

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

Time: 10:40am – 11:10am

Thinking Towards Technology - Where a Social Science Degree Can Take You**Expert Speaker: Ben O' Bright**

When you think technology jobs, you probably think computer science, engineering, and mathematics - hard sciences and technical skills. But the modern technology company needs so much more than programmers and sales teams. This session will showcase another side to working in technology, one that is built, run, managed and led by incredible people coming from social science and arts backgrounds. From supporting transparent elections around the world to training artificial intelligence to avoid bias, this session will encourage participants to consider how they can use their social science and arts degrees in the technology sector and help make the world a better place.

**Confident Leadership - Fareen Lavji and Mya Johnson**

We all want to be confident leaders, but sometimes, doubt gets in the way and we find ourselves questioning our potential and our capabilities. If you have ever experienced imposter syndrome - or the feeling that you are not worthy of your accomplishments or goals - then this is the workshop for you! Together, we will work through some barriers to self-confidence and encourage one another to stretch out of our comfort zones.

**Diving Deeper Into Diversity - Mariana Queiroz**

Diversity is a fact, but inclusion is a choice. As leaders on campus, this is a choice you can start making to create an inclusive community. Your diversity and inclusion journey will begin by exploring the visible and invisible dimensions of diversity and how this can pose a challenge when cultivating an inclusive society. We will first explore these dimensions within our own identities. Delegates will have the opportunity to engage in group reflection about how certain aspects of people's identities impact how they are treated and what can be done to promote an inclusive environment. We will also explore how we can each implement inclusion practices in our leadership styles and team activities. By understanding how our identities impact our expectations, perspectives and behaviours we can take a step closer to becoming a more inclusive community!

**Operation Communication - Ashli Au, Miranda Chan & Ariel Wollman**

Take part in an interactive experience where you will explore written, verbal, and visual input in order to be an effective and accommodating communicator. You will learn about and use online tools to facilitate different methods of communication. To cater to the quickly evolving times, these methods are transferable to educational and workplace settings in both online and offline environments. You will leave with practical knowledge on how to accommodate different modes of communication all while interacting with tomorrow's leaders (each other)!

**Leadership in Times of Trial: Learning from the Pandemic and Preparing for the Future****- Mandi Crespo & Jessica Boateng**

There was no way to prepare for the COVID-19 pandemic. It pushed everyone, from our teachers and managers to our government officials, to work and think in new ways. This pandemic has provided us with incredible opportunities to observe how leadership is practiced in times of trial. In this interactive discussion-based workshop, participants will share their reflections on leadership during the pandemic – both positive and negative. We will then look to the future, discussing the kinds of leadership qualities needed in a post-pandemic world and will consider how we can position ourselves as leaders today and tomorrow. Come prepared to share your thoughts, hear the reflections of your peers, and learn from one another's ideas on leadership.

**Know it Before They Say it - Knowing Disability Etiquette and How it Impacts You - Kait Havens**

During this educational session, students will get to learn about disability etiquette and how it affects their role as leaders in the community. We will discuss the do's and do not's about disability etiquette and how to approach a situation with a disabled student in the best possible way. In the conversation, students will learn the skills to approach a situation and learn the importance of this interaction.

Time: 11:15am – 11:45am

A Compassionate Approach to Our Mental Health & Wellbeing**Expert Speaker: Meghan Johnston**

How can we centre compassion at the heart of our efforts to care for ourselves? How can we meet ourselves in all the seasons of life with more kindness? In this session we'll explore a mindful, heart-centered approach to our mental health and wellbeing. We'll look at the benefits of a compassionate approach, especially as they relate to our nervous system, research on the heart, and cycles of creativity. You'll also have the chance to explore tools like breathing exercises, mindfulness, meditation, and guided journaling that can help you connect with, and lead from, the wisdom of your heart.

Lead Without Permission**Expert Speaker: Lily Akagbosu**

Positions & titles are temporary, however, the character of a leader will outlive the individual. As multi-faceted beings, it's important that we lead with our full selves. Often times we feel limited by our circumstances and external factors that impact us. For instance, we may think that we do not hold significant power or influence because we are not in positions of authority or operating in certain official capacities. In this session, we'll discuss why you don't need a special platform or permission from anyone to lead, and what it means to lead with your head, heart, hands, and feet

**Mentorship 101: Finding a Mentor at Carleton University - Hannah Whale**

A mentor can have many different roles: an industry-insider, a champion of your dreams and ambitions, and a trusted advisor. If you are interested in finding a mentor- this is the workshop for you! This educational session will define the role of a mentor, help you identify potential mentors in your current networks and communities, and provide a framework for establishing a mentoring relationship. Enhance your leadership journey with a mentor!

**Battling Burnout: How to recognize it, avoid it, and conquer it - Jenny Daines & Chiara Webb**

As a student leader you may often feel the pressure to succeed in all that you do. Whether it be in academics, extra-curricular, or at home or within friend groups! Burnout can creep up on you and often it is hard to recognize before it's too late. This session aims to explore what burnout is, how to recognize it and discuss various strategies to help elevate the effects of burnout before or when it occurs. Student Leaders will leave the session with a list of strategies that they and their peers can use to battle burnout.

**Resilience in Leadership - Emerald Leece**

The true test of character is not whether you've been knocked down but whether you got back up again. Being a leader takes initiative and resolve but what happens when you experience a setback? Whether that be a personal crisis, a change in circumstance or a professional rejection it can be hard to see where to go when it feels like the door's been slammed in your face. Learning to bounce back and contend with everything life throws at you is invaluable not just for leaders but for everyone. Everyone faces setbacks in life, how will you overcome yours?

**Leadership In Activism - Sophie Price**

This presentation will discuss leadership in activism. As a group, we will go over what activism is and what it means to individual people. Leveraging our own experiences, we will discuss how activism is an effective and passionate tool that helps leaders become more confident in their academic and professional pursuits. This presentation is meant to show you what activism can do for your leadership skills and career opportunities. Bring your enthusiasm, ideas and questions!

Time: 11:55am – 12:25pm

The Art of Asking Questions**Expert Speaker: Jeremy Whalen**

Leadership is about so much more than maximizing the bottom line or getting things done. Organizations thrive when they create an environment that empowers development, promotes personal growth and encourages individuality. In this session, we'll explore the questions that help great leaders connect with their teams, the importance of not having every answer, and why you leaders say no, delegate and empower others.

... And The Rest Is Leadership! Cultivating Rest as a Leadership Practice - Niamh O'Shea

Are you feeling drained, uninspired, or stretched too thin? Maybe it's time for a nap! Rest is often the first thing that we set aside when life becomes overwhelming. But when we abandon rest, we also lose opportunities to recharge, reflect, and imagine greater possibilities. In this session, we will explore rest as a practice leaders can use to bring more intention, creativity, and balance to their lives. Together, we will reflect on what rest looks like for each of us in our current roles and context, and how we can practically integrate rest into our busy lives. Participants are encouraged to bring their agendas or schedules so we can begin to strategize how to build more time for rest into our lives.

**Adapting to Change - Taylor Poscente, Callie Ogden, and Lauren Nigh**

Adapting to change is a skill that is vital in our current environment. We had the chance to see this firsthand while beginning to plan Fall Orientation in January 2020 and going through a series of changes over the course of nine months. During the session, students will learn to adapt their leadership style in times of uncertainty, and various skills to help navigate the realities of an ever-changing world.

Being a Student-Leader in the Age of COVID - Morgan McKeen & Osman Elmi

This workshop will be an opportunity for current and aspiring student leaders to share their best practices and experiences during COVID-19. Through a guided discussion, student leaders will be able to reflect on their leadership thus far and reflect on their practices during these times. This workshop will also serve as a support network for fellow student group leaders in understanding how to effectively engage with their constituents and manage the ever-changing challenges that come with COVID-19. We will be discussing the trials and tribulations that not only we have experienced as student leaders but also other struggles that many other student leaders faced. What do you think makes a great leader during COVID? Find out in this session.

Getting Comfortable with Conflict - Melanie Chapman

One of the only constants of working with people is the inevitability of conflict. Do you have a healthy relationship with conflict, or do you shy away from it? What is your personal conflict style and how can you learn effective new skills while also unlearning bad habits that can escalate rather than resolve issues? Strong leaders aren't easily taken off balance by conflict and have at their disposal an arsenal of tools to manage it effectively. This session will invite you to explore your relationship with conflict, identify traps and triggers that can sabotage your efforts to manage it effectively, and help you to explore new ways of engaging with conflict around you.

