<table>
<thead>
<tr>
<th>Time</th>
<th>Event</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>
</tr>
<tr>
<td>9:30-10:15AM</td>
<td>Guest speaker</td>
<td>Kailash Mital Theatre - Southam Hall</td>
</tr>
<tr>
<td>10:30-11:15AM</td>
<td>Education Session #1</td>
<td>Various Classrooms - Richcraft Hall</td>
</tr>
<tr>
<td>11:30-12:15PM</td>
<td>Education Session #2</td>
<td>Various Classrooms - Richcraft Hall</td>
</tr>
<tr>
<td>12:15-1:30PM</td>
<td>Lunch</td>
<td>The Caf - 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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**Tessa Virtue - One of the Most Decorated Figure Skaters in Olympic History**

Tessa Virtue began skating when she was just seven years old. Since then, she has won five Olympic medals with her longtime skating partner, Scott Moir. The team made history when they became the first North American team to win gold, and the youngest figure skating champions at the 2010 Vancouver Olympics. Virtue has also been featured in multiple fashion and lifestyle magazines and became the face for women’s training for Adidas Canada. After the 2018 Olympics, Virtue and Moir toured Canada from coast-to-coast as a way to thank all of the Canadians who have supported their Olympic careers.
My SOAR Learning Map

What do I want to work on at SOAR?
Choose education sessions 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 & 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?
Attend sessions that are facilitated the way you learn best to 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

Panel Presentation
Sessions include learning by listening, reflecting on material provided, and gaining insight on new topics

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 these symbols when deciding which sessions to attend.
carleton.ca/seo/soar
Mindfulness in Sport and High Stakes Psychology  
Adam Kingsbury

The ability to regulate our attention is a skill that is highly needed in most important areas out of lives, yet rarely thought about as something that needs to be cultivated and regularly practiced to remain effective. This talk will introduce the concept of mindfulness meditation and how it is being practically used by athletes in high-performance sport settings to prepare for major competitive events. Furthermore, an argument against the necessity of “positive thinking” in high-pressure will be presented to stimulate questions about a common paradigm held by a large majority of individuals.

Lighten Up and Lead  
Paddy Stewart

Want to have 2 tons of fun and meet some terrific students? Leaders don’t sit on the sidelines; they step up and step out! This workshop gets all participants to loosen up in order to put their best feet forward and to make strong personal connections with others. We’ll go through a series of fun ice breakers, engaging interactions, and positive cooperative challenges that Paddy, The Happiness Architect, has designed for everyone to lighten up!

Are You a "Seer" or a "Doer" or a "Gluer"? Flexing Your Leadership Style to Impact any Situation  
Mandi Crespo & Kaylee Hargreaves

How do you lead? Do you direct people on what to do? Do you provide the vision? Are you the glue that holds the team together? In “Leadership That Gets Results,” Dr. Daniel Goleman outlines six common styles of leadership and demonstrates how the styles can have a direct impact on relationships and group dynamics. Join us in this interactive workshop where we will review Goleman’s six styles of leadership (directive, visionary, affiliative, participative, pacesetting, and coaching) and ask you to consider which styles you use most often. We will explore how to adapt leadership styles to different situations, when to flex styles outside of your comfort zone, and we will take a deeper dive into the coaching style and how you can use it in your daily life.
Pushing Beyond Limits
Lily Akagbosu

Limits are restrictions; barriers that could prevent us from making progress. Like in a hurdle race, there are proven techniques that enable us to overcome our limitations. This workshop will discuss 5 principles that enable us to overcome some typical challenges we encounter when working towards goals. The session will help us navigate visualizing our dreams, being audacious, taking our first step, raising our standards, and helping others along the way. Delegates will be encouraged to reflect on their personal experiences and explore how the five principles they can apply the five principles to help them succeed.

The Field of Work and Volunteering: Cultivating the most out of your Education
Cameron Fox & Zack Lair

A presentation on the importance of leadership and involvement both inside and outside of Carleton university, and how one can translate professional leadership experience into a valuable mechanism for academic and volunteering success. Leadership recruits professionalism, clarity, respect, and authority— all elements which we hope to teach during our presentation through real-life examples.

Adapting your Leadership Approach after Big Changes
Jane van den Dries

Building resilience is no small feat. It takes courage, tenacity and plain old hard work. In this session, I will talk about my personal journey of leadership that started with a pivotal, overwhelming-in-every-way experience and took me on a path of resilience and leadership in order to find a way forward. Moving forward is not about exploring a new, foreign path: it’s about discovering and channeling the leader that is already in you to move into uncharted territory. It’s not an easy path to take. But it pays in dividends. I connect a life-changing experience to the development of my personal philosophy of leadership and I invite you to reflect on your own experiences to see how they have transformed your own leadership style.

Exploring the Benefits of Interning Abroad
Taylor Poscente, Sahhara Leckie, Natascha Sekerinski & Yan Sun

Are you unsure of what you want to do with your degree? Do you feel like you are lacking work experience related to your area of study? Have you ever wondered what it might be like to live and work in another country? Meet Taylor, Sahhara, Natasche, and Yun: all undergraduate students and we asked ourselves the same questions last year. We all decided to take the leap and move abroad and intern this past summer, and we want to share what we have learned and how we have grown as individuals with you. Hear more about our experiences while engaging in activities to learn more about the skills you have to offer and the various ways you can participate in international internships.
A Sustainable Shift: Adapting Student Leadership Styles to the Climate Emergency
Noah Hollis & Talia Rampelt

In this session, we will examine how to best foster emerging student climate leaders on campus. Many students on campus recognize the dangers that climate change poses, thanks to Greta Thunberg and Autumn Peltier, and they see how it has reshaped our campus already. Sustainable architecture, like the mini-homes by the river, has been promoted by our administration, and student groups have led the climate strikes all over the city. Attendees will learn how to apply their past experiences and environmental passions to the type of climate leader that they want to be in our campus community and beyond. Climate change will reshape our workforce - student leaders need to incorporate different approaches in order to make their teams, organizations, and personal worldviews more sustainable. Learn how and stop by our session!

Education Sessions
11:30am-12:15pm

Develop the Hero in You
David Oladejo

Most of us do not have the courage to put ourselves in the position to win. Our minds are hardwired to take the path of least resistance, minimize the pain we feel, or just find the easy way out. Using principles from New York Times Bestseller David Goggins’ memoir, ‘Can’t Hurt Me’, we’ll discuss how to find, develop, and master the Hero inside of you. Let’s break bad habits and create better habits that you can apply to the rest of your journey as a student leader, and into the beginning of your professional life.

A Little Theory for Life-Long Learning
Alan Steele

Because of the changing nature of the world, work and careers there is a need for life-long learning. A part of leadership involves self-learning as well as encouraging others to undertake life-long learning. In this session some theoretical ideas relating to experiential learning, individual learning styles and reflection will be presented and discussed, to encourage consideration of how they can help us learn.

Lead on Canada: Becoming a Digital Change-maker
Lauren Murray, Priscilla Pangan & Kenneth Boddy

As President Obama said recently, “If all you’re doing is casting stones [online], you’re probably not going to get that far. That’s not activism.” Being “woke” online in response to upsetting global events isn’t enough. Join us to learn how you can use the skills that you’ve learned as a student to turn online cancel culture into organized advocacy. A panel of recent Carleton graduates now working in the non-profit space will walk participants through real-world examples they’ve experienced to explain how to have a positive, lasting impact in global health and gender equality.
All aboard the Allyship! Tips on becoming an Accessible and Inclusive Leader on Campus in the Community and in Your Career
Amanda Hodgson & Jenna Lambert

Did you know that inclusive teams are more engaged, loyal, and productive? Effective leaders understand the value of an inclusive and diverse team. Through this workshop, you will learn about accessibility, accommodation, and inclusivity, and how to incorporate these concepts into your leadership practice at Carleton, in the community, and in your future career. Learn what it takes to create inclusive spaces, gain the trust of those you lead, and get on board the Allyship!

Your Rocks, Pebbles and Sand
Justine Scobie

As leaders, it’s hard to stay focused; your skill and talent is a highly demanded commodity! This is something to be proud of, but can also be difficult to keep in line with so many opportunities constantly in front of you. As someone who lives for the quote, “You can do anything but not everything” it’s important as leaders to be reminded to not spread ourselves too thin; and that being the best leader you can be means prioritizing, letting our values guide us, and getting after those goals. The purpose of this workshop is to help students reconnect with their priorities, values and their goals because as authentic leaders, that is what drives them, prevents them from burning out, and helps focus their passion.

Thinking on Your Feet
Yvonne Osagie

Have you ever felt overwhelmed about the future? Tasked with a large problem and not sure where to start? This is the workshop for you. In this education session we will go through realistic problem solving scenarios and tools to enhance your creative problem solving techniques. We will explore the resources at your finger tips and discuss how you can leverage those to further your career.

Gaining Leadership Skills through Engaging in Research on Campus
Heather Endleman

Carleton University offers a broad range of opportunities for students to get engaged in research, but the process on getting a position is not clear. Even for those not seeking a research career, a research experience can provide students with invaluable benefits, lessons in leadership and innovation. Moreover, students can help make important contributions to their respective fields. During this seminar, delegates will discuss the importance and gaining a research experience and strategies on how to build relationships with professors and access research opportunities. Students will also discuss how a research experience on campus can help build leadership skills and bolster their resumes as they enter the job market.
Teaching English as a Second Language Abroad: Lessons from Your Peers
Panel Presentation

This panel presentation will provide an opportunity to hear from university and college graduates who went on to teach abroad after graduation. Listen to their experiences and advice, ask questions, network, and see if teaching abroad might be of interest to you after you complete your undergraduate degree.

Beyond the Gary Vee Hustle
Genevieve Walton

Genevieve is a young entrepreneur with a passion for business. Before starting her company, she spent several years working in the real estate and property management industry in sales and business development. Genevieve took a leap of faith when she saw an opportunity in Ottawa’s emerging Airbnb market and founded Short and Suite BNB. Today, Short and Suite is Ottawa’s largest Airbnb property management company, with over 250 properties across the city and over 400,000 guests accommodated in the last two years! Genevieve runs a team of 35 full time employees and is a proud graduate of the Sprott School of Business. Genevieve is most passionate about female entrepreneurship, niche markets and navigating change. Recently Genevieve started a long term property management company and is excited to explore the start-up life again.

The Leader in You
Sophia Rivas

What does it mean to be a leader? When you think about what a leader looks like, it often fits into one mold, one stereotype, only one-way leaders can be. It can be disheartening to view these leaders and feel as if you can never be like that. That you are not capable of being THAT type of leader. In actuality, leaders come in all different styles and environments.

In this session, we will explore some of the different leadership styles present and explore what it means to be a leader. Thorough a guided activity we will explore your own personal leadership style and how to use it to become a more effective leader.
Feedback: Learning through Tough-Love
Danni Kozela

Giving and receiving feedback are some of the hardest parts of professional skill development. No one wants to give it, and it’s hard to receive it positively. By attending this session, leaders will practice how to give feedback constructively to their peers, will navigate emotions associated with receiving feedback, and will explore how they learn from the feedback they receive. Leaders will see the value in receiving and giving feedback, and how these aspects of development foster crucial learning moments for both the receiver and the giver.

Finding Your Voice: Effective Communication Skills
Holden Heppler

Leadership is important but what’s the next step? How do you turn an idea into an action or a plan into a movement? The answer is simple; finding your voice. Oral communication is the bedrock of any leader. being able to stand in front of a giant crowd or and being able to stand in front of peers and properly communicate will make or break the leadership you wish to foster. The great news is that finding your voice never comes naturally which means with the right mindset, tools and goals anybody can find their voice. By attending this session delegates will be able to list and use at least three effective strategies for oral communication.

From Avoiding Burnout to Bouncing Back (and Everything in Between)
Morgan McKeen & Nadia Maras

Everyone has heard the phrases “hustle hard”, “grinding 24/7 to make that money”, “get that education”, and “go get that dream job”. With all these ‘inspirational’ quotes pushing us to our full potential, it is no wonder so many university students experience burnout. During this collaborative workshop, we will be focusing on the heavily involved student leaders, ambitious students, people with a type A personality, and everything in between. By sharing our personal stories, techniques, and useful resources we hope to inform students about what burnout is, how to avoid it as well as strategies to cope with it, and ultimately, regain motivation.

Success Through Stress
Alex De Zorzi & Miranda Harris

Given our unique positions as Community Connections Mentors who are also social work students here at Carleton we have compiled a formula to perfect the basics of student life and how to maintain balance. Our presentation will address how to identify if you or your friends are struggling in certain areas, how to correct your course for peak success during your university career. Topic Areas will include study habits, nutrition, sleep, exercise, and social health. Attendees will leave with loads of tips, tricks, and experience practicing how to schedule their day.
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Education Sessions
2:45-3:30pm

Tech Skills and Human Connection in a Digital World: Leave no one Behind
Emily Jones Joanisse & Tasneem Damen

Emily Jones Joanisse and Tasneem Damen are the co-founders of Connected Canadians, a digital literacy-focused non-profit that pairs volunteers (mainly new immigrants to Canada who are highly skilled in technology) with seniors. Seniors are able to improve their digital literacy skills and welcome the newcomers into the community while volunteers are able to benefit from the conversational opportunities and gain cultural awareness. Emily and Tas will share their experiences in establishing Connected Canadians, along with some of the lessons they’ve learned along the way.

Navigating Cross-Cultural Situations by DIVE-ing In
Niamh O'Shea

Culture plays a significant role in how we interpret the world around us. Our values, beliefs, and attitudes are influenced by our cultural context, and in turn, influence how we perceive situations. While this is natural, it can lead to judgment, misinterpretation, and miscommunication in cross-cultural settings. So, how can we avoid relying exclusively on our own cultural assumptions in intercultural situations? In this session, participants will explore a tool they can use to temporarily suspend judgement when navigating different cultural contexts. Participants will practice the DIVE model, which helps individuals to navigate cultural differences more effectively by engaging in reflection and inquiry before taking action.
An ACTUAL Guide To Starting a Business
Alicja Buchowicz & Nicholas Rozman

With complementary skills, Alicja and Nick seek to outline the fundamental aspects of transforming your business idea into a legitimate, operating entity. They will largely draw from their personal experiences growing Alicja Confections in the retail industry, and also give real professional examples of corporate decision-making and financing unique to the technology sector. First, Alicja will begin the discussion as the pure entrepreneur and describe her innovative process that eventually created Alicja Confections. Next, she will discuss the preliminary filter to determine whether you are able to separate your ideas from the “serial hobby-ist’s”. Nick will then describe the necessary legal and financial considerations to transform the list of ideas on your iPhone into a legitimate economic contributor. Last, Alicja and Nick will overview growth strategies that shape the early stages of small businesses.

This is Who I am: Effective Communication for Leaders
Jordan Gray

Skills matter. When leading an organization, seeking your next leadership role, and determining the kind of leader you want to be effectively communicating your skills is at the core of all such leadership pursuits. Identify the skills you have and learn how to effectively communicate them in an interactive, collaborative, and digitally informed workshop. Take home a skills development checklist to identify your skills and further develop others.

Moving from Surviving to Thriving through Vulnerability
Kundai Mufara & Michaela Keogh

During university years, we never notice how much we have shifted from our courageous and brave grade 12 selves to people that are simply going through the motions and giving in to stress. During this session, we will go through a few quotes from Brene Brown’s book Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead. We will explore how we can step into better versions of ourselves by being more open and honest with ourselves and each other.

Building a Culture of Accessibility
Emily Bennett

During this session, leaders will learn together through various discussions and activities, about the importance of an accessible environment and culture of belonging and inclusivity. Accessibility goes beyond the physical accessible environment, and as leaders it is our job to do what we can to make our environment accessible as possible for all. Join our session to participate in discussions and activities surrounding what you can do as leaders to support accessibility for persons with disabilities on our campus.
Why do some coaches always win and how can you apply their success to anything in life? Great leaders, like great coaches, understand the need to balance long-term goals and development plans, with the needs of each member of their team. This session will help you understand how thinking like a coach can be applied to any form of leadership and apply it to your own goals.
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:

Session:

Session:

Session:

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