of 2020: Andy Barth and Vince Buono

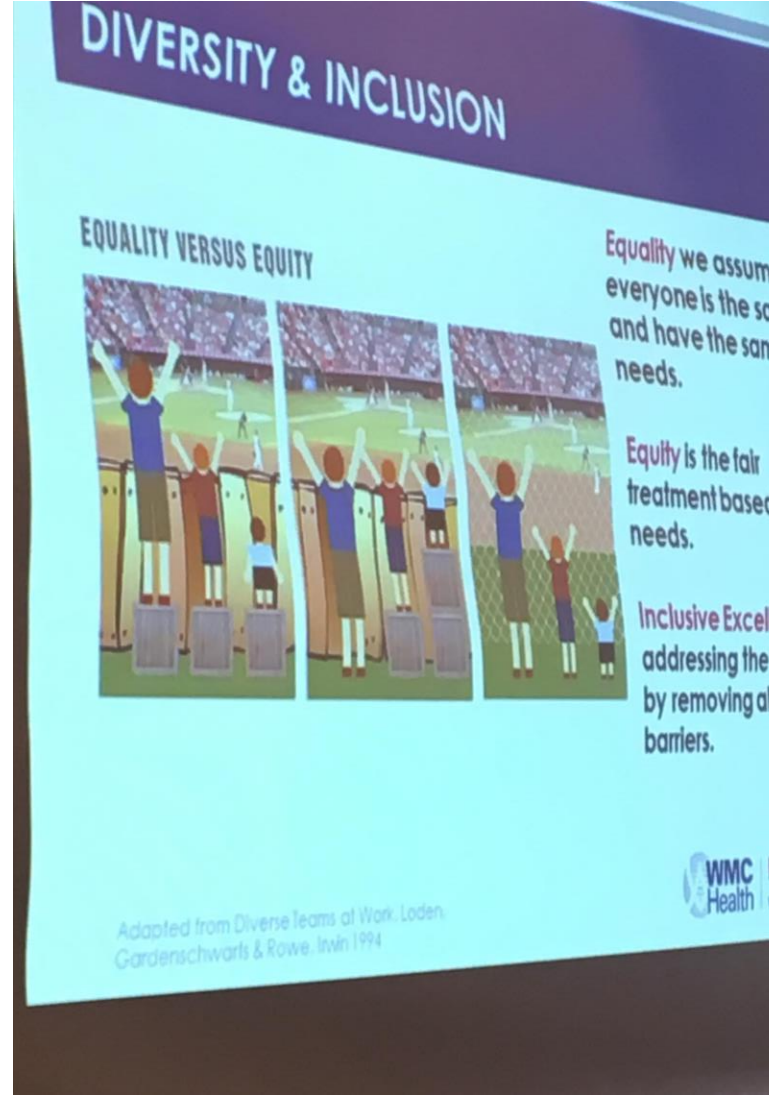




“Life is an interesting teacher – it gives you the test first, then gives you the lesson.”

Elliott Auerbach





Learning
and
Trusting



Class of
2020:
Meghan
Cimorelli
and Briana
Cole

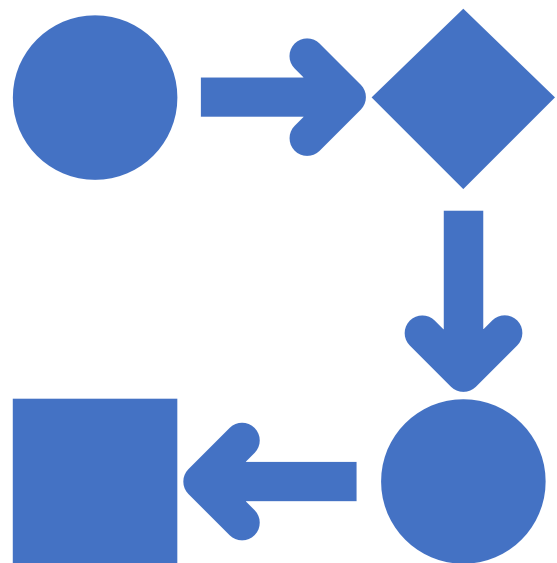


Activities, Dinner

Can we do this every day?



Reception with Chamber
and Foundation Board
Members



“Transition is not a problem; it’s a system to figure out.”

Susan Buckler

Class of 2020:
Terri Cranston and
Kayleigh DeCicco





ULSTER LEADERSHIP *Celebration*

Celebration SILVER SPONSORS

Francis P. Flynn, CPA



John Eickman





Class of 2020: Rachel
Jacob, Celeste
Emmons and Jo Dunn



Nonprofit Leaders Panel and Discussion

Sharing expertise
and then some
goodies from
Adams

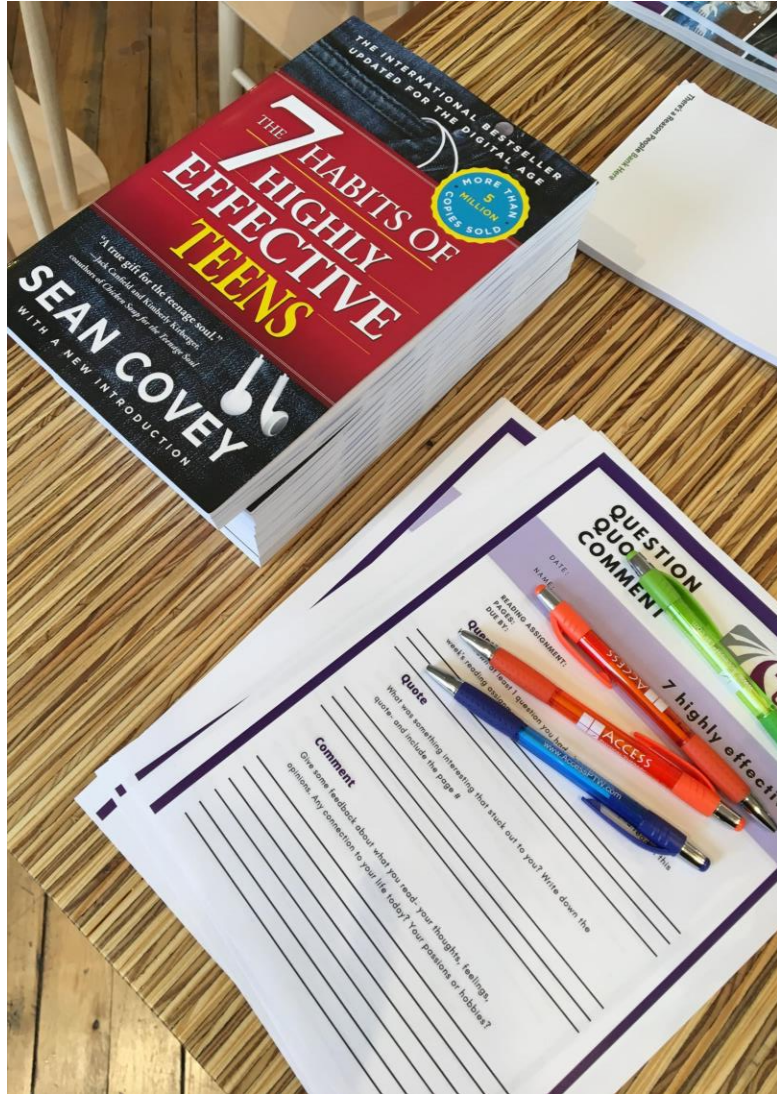




“The pessimist complains about the wind. The optimist expects it to change. The leader adjusts the sails.”

John Maxwell



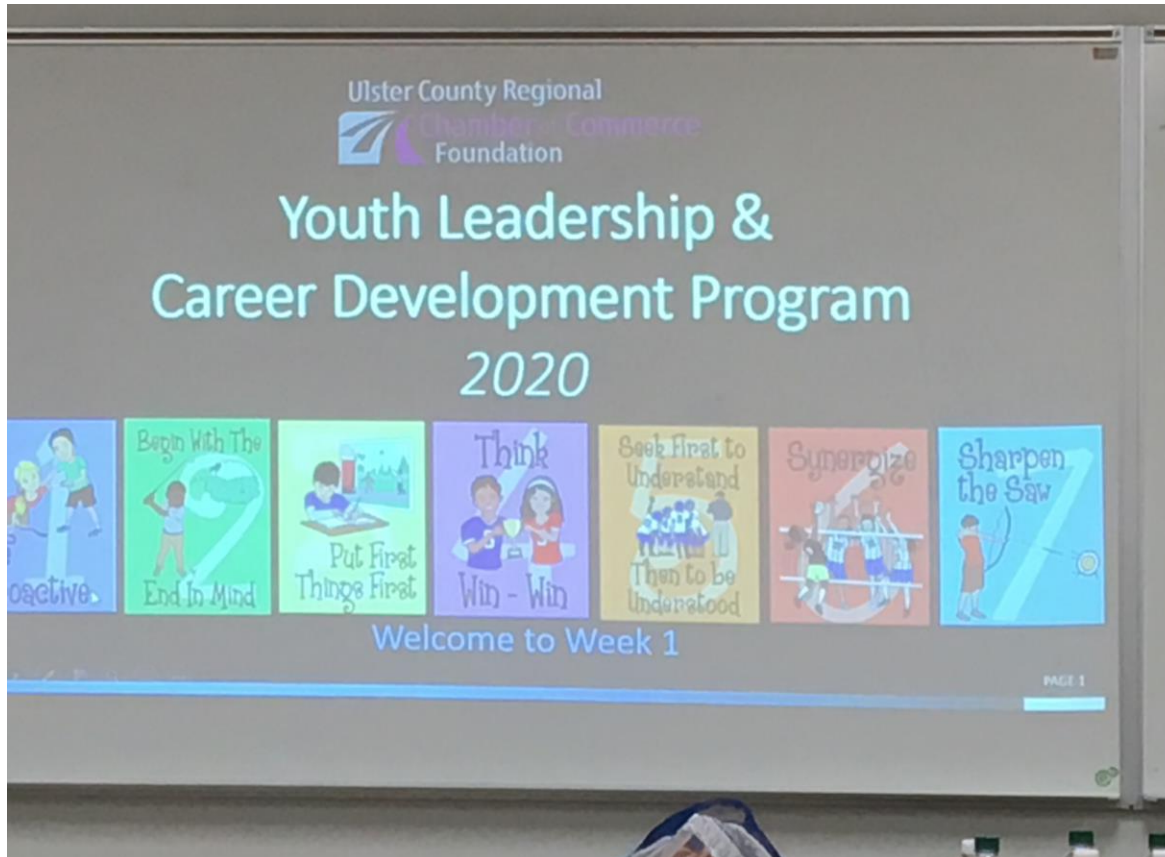


Youth Leadership

Class of 2020:
Tina Dierna and
Megan
Donahue



The Seven Habits





Session with
Ward Todd
at Arconic

Public Speaking Techniques



ULSTER LEADERSHIP

Celebration

Celebration BRONZE SPONSORS

Adams Fairacre Farms

Tower Products

The Bank of Greene County



Class of 2020: Aaron
Kleiner and Brandon Knoll

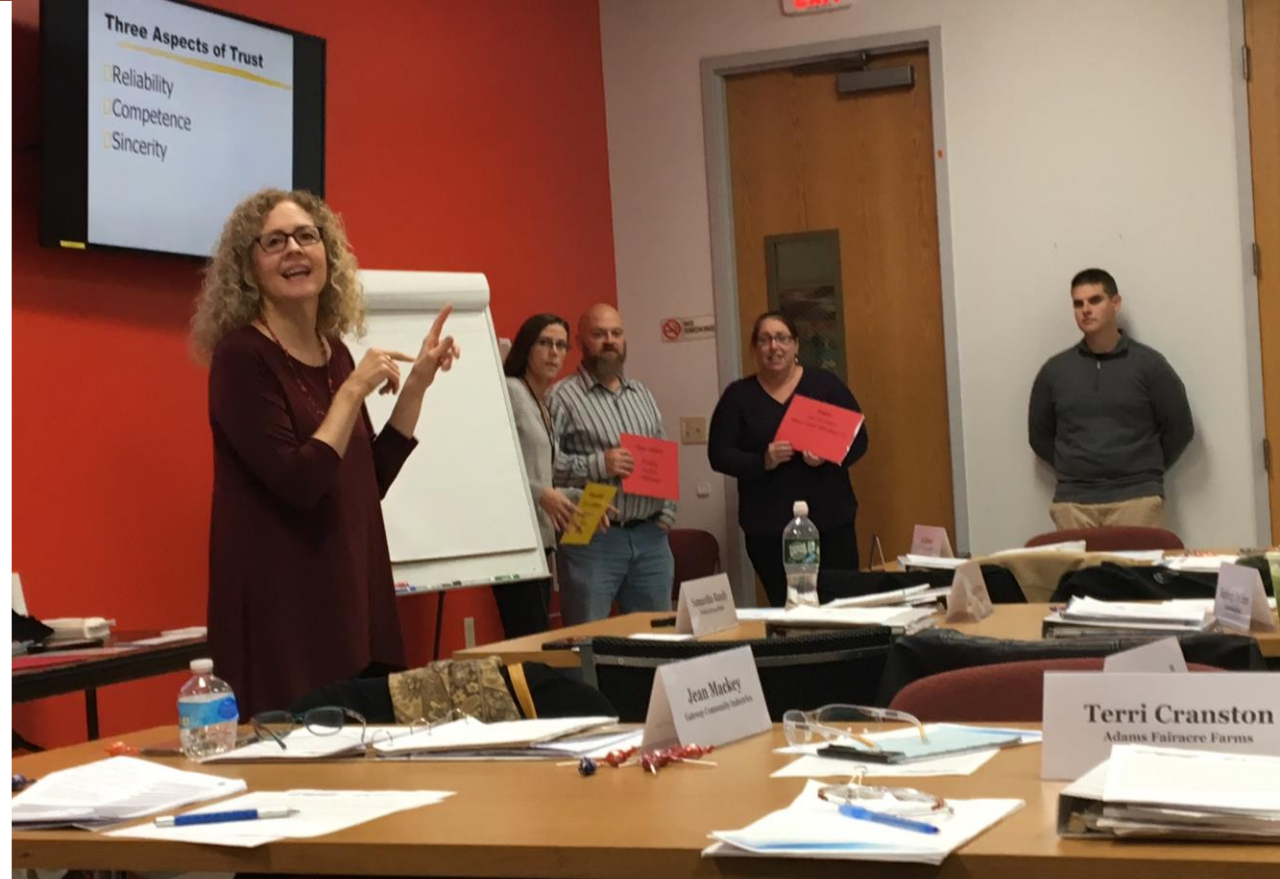


Business and Industry Panel and Discussion



**“Management is
doing things right;
leadership is doing
the right things.”**

***Peter F. Drucker,
author and
educator***



Evaluations and the DiSC Profile



Class of
2020:
Jean
Mackey and
Jason
Malizia

Session with Elliott Auerbach

Keith Ferrazzi

Amy Cuddy

Suzy Welch

Daniel James Brown

Malcolm Gladwell

David Epstein

NEVER EAT ALONE

PRESENCE*

10-10-10

THE PHYS IN THE BOAT

OUTLIERS

RANGE



Mindy Kole

Public Speaking and Tips from TED Talks



Health Services Panel
for Youth Program

Class of 2020:
Michele LaMunyan
and Dave Lesperence





Working and Learning together

How do you feel on
days like these?

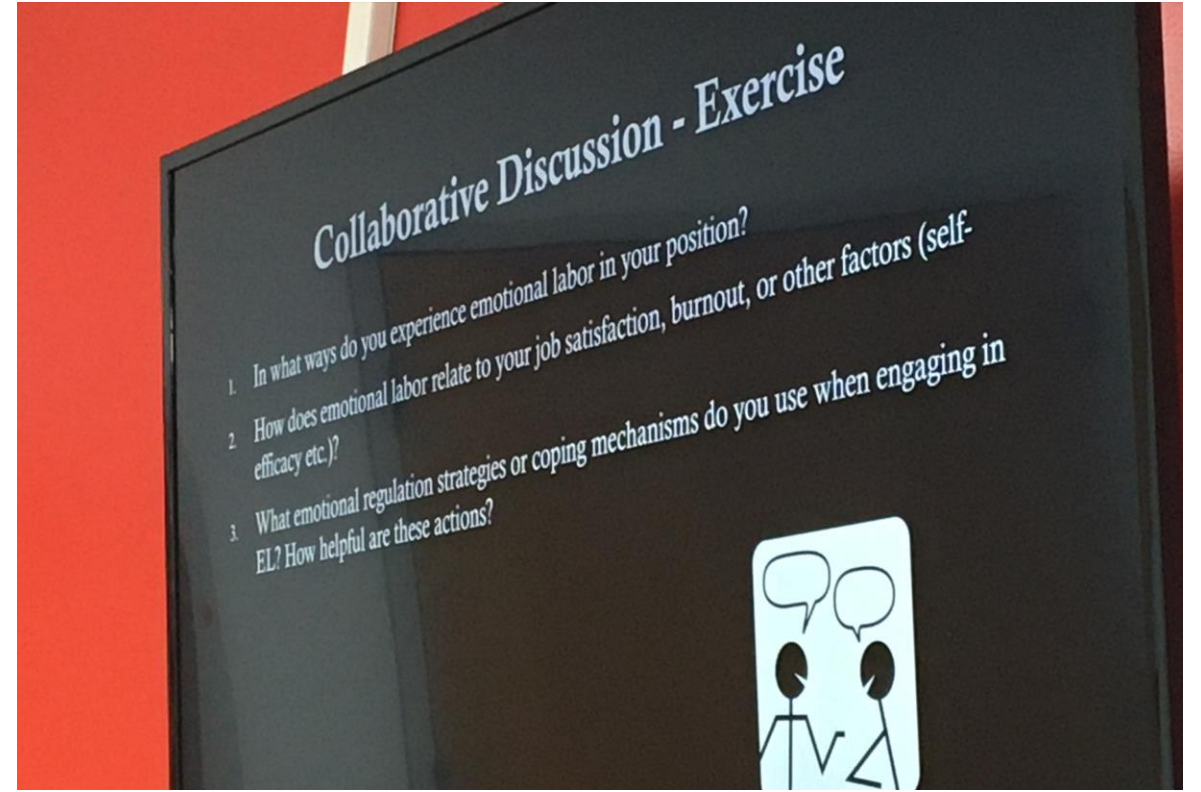
Carrying Your Own Weather	
Sunny	Stormy
- happy	- mad
- being a leader	- sad
- playful	- angry
- cheerful	- alone/lonely
- funny, laughing	- throwing things
- nice, kind	- grumbling
- friendly	- pushing
- smiling	- crying
- calm	- annoyed
- proactive	- boring
- problem solver	- yelling
	- lazy
	- bossy
	- tense
	- frustrated
	- reactive



7 Habits Learning and Tower Products Tour

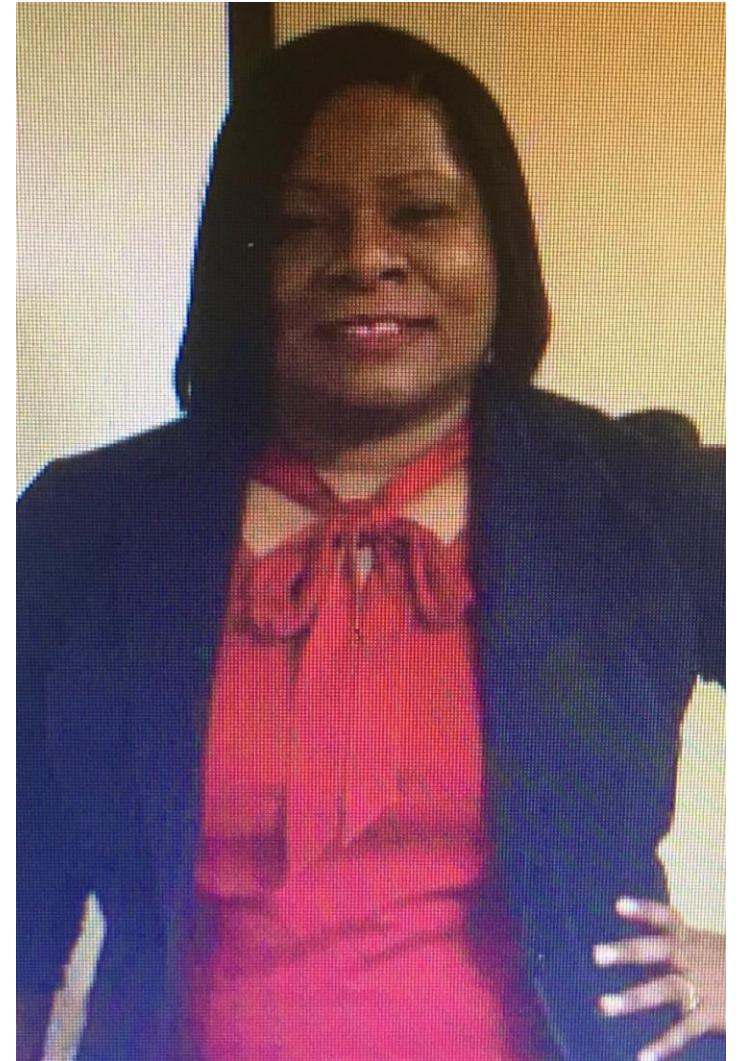


Feeney Shipyard with
the Youth



Learning about Emotional
Labor

Class of
2020:
Stephanie
Montanya
and Andrea
Newman-
Harvey





Session with
March
Gallagher in
the
Legislative
Chambers

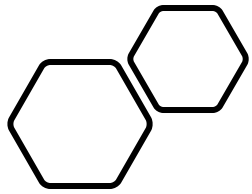


Opening Retreat with Youth Leadership

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

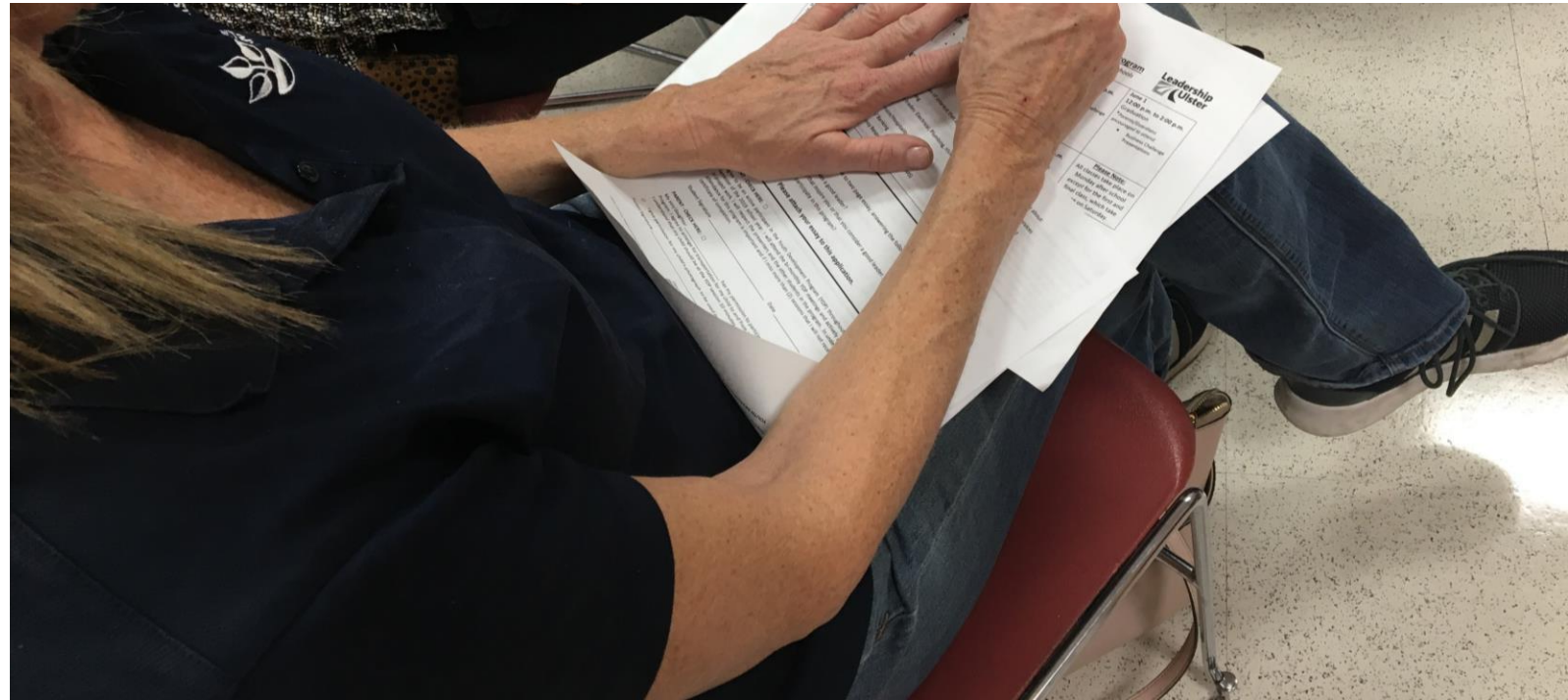
***John Quincy Adams, former
U.S. President***

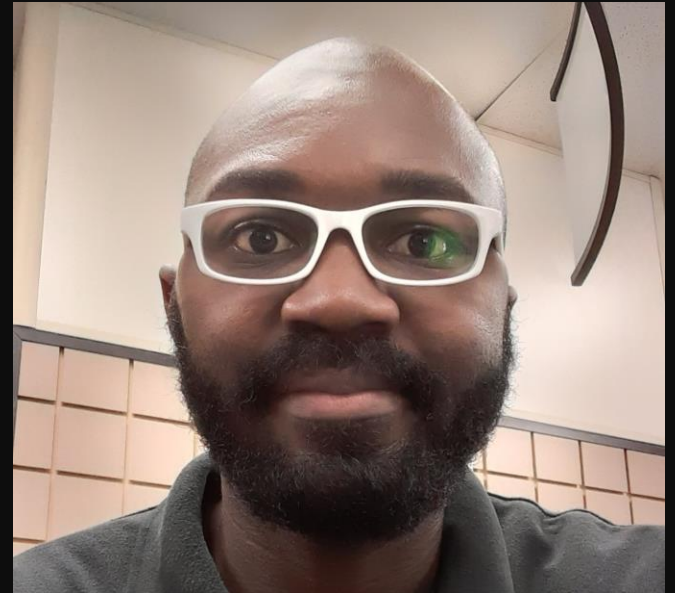




Youth Leadership

Working with the
students to
schedule the
sessions and
corporate tours

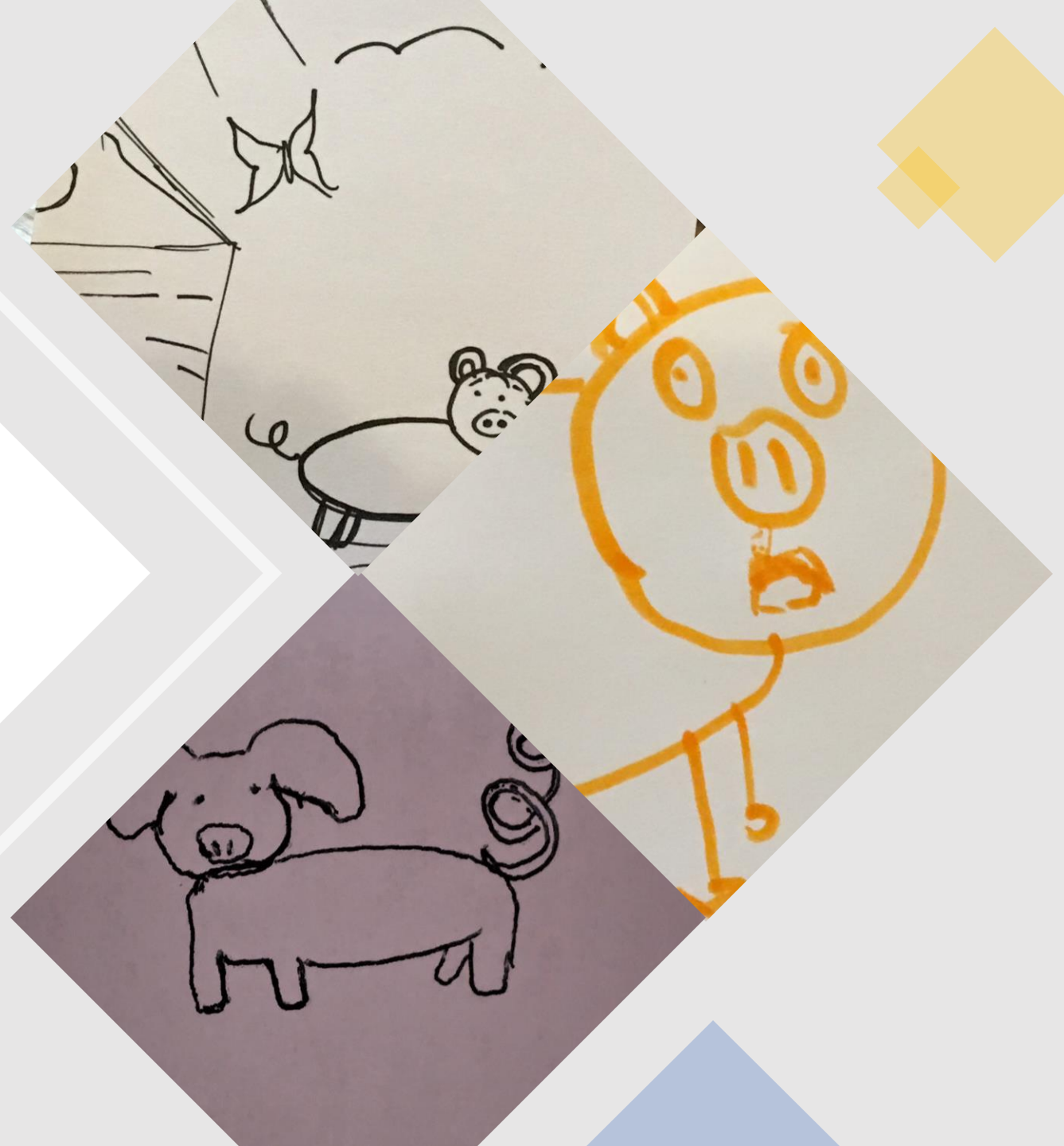




Class of 2020:
Karishma Vermani and
Jermaine Williams

The Pig Test

Elliott Auerbach's fun
pig test to determine
leadership styles!



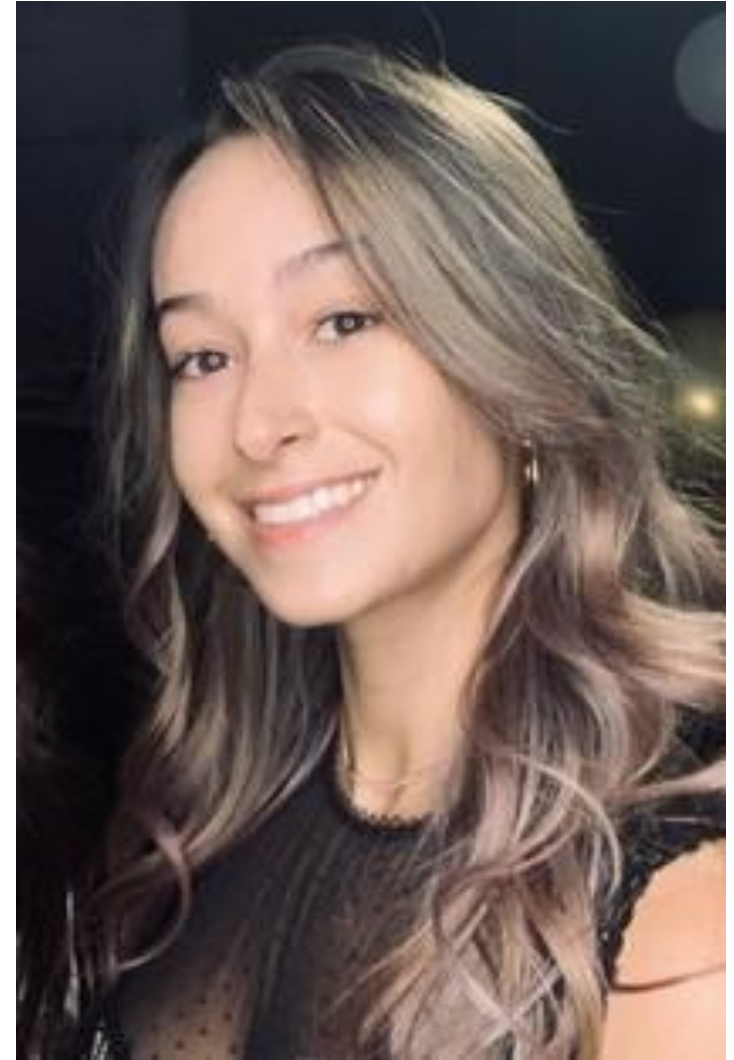
Youth Session and Ulster County Jail Tour





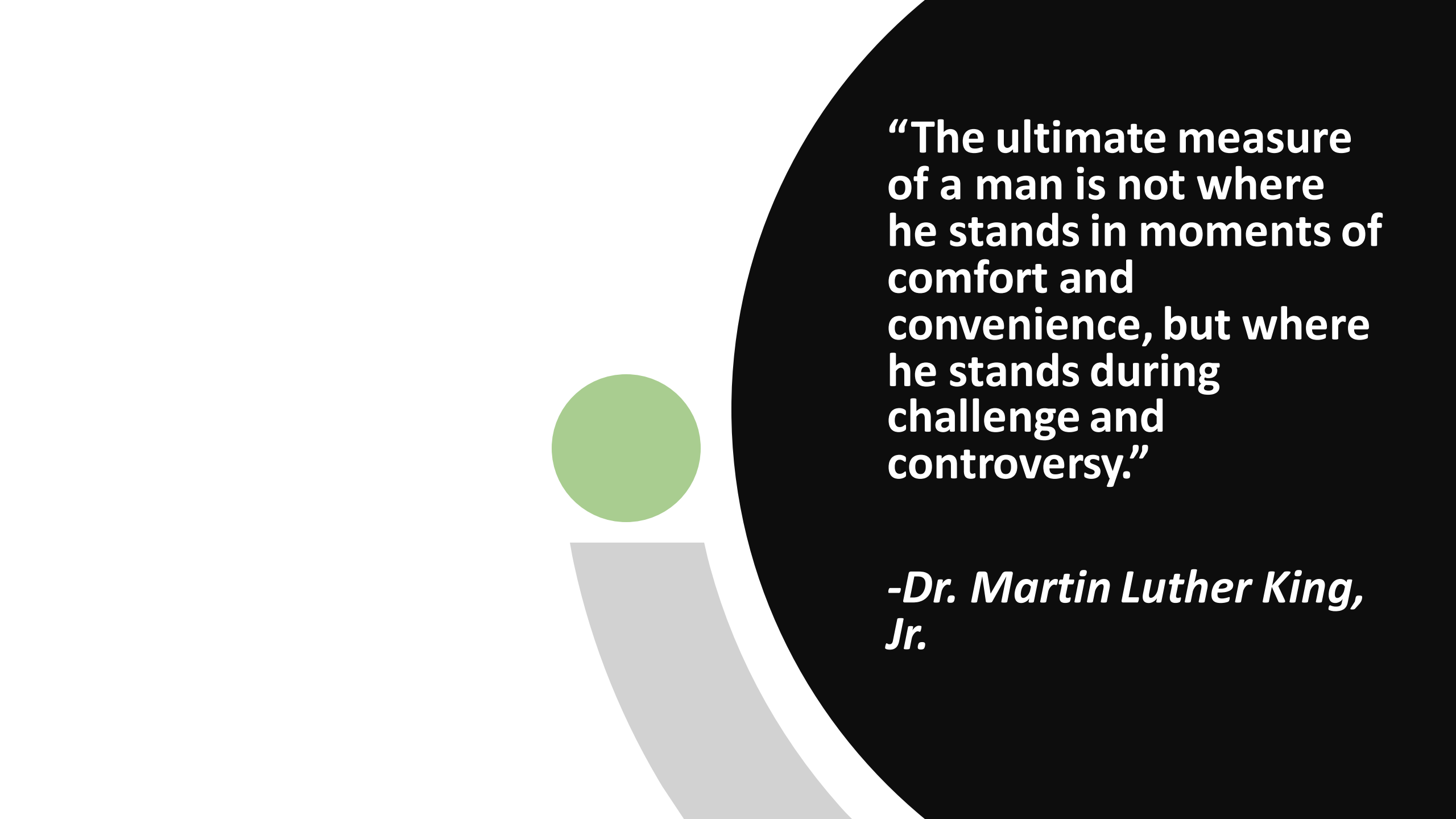
Retreat Fun at the
Emerson Resort & Spa

Class of
2020:
Brittany
Proia and
Samantha
Randy





Marketing
and Tourism
Panel –
our last in-
person
session at
the start of
the
pandemic



**“The ultimate measure
of a man is not where
he stands in moments of
comfort and
convenience, but where
he stands during
challenge and
controversy.”**

***-Dr. Martin Luther King,
Jr.***

Pivot to Virtual Presentations!





Ingrid Kulick & Tara Dickett, Leadership Ulster Coordinators

