

## Strength-based Leadership Programs Update

*Building personal and group resiliency, one leadership skill at a time*



This summer, participants in PPR's Teen Leadership Camp identified pre-existing strengths and learned leadership skills while leading workshops city-wide in:

- Identifying Strengths
- Improv Acting
- Improv Dancing
- Rap and Poetry
- Coping Skills (Breathing, Art and Aromatherapy)
- Conflict Resolution Theatre

In addition, PPR staff including After School teachers, Recreation Specialty Instructors, Recreation Leaders and healthcare professionals received Strength-based Leadership training.

[Learn more about Strength-Based \(Trauma-Informed\) Leadership Programs](#)



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