<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00-9:00AM</td>
<td>Registration</td>
<td>3rd Floor Southam Hall</td>
</tr>
<tr>
<td>9:00-9:30AM</td>
<td>Welcome &amp; Leadership Blitz</td>
<td>Kailash Mital Theatre - Southam Hall</td>
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<tr>
<td>9:30-10:15AM</td>
<td>Keynote Speaker</td>
<td>Kailash Mital Theatre - Southam Hall</td>
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<tr>
<td>10:30-11:15AM</td>
<td>Education Session #1</td>
<td>Richcraft Hall 2200</td>
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<tr>
<td>11:30-12:40PM</td>
<td>ASB Workshops</td>
<td>St. Patrick's Building</td>
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<tr>
<td>12:40-1:30PM</td>
<td>Lunch</td>
<td>The Caf-Residence Commons</td>
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<td></td>
<td>Opportunities Fair</td>
<td>213 Residence Commons</td>
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<tr>
<td>1:45-2:30PM</td>
<td>Education Session #3</td>
<td>Various Classrooms - Richcraft Hall</td>
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<tr>
<td>2:45-3:30PM</td>
<td>Education Session #4</td>
<td>Various Classrooms - Richcraft Hall</td>
</tr>
<tr>
<td>3:30-3:45PM</td>
<td>Closing &amp; Evaluations</td>
<td>Various Classrooms - Richcraft Hall</td>
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Television Host and Culture Expert on the Emmy-winning Netflix reboot of Queer Eye, Karamo Brown says that the key to his success is tapping into the many facets of his identity. Karamo strategically utilizes the strengths of his different identities to achieve success -- and teaches others to do the same. Lauded for his ease and natural comfort in relating to different types of people, Karamo is tasked with making-over the hearts and minds of the “culturally challenged,” and helps them to confront and grow beyond the internal issues holding them back. As a co-founder of 6in10.org, an organization addressing the mental health and self-esteem of individuals affected by HIV, Karamo was the recipient of the 2018 Human Rights Campaign Visibility Award. He was also invited by the Obama Administration to work with the White House to create policy and legislation supporting LGBTQ youth and their allies after school hours, and was featured as a speaker at the 2018 Obama Summit.
What do I want to work on at SOAR?
Choose presentations that fall in the categories you want to focus on today

- Build my leadership skills
- Learn about new ways to apply my skills
- Develop my personal leadership philosophy
- Reflect on my past and plan for my future as a leader

Serve Through Skill
Focusing on personal growth and practical skill development

Opportunity Exploration
Discovering new opportunities, challenging yourself, and reaching your potential as a leader

Authentic Leadership
Exploring how to be an authentic leader and developing a personal philosophy of leadership

Reflect & Re-Energize
Reflecting on past leadership experiences, and becoming re-energized as a leader in the Carleton Community

How do I learn best?
Attending sessions that are facilitated the way you learn best is a great way to make sure you get the most out of the sessions you choose to participate in

- I learn best by listening & some participation
- I learn best by talking with my peers & reflecting on the material
- I learn best through hands-on learning & practice

Theory to Practice
Sessions include mini-lectures, applying & reflecting on material provided, and developing a foundational knowledge

Collaborative Conversations
Sessions include learning through conversation, peer to peer learning, facilitated discussions, and activities

Experiential Learning
Sessions include learning by doing, activity-based learning, are creative in nature and based around activities

Look for the symbols in the Education Session Handbook and throughout the day when you are deciding which sessions to attend! The handbook can be found at www.carleton.ca/soar
Setting A Path For the Future: Grounding Leadership
Kahante Horn-Miller - Assistant Professor, School of Indigenous & Canadian Studies, Carleton University

In order to “redress the legacy of residential schools and advance the process of Canadian reconciliation”, the Truth and Reconciliation Commission made 94 Calls to Action. As a result, we are all asking ourselves, what does reconciliation mean? What does it look like? Indigenous peoples are also asking the same questions, and find ourselves tasked with defining it in our own ways from our own cultural perspectives. This talk is about (re)conciliation from a Haudenosaunee (Iroquois) perspective as a way to guide future leaders as they walk forward. We will take an illustrated and narrative journey, through the visual history and meaning of conciliation in the signs and symbols of Haudenosaunee culture.

11:30am-12:40pm

11:30-11:40 Welcome & Updates
Payment, Fundraisers, Campus to Community Days, Etc.

11:40-12:00 Exploring CEL: Positive and Negative Viewpoints

12:00-12:30 Sustainable Development Goals

12:30-12:35 Question & Answer

12:40-1:30 Lunch (Eat with your team) & Opportunities Fair

Afternoon Requirements

When selecting your sessions for the afternoon be sure to select at least 1 of the following 5 sessions:

- The Impact of Giving Back - Jake Harding
- Effective Leadership Through Inclusion - Bailey Reid, Ikram Jama & Benny Michaud
- The Art of Saying No - Tania Gomes
- Raise your Hand to Discomfort - Gabe Senecal
- Potential to Make a Real Impact - Jessica Beaudoin-Walker
**What type of leader are you?**

*Christo Bilukidi - Director of Operations, The Sports Training Academy*

Does adversity make or break you? Join Christo Bilukidi, former NCAA & NFL player at SOAR to learn about his experience with leadership. Christo is currently acting as the Director of Operations at the Sports Training Academy and as an Ottawa Community Housing Ambassador. Christo will speak about his experience transferring the skills he learned in the NFL to becoming a leader in his community.

**The Impact of Giving Back**

*Jake Harding - Volunteer Coordinator, The Ottawa Mission*

Join Jake Harding as he explores what it means to give back with meaning and intent. How can you provide help in support in the best way an organization needs?

**Moving Beyond the Bake Sale: How to take your fundraising to the next level.**

*Christian Robillard*

Have you sat down with your team, forced to do fundraising, and the only suggestions that come up are “we should do a bake sale”? When you hear that do you cringe and shrink up in your chair wishing there was a better way? Then you NEED to be in this session. Over our time together, we’ll go through some simple tips on how you can take your fundraising “beyond the bake sale” and put the “fun” back into fundraising. We’ll also get you to apply these tips to your own fundraising you have to execute to bring it to that next level – and help us to reduce the amount of bake sales happening around campus. Join us in our commitment to helping take your fundraising beyond the bake sale!

**Effective Leadership Through Inclusion**

*Bailey Reid, Ikram Jama, & Benny Michaud*

Effective leadership can only be attained when diversity and inclusion are centered as critical indicators for success. However, with meaningful inclusion comes difficult conversations, which is something authentic leaders must be equipped for. In this workshop, facilitators will lead the group through strategies as leaders to achieve meaningful inclusion in their communities, as well as create an open and safe space to have conversations about inclusion.
A Tale of Twin Leaders: Our Paralleled Path to Individual Identity and Leadership
Rebecca Drodge & Jessica Drodge

Have you ever wondered what university life might look like for identical twin students, both passionate about leadership and giving back to the community? One might think that identical twins will experience identical academic and extracurricular paths in their post-secondary journey, but let us tell you - this is not the case. Although we are in completely different programs, we have united together on our leadership philosophy. Based on our shared values and life experiences, our leadership philosophy has the same roots as do our genetics. Throughout our journey as Carleton students, we have challenged, grown and slowly dispersed our skills and passions into various different corners of Carleton University by what we like to call, Our Little Steps to Leadership. We hope to inspire you to open your minds to your leadership potential by sharing with you our life lessons rooted in our collective leadership journey.

Small Actions, Big Impact: Building a Leadership Legacy
Mandi Crespo

Paige Hunter, 18, is a college student at East Durham College. In her spare time, Paige writes notes and tapes them to Sunderland, England’s Wearmouth Bridge, a known suicide spot in her city. “I’m not telling you it’s going to be easy. I’m telling you it’s going to be worth it,” one note reads. Her notes of hope have saved at least six lives so far. (Watch the story at: https://youtu.be/NbYTz_4I3so) In this session, we will use Paige Hunter’s story as a starting point to talk about what it means to be a leader, what leadership looks like at Carleton, and how to be intentional in building your own leadership legacy. We will revisit our personal leadership journeys, explore how to leverage our leadership strengths and opportunities, and identify small steps we can take to make a bigger impact in the world.

Younique: How to Stand out and Be an Authentic Leader
Craig Gauthier

Want to learn how to capture your audience? Create genuine engagement and enthusiasm with your mentees? In this experiential learning session, we will be exploring the art of creativity and authenticity in the context of mentoring and facilitation. Thinking outside the box, we will be creating meaningful icebreakers and energizers where we’re able to move our bodies, to use our voices, and to laugh.

Life After Graduation: How to apply academic, co-curricular and social experiences after university
Chiara Webb & Olivia Brown

University is an exciting time for academic, extracurricular and social growth. But how do these experiences apply once you’ve obtained your degree? In this session, students will learn about what types of experiences are available to them as leaders on campus. They will then be able to reflect on their past, present and future goals of involvement before they finish at Carleton. The presenters will then help students make the connection between how these experiences can shape and mold their post-graduation lives.
LEAD: Leadership Exploration and Development  
Zeinab Fashwal & Jessica Parnell

What kind of a leader are you? What is your special quality? What is your leadership philosophy? Are you persevering yet empathetic, hard-working yet enthusiastic, confident yet humble, do you have the motivation to motivate others? I know that inside each and every one of you lies a leader, and we are here to bring that out. One of the most effective ways of learning and discovering yourself is through reflection. Join us in our presentation where we will share our leadership experiences and listen to your experiences to bring self-awareness and reflect on potential leadership. We will give you opportunities to discover how to improve and build a leader out of yourself.

**Education Sessions**  
2:45-3:30pm

**Pawsitive Support**  
Shannon Noonan & Blue - OVPSE, Carleton University

Positive Psychology experts have suggested more proactive, holistic approaches for individuals to learn about different coping mechanisms, resilience, and self-care. Join Shannon Noonan and therapy dog Blue, to discuss a more “pawsitive” approach and how “man’s best friend” is proving to be a viable strategy to assist with mental health.

**The Art of Saying No: Self-Care & Sustainability in an Age of Burnout**  
Tania Gomes

Picture this: you wake up in the morning and plan your day ahead. While sipping your morning coffee, you set expectations for yourself – you create a to-do list, block your calendar and outline some priorities. Seems like a dream, right? Because in reality, you come into work and within the first hour, your list has tripled, your priorities have become blurred and your calendar has too many meetings to fit the day. This session will explore concepts such as Millennial Burnout Syndrome with the hopes of equipping young professionals with the confidence they need to say no. Learn how to be self-aware of one’s capacity and needs to succeed in a work environment and how to use those as tools for sustainable high performance. Millennials come out of university with ambitious aspirations – they are eager to prove themselves as hardworking professionals, ready to take on the world. Admittedly, I am one of those people. However, my recent learnings and experiences have shown me that it is an impossible and unnecessary burden to bear. The Art of Saying NO, will guide you through my keen entrance into the workforce, my inevitable burnout and what I like to call, my phoenix effect.
Gabe Senecal’s impulse to get involved in his community is quite unrelenting. A member of the Prime Minister’s Youth Council, a non-partisan advisory body to Cabinet and the Prime Minister, he was elected to the University of Saskatchewan Students’ Union executive in 2015-16 after student community involvement snowballed. Gabe wants to share how progressively pushing the boundaries of his comfort zone enabled him to incrementally grow as an individual and leader, and facilitate a conversation about how to take on projects we are intimidated by. He also is eager to share how to tactically approach leadership applications to organizations like the Prime Minister’s Youth Council and the New Canada Conference.

Feeling your best is about “creating a life that’s well-rounded, filled with humor and understanding—and most importantly, that suits you” (Queer Eye, 2018). Explore how you can take the Fab Five’s Hip Tips and turn them into your personal mantra to be your true authentic self as a leader in your community.

Do you think you know a lot about the creation of a leader? Want to know more about this topic? Come learn about whether leaders are born or made and expand your definition of leadership! You will get to learn about what it means to be a leader, what qualities make a leader, and then apply your learning in fun activities!

Have you ever wondered how and if student leaders can truly make an impact in the community? This session will allow you to explore community engaged learning, learn about today’s major social issues facing the Ottawa community, and discover how student leaders can truly make an impact. In groups, you will be presented with a specific social issue and given 22 minutes to create a solution to the problem using only resources that an average student would have available to them. This session will challenge you to think about different ways to make an impact in the community, think critically about your leadership style, and consider new ways to act as a leader.

This workshop will explore and challenge student’s knowledge of leadership and bring new perspective and application on becoming a successful leader. This workshop will not only focus on the development of leadership skills in group settings, but also individual practices and theories on how to better yourself as a leader.
Peak Performance, Productivity & Well-Being  
Lily Akagbosu

This presentation highlights 10 different dimensions of life that contribute to our sense of balance. It helps the audience identify energy sources & reflect on the different areas of personal & professional life; thus enabling them to enhance overall performance and promote wellbeing. It also discusses tools to facilitate this process and replace negative habits. It is recommended for any and every one looking to learn about managing multiple priorities and thriving.

Notes on Failure: Turning Circumstance into Intention  
Danielle McKeirnan & Olivia Brown

This presentation highlights 10 different dimensions of life that contribute to our sense of balance. It helps the audience identify energy sources & reflect on the different areas of personal & professional life; thus enabling them to enhance overall performance and promote wellbeing. It also discusses tools to facilitate this process and replace negative habits. It is recommended for any and every one looking to learn about managing multiple priorities and thriving.
My SOAR Takeaways

New skills I learned

Ways I challenged myself

My personal leadership philosophy

How I’m re-energized as a leader

My Best Ideas & Notes from Education Sessions

Session:

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Session:

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Session:

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Session:

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