

Conference Guide

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



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

How Your Values Can Inform Your Leadership Expert Speaker - Rebecca Wilson

RB 3202

What matters most to you?
How can ensure you're leading in a way that honours that?

This experiential session will invite participants to reflect on their personal values. Participants will be guided through a self-reflective exercise to identify their individual core values. They will then explore how these values can manifest in their own authentic leadership style.

Participants will leave with a vision for their unique approach to values-aligned leadership. This can serve as a valuable inner compass as they move forward in their leadership journeys.

Participants will also receive a printable workbook to support them in transforming their insights into aligned actions moving forward.



Exploring the Role of Confidence in Authentic Leadership Expert Speaker - Keenan Reynolds

RB 3201

Through group conversations and discussions, this presentation will demonstrate how vital confidence is in developing authentic, transformational leadership abilities. Delegates will have the chance to attempt to define leadership, will be asked to provide anecdotal examples of authentic leadership, and will conclude the session by curating a list of traits that they deem correspond to their authentic leadership style to help orient their confidence in times of adversity.



How to Articulate Your Leadership Skills to Employers - Stacey-Anne Morris and Natalie Pinto

RB 3110

As a student leader, you have developed leadership skills during your journey at Carleton. Your leadership skills are transferable and highly needed for today's workforce.

The magic is being able to articulate your skills and experience succinctly and effectively to an employer.

In this interactive workshop, Career Services will help you reflect, identify and articulate your leadership skills.

You will leave the workshop with a stronger understanding of how to write strong accomplishment statements, which can be used for a resume, cover letter, and interviews.



A Closer Look: Dispositions of Community Engaged Learning - Chantal Trudel and Rebecca Drodge

RB 3112

Community-engaged leadership is grounded in dispositions. Dispositions can be described as qualities of mind and character, and are attributes of being that don't happen overnight, but rather, are fostered internally and externally. So, what do we mean by 'dispositions' when we talk about engaging with communities to effect positive societal change? What might that look like, what's involved, and how might we reflect on and develop dispositions towards engaging and supporting our communities better?

How we are 'disposed' towards community engagement is influenced by a variety of experiences – perhaps we see service to the community as completing hours to meet academic requirements, or alternatively, perhaps we're motivated by a deep, personal experience. These are concrete examples of experiences and dispositions that we need to reflect on, if we are to become authentic leaders in community engagement.



Finding Yourself As a Leader - Anshika Srivastava

RB 3220

One of the best things about the world we are building is the freedom to challenge and defy norms and traditional definitions. While our generation continues to lead the movement of defying and defining the society we live in, we have also started moving away from the notion of leaders being of one type. Leadership exists everywhere, in every person, in one way or another. Leaders are those who organize the entire play to let others take the center stage, leaders are those who work with the aim of making others succeed, and leaders are also those who root for you to find the leader in you! Leadership, much like people, is like a box of chocolates, they are not all the same and you never know what you will get.



Leading with Humility - Cassidy Hammond

RB 3224

Leadership is known as the act of leading a group towards a common collection of goals. For many student leaders and prospective student leaders alike, this definition can be considered unclear, unhelpful, and daunting. What does it mean to develop a leadership philosophy, and how does humility play a part? This session covers the importance of humility amongst other leadership values, and guides participants through the beginnings of establishing their personal leadership philosophy. The session is hosted by Cassidy Hammond, president of Carleton's Mechanical and Aerospace Society (CMAS). She touches on her experiences with incorporating empathy, maintaining values, and the importance of humility in a traditionally male dominated field.



The First Step: How to Start Your Leadership Journey - Aurora Tracy and Raven Miller

RB 3228

Do you want to become a leader, but find yourself wondering where to start? How to succeed? If you will be a good leader? The answer is simple, start here! Join 2 current student leaders to learn about how to seek out leadership opportunities, how to succeed in a leadership position, and how you can start your own leadership journey. We are the leaders of tomorrow and there is no better time to start shaping the future than now!



Lessons Learned from National 2SLGBTQ+ Youth Advocacy

Expert Speaker - Debbie Owusu-Akeeyah

In this education session, delegates will hear a summary of the presenter's experience as a student leader, campaigner, and bureaucrat and how it all informed her current work in government relations and lobbying on 2SLGBTQ+ issues.

Students will then engage in a discussion on how to build strong campaigns and influencing strategy through a "theory of change". They will engage in a self-reflective discussion on how their current student-leader experience will prepare them to be strong advocates to influence decision-making at all levels of government. We will then conclude with the presenter providing tips and advice to students on how to build solidarity and a strong student movement.

RB 3201



Discovering Leadership Styles and Their Impact

Expert Speaker - Nathaniel Behar

Through engaging conversation we will journey to discover our own leadership styles and what impact they have on our personal and professional relationships and opportunities. By reflecting on our own experiences we will discuss how different leadership styles have shaped our experiences and formed our own perspectives.

Examining leadership through the lens of athletics, business, social and more we will reframe leadership as a skill that we can all work to hone and refine. This approach to our own personal development as a leader will allow for growth and opportunities in new ways as we each become more comfortable leading in our own unique way and holding space for those that need it.

RB 3202



Leading Through an Intersectional Lens - Kristina Epifano and Nathan Zalfaquaruddin

"Inclusive leadership is not a destination. It's a journey that requires humility, curiosity, and courage." - Thais Compoint

In this workshop, attendees will be able to reflect on their intersecting identities and positionality in relation to others and the work they do. Through reflection and facilitated discussion, attendees will be able to assess their own areas of privilege and lived experience to apply more inclusive leadership practices. This foundational workshop is welcome to all who want to look inward to see how they can better themselves as leaders.

RB 3110



"Never Gunna Not Dance Again" : Finding Your Passion Through Creative Flow - Halli Florence

How do you learn best? Who or what inspires you? What are you passionate about? Do you find that with managing your time, you are more susceptible to burnout and lose motivation for your passions? In this arts-based presentation, we will hone in on your unique leadership style by promoting creative flow. Come and meet others who share the same barriers in such a fast-paced and ever-changing society. Find other artistic leaders like yourself who are trying to stay motivated and manage their time while studying at Carleton.

RB 3112



Rooted and Fruitful: Growing to Thrive as Leaders - Ariella Nyanga and Ellie Ng

Have you ever felt overwhelmed with responsibilities and expectations in leadership? Does this feeling leave you wondering what support is available for you as a leader supporting other students? In this session, you will be equipped with practical ways to stay grounded and focused on your vision, while understanding what leadership looks like in the context of community.

RB 3220



Overcoming Barriers as a Racialized Leader - Jennice Hinds and Isabella Mallon

Despite the growing presence of racialized people in leadership positions, there are still challenges they face when in these environments. Through facilitated conversation and discussion, delegates will discover different barriers racialized leaders face when in a leadership position and learn how to break down these barriers and create change.

RB 3224



Can You Hear Me? - The Importance of Listening In Leadership - Jade Stanford

Do you listen to understand others, or to respond? Listening is one of the most effective tools a leader can use in fostering community and taking positive action. Through activities and information, this session will help you evaluate your own listening skills and empower you to become a better listener in all of your conversations with others.

RB 3228



Talking About Your Secret Superpower Expert Speaker - Alana Dunbar

RB 3201

In this workshop, you'll learn how to identify and talk about your secret superpower with the hope of unlocking your inner confidence. Imposter syndrome (or even just under-estimating yourself) as you navigate university and into your summer jobs and career can be a lot to manage - if you let it, it can swallow you up - let's practice talking about your transferable skills and what your secret superpowers are. We all need a reminder of what we're good at, how to talk about what we're good at, and how to explain our experience to new people. This session will be practical, helpful, empowering, and focused on your future and effective skill translation. Let's set you up for that dream summer job interview and talk with your family about your future!



Engaging the Community In an Accessible Way - Joelle Lui, Alex Revell, Kim Chaisson and Emilie Cryderman

RB 3202

Are you interested in learning more about how to increase and maintain accessibility as a leader of an all-inclusive, diverse club? In our SOAR session, we'll be chatting about various accessible practices, both physical and otherwise, that club leaders can implement efficiently and fairly! Topics will include ableist language and how leaders can avoid it, the importance of access to information, and what it means to engage within the Carleton community using an accessibility lens. We hope to teach others about accessible community engagement and to create an accessible environment that can be put in practice going forward.



Finding Your Community: How to Make the Most Out of Your University Experience - Chiara Webb and Brooklyn Rawlings

RB 3110

What is Community? How do you find your community in a "post-pandemic" world? You may find yourself asking these questions as we begin to transition back to in-person programs, classes, and social activities. It can be difficult to navigate the co-curricular side of university and find meaningful connections that contribute to your personal, professional, and/or academic life. Join us as we explore what it means to be a part of a community, how to go about finding yours both inside and outside Carleton, and how to recharge your social battery to make the most out of your university experience.



Community Leadership Through Volunteering - Heather Taylor and Jezreel Morales

RB 3112

Experiential learning gives us a great opportunity to really showcase our new team's creativity and energy. We will be leading the participants through a discussion and exercise focused on leading through skilled volunteerism, thus encouraging participants to reflect on their skills, how they view themselves, what skills they have and where they'd like to go, followed by a presentation on how volunteering can get them there/what volunteer opportunities are available.



The Pathway from Adversity to Creating Impact: A talk about Empathy, Memoriam and Striving for Change - Caitlin Bauer, Alexandra Tassoni, and Lane Haugen

RB 3220

What motivates you to spark change in your community? For some, loss can be a powerful motivator to create an impact. This can be achieved through the ideals of empathy, memoriam and striving to change the future. By recognizing and channeling those emotions we are able to spark change. Join Carleton's Relay for Life co-chairs as they explore how the power of emotion and empathy can be used as tools to spark change in your community.



Public Leadership 101: Growing Carleton's Next Student Leaders - Anastasia Stoikos-Lettieri and Jordan Vecchio

RB 3224

Are you the future of public leadership? If the answer is yes, this is the perfect session for you! Public Leadership 101 is designed to transform students into confident, strategic, and resilient leaders, on and off campus. This session is specifically tailored to help develop leaders in the public sector, and who better to help guide you than the CUSA President and Longest Serving CUSA Councillor? Public leadership includes community involvement, public service, advocacy work, and corporate or executive skills. If you are curious about the skills it takes to thrive in the public leadership space, the opportunities available to begin your leadership path, and how to be an effective public leader, this is a tremendous place to start! Join us as we grow the next generation of public leaders at Carleton!



From Passion to Project: Exploring and Creating Opportunities - Mira Gillis and Katelyn Madigan

RB 3228

Join us to learn how to turn your passions into opportunities. You'll be able to reflect on your core interests, what type of leader you want to become, and how to discover and create opportunities for yourself to fulfil your goals and help others. Dedication and perseverance yield great results - let us teach you how to get there!

