

SOAR

2019

STUDENT LEADERSHIP CONFERENCE

8:00-9:00AM	Registration	3rd Floor Southam Hall
9:00-9:30AM	Welcome & Leadership Blitz	Kailash Mital Theatre - Southam Hall
9:30-10:15AM	Keynote Speaker	Kailash Mital Theatre - Southam Hall
10:30-11:15AM	Education Session #1	Various Classrooms - Richcraft Hall
11:30-12:15PM	Education Session #2	Various Classrooms - Richcraft Hall
12:15-1:30PM	Lunch Opportunities Fair	The Caf-Residence Commons 213 Residence Commons
1:45-2:30PM	Education Session #3	Various Classrooms - Richcraft Hall
2:45-3:30PM	Education Session #4	Various Classrooms - Richcraft Hall
3:30-3:45PM	Closing & Evaluations	Various Classrooms - Richcraft Hall



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



Serve Through Skill

Focusing on personal growth and practical skill development

Learn about new ways to apply my skills



Opportunity Exploration

Discovering new opportunities, challenging yourself, & reaching your potential as a leader

Develop my personal leadership philosophy



Authentic Leadership

Exploring how to be an authentic leader & developing a personal philosophy of leadership

Reflect on my past and plan for my future as a leader



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



Theory to Practice

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

I learn best by talking with my peers & reflecting on the material



Collaborative Conversations

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

I learn best through hands-on learning & practice



Experiential Learning

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

EXPERT SPEAKER

Setting A Path For the Future: Grounding Leadership

RB 2200

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..

EXPERT SPEAKER

Making Magic with Leadership: Using the Disney model to lead.

SC 103

Jeremy Brzozowski - Manager, Student Experience & Student Life, Carleton University

"It's not the magic that makes it work; it's the way we work that makes it magic." (L. Cockerell 2008). Based on the principles taught at the Disney Institute learn how to take your leadership style to make magic in the events you plan, the groups that you are involved with and those that you lead.

EXPERT SPEAKER

Lighten Up and Lead

RB 3110

Paddy Stewart - President, Happiness Architect

Leaders don't sit on the sidelines; they step up and step out! This workshop gets participants to loosen up in order to put their best foot forward and to make strong personal connections with others. Participants go through a series of interesting hilarious ice breakers, engaging interactions, and positive cooperative challenges. These activities help everyone to loosen up and lighten up.



Strengths and Strengths: Project You

RB 3202

Danni Kozela, Anthony Colonico & Alexis David

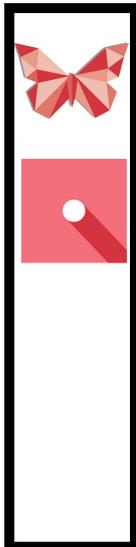
When do you feel your best? What are your strengths? How do you inspire others? :In this session, students will leave with an understanding of strengths, how they can apply their strengths in leadership roles, and how they can draw on others strengths to create positive team dynamic and become a more effective leader. By understanding how strengths work together, effective leaders can apply their knowledge to any leadership role they find themselves in.



The True Path to Authentic Leadership: Thinking Like an Investor
Michael Cappa

RB 1200

We have generally been conditioned to achieve a life of mediocrity – work 40 hours a week for 40 years, pay your taxes, and hopefully retire with 40% of your earnings. Let's flip that idea on its head. This presentation will examine the differences between a consumer and investor mindset, why consumers live a life of mediocrity and investors live a life of excellence, and will also dissect the various ways in which prominent leaders invest in themselves (i.e. having a multitude of skills, being a student of life and seeking out mentors, and establishing an ironclad legacy). The lack of one's best has a negative effect on the world when they do not invest in themselves and grow. Adopting an investor's mindset towards personal and professional development will make participants emotionally stronger, wiser, and well-respected leaders and individuals.



Avoiding Voluntourism: How to Lead Volunteer Efforts Ethically
Kelty Slaney, Molly Boley, Saul Hughes, Hannah Glover

RB 3112

Volunteering is a great way to make a difference -- but what kind of impact are you making? While voluntourism (volunteer tourism) has become a trendy way to do good while on vacation, the industry can have negative impacts on local communities and exploit volunteers' good intentions. Using examples from the voluntourism industry, we will discuss the unintended consequences of global and local volunteer work, how to analyze the impact of different organizations, and how to overcome the challenges that come with creating a positive impact. Additionally, we will be reflecting on and sharing our own volunteer experiences, the skills that make us valuable volunteers and leaders, and the goals we want to achieve with service in the future.

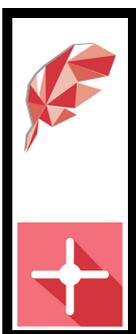


Supporting a Friend in Distress
Student Mental Health Engagement Committee

RB 3201

Registration for this session is required by carleton.ca/soar. If you choose to participate, attendance at both sessions is required.

As a friend, it can be difficult to navigate tough conversations and support our friends in challenging times. The Supporting a Friend workshop is facilitated by fellow students who understand how tough it can be to have these conversations. This workshop can provide you with information and tips to help you feel more confident in these situations. Being comfortable talking about mental health and well-being with friends is the first step to being able to connect them to resources that can help in a time of need.



Transitioning from Academic to Professional Career
Sheryl Hunt

RB 3224

A Session designed to assist students that are approaching graduation to bring their leadership skills and experiences as a student into the work palce to maximize success. Students will be introduced to tips as to how to best integrate into a professional office environment and avoid some common pitfulls to ease the learning curve and be able to best navigate for succes in this next phase of their lives.

EXPERT SPEAKER

Life's not a sprint. It isn't a marathon either

Adrian Chan -Professor, Department of Systems & Computer Engineering, Carleton University

RB 2200

There is a common response that I hear (or give) to the question: "How's it going?"... "Busy". There can be a lot of pressure, externally and internally, to try to do a lot. I spent an hour sitting in the bathroom with my two-year-old Martine. There is a Taoist saying "There is so much to do. There is so little time. We must go slowly." You know... life isn't even a race.

EXPERT SPEAKER

Shopify's "T Shaped" Philosophy

Zameer Masjedee - Developer Experience Specialist, Shopify

SC103

Some people are so focused on perfecting a specific set of skills for that one dream job, that they fail to invest in and appreciate all the other life experiences that make them who they are. Do you fall into this category? How many hobbies do you have? What do you like to do for fun? What do you want to be a specialist for? What things are you a generalist for? In this talk, Zameer discusses what he's learned from Shopify when it comes to diversifying your skill set and also enjoying your university experience, all while bringing the best version of you to any future interview that you might take on.



The Alumni Phenomenon: Being a Leader After you Cross the Stage

Whitney Martin & Erika Giugovaz

Rb 1200

Being intertwined in the Carleton community is part of student leaders' identity, and when preparing to walk across the stage, it can bring a strange feeling that part of your identity will be lost. Past leaders from the Carleton community have realized that this is a common phenomenon: What do you do next? What comes for those of us who lived years being intricately involved on campus and leave to take on a new city, the workplace, or further education? How can all of the passions and leadership skills that Carleton's community helped foster within you be translated into life after graduation? This presentation will give you the chance to discuss this with your peers and guide you to feel confident in your leadership style and identify your skills, with the goal of being prepared to apply them to life after you cross the stage.



Empowering Team Members to be Team Leaders

Jeremy Whalen

RB 1201

Getting the most out of your team, in business or sport, is about maximizing the abilities of each member. Whether your goal is to win a championship or reach that next followers milestone, achieving your goals is all about empowering your team members. This session will look at how to find the best fit for each member of your team, including yourself, while helping everyone to grow, gain new skills and achieve more together





Good Leaders are Ethical Leaders **Emily Kate Gray & Lorianne Dueck**

RB 3112

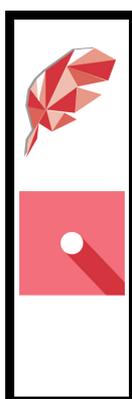
Have you ever thought about how ethics plays a role in great leadership? Or the importance of being prepared to make ethical decisions given any situation? This workshop will teach you the basics about what ethical leadership is and why it matters. You will learn about the 3 approaches behind how people make ethical decisions: the consequentialist, deontological, and virtue ethics approaches. You will also learn the 8 steps to ethical decision making so that you are prepared given any situation. You will be able to apply these skills through a group discussion and a case study! Ethical leadership starts with you. CU There!



Breaking Through the Binary: Re-Thinking Pronouns & Gender-Inclusive Language **Jaime Sadgrove**

RB 3202

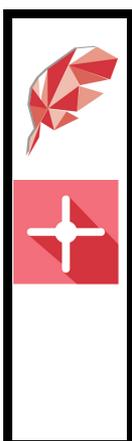
For trans and non-binary students, meeting new people or getting involved on campus can be a very uncomfortable experience due to fears of being misgendered, whether intentionally or unintentionally. By incorporating pronouns and gender-inclusive language into their everyday speech, students can be leaders in making their communities safe spaces for all Carleton students. This presentation will explain the importance of pronouns and gender-inclusive language, identify some strategies for incorporating them into normal, everyday conversation and walk students through the process of dismantling stigma against trans and non-binary students with conversations focused on learning and compassion.



Learning to Say "no": A Guide to Maintaining Control of Your Goals **Vika Bereza**

RB 3110

Take it from a chronic procrastinator and someone who used to work 5 jobs simultaneously while undertaking a full course load - it is HARD to balance your academics, personal life, and leadership goals. This session will teach you strategies for time management, balance, and prioritization so that you can maintain or – as was my case – regain control of your goals and feel like you are the driver of your schedule, and not a whip-lashed



Supporting a Friend in Distress **Student Mental Health Engagement Committee**

RB 3201

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EXPERT SPEAKER

What type of leader are you?

RB 2200

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.

EXPERT SPEAKER

The Impact of Giving Back

SC 103

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.

RB 1200

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 shrivel 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

RB 3201

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

RB 1201

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.

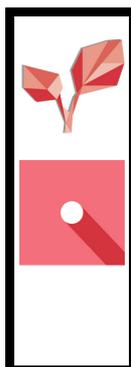


Small Actions, Big Impact: Building a Leadership Legacy

Mandi Crespo

RB 3202

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_4l3so) 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.

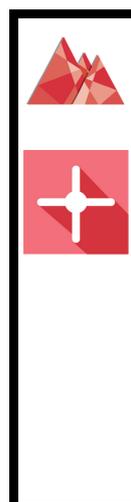


Younique: How to Stand out and Be an Authentic Leader

Craig Gauthier

RB 3110

The world is evolving at a record pace. With advances in technology, the competition for employment and business opportunities are at an all-time high. How will you distinguish yourself from the others? What will make you more memorable? What will you do that will bring you to the forefront and emerge as a great leader? These are just some of the questions that will be answered in this engaging presentation.



Life After Graduation: How to apply academic, co-curricular and social experiences after university

Chiara Webb & Olivia Brown

RB 3112

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

EXPERT SPEAKER

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

SC 103

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.

EXPERT SPEAKER

The Art of Saying No: Self-Care & Sustainability in an Age of Burnout **Tania Gomes - Sr. Coordinator, Product Development, ME to WE Trips**

RB 2200

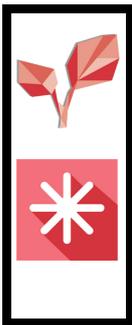
Picture this: you wake up in the morning and plan your day ahead. While sipping your morning coffee, you set expectations for yourself – you create a to-do list, block your calendar and outline some priorities. Seems like a dream, right? Because in reality, you come into work and within the first hour, 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.



Raise Your Hand to Discomfort **Gabe Senecal**

RB 1200

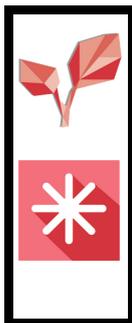
Gabe Senecal's impulse to get involved in his community is quite unrelenting. A member of the Prime Minister's Youth Council, a non-partisan advisory body to Cabinet and the Prime Minister, he was elected to the University of Saskatchewan Students' Union executive in 2015-16 after student community involvement 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.



Love Yourself, Love your Life: How to Lead the 'Queer Eye' Way **Teddy Kozela & Jenny Trimble**

RB 1201

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.



Are Leaders Born or Made?

RB 3201

Anekit Maharana, Dana Quinn, Ricky Grewal, Mia Beisheim, Amy Bekkers

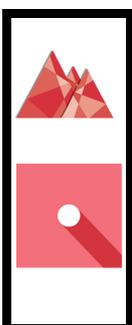
Do you think you know a lot about the creation of a leader? Want to know more about this topic? Come learn about whether leaders are born or made and expand your definition of leadership! You will get to learn about what it means to be a leader, what qualities make a leader, and then apply your learning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



Student Leaders & Our Potential to Make Real Impact **Jessica Beaudoin-Walker**

RB 3202

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.



Challenging Successful Leadership **Jacob Howell**

RB 3110

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**

RB 3112

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**

RB 3224

Join us in our session where we will have a frank discussion about failure. Students will be able to hear from two alumni and their personal experiences with failure and how it has helped them to rebuild their relationship to themselves, learn forgiveness and become stronger leaders. Students will learn how to challenge the notion that failure is a negative thing to dwell on, and instead focus on why failures can sometimes lead you to the best parts of your life, better opportunities and make you a more confident leader.

NOTES

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:

Session:

Session:

Session:

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