

SOAR

2018

STUDENT LEADERSHIP CONFERENCE



CarletonSEO



@CarletonSEO



#CUSOAR

8:00-9:00AM	Registration	Raven's Nest Lobby
9:00-9:30AM	Welcome & Leadership Blitz	Raven's Nest
9:30-10:15AM	Keynote Speaker	Raven's Nest
10:30-11:15AM	Education Session #1	Minto/Mackenzie Building
11:30-12:15PM	Education Session #2	Minto/Mackenzie Building
12:15-1:30PM	Lunch	The Caf-Residence Commons
	Opportunities Fair	Mnto Centre Lobby
1:45-2:30PM	Education Session #3	Minto/Mackenzie Building
2:45-3:30PM	Education Session #4	Minto/Mackenzie Building
3:30-3:45PM	Closing & Evaluations	Minto/Mackenzie Building



Chris Hadfield is the first Canadian astronaut to walk in space. Born and raised in Ontario, Hadfield worked relentlessly to follow his dream — to fly. From fixing tractors to flying aircrafts, Hadfield is living proof that determination is the key to success. Hadfield is a member of the Order of Ontario and an Officer of the Order of Canada. Hadfield was awarded the NASA Exceptional Service Medal in 2002 and the Queen's Golden Jubilee Medal in 2003. He was inducted into Canada's Aviation Hall of Fame in 2005.



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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, & 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?

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

Lead by Pulling, Not Pushing **Sekou Kaba, Olympian & Motivational Speaker**

MC 2000

Join Olympic Hurdler, Sekou Kaba for this impactful presentation! The presentation focuses on being a mobilizer as a leader rather than a bully. It highlights the importance of "impact" and using our personal stories and accomplishments to make sure only the positive impact spreads and become contagious. That's what leaders do.

EXPERT SPEAKER

Beyond Words: Conciliatory Action **Benny Michaud, Indigenous Liason, Carleton University**

MC 5050

This presentation will explore the implication of the term "reconciliation" and offer insights into how emerging leaders can put this theory into practice.



Tips and Tricks for Owing the Podium! **Trevor Lewis, National Recruitment Advisor, Carleton University**

ME 3165

Whether you are a confident and skilled presenter, or like many, are intimidated by the lectern/microphone attend this session to gain insight into best practices for OWNING THE PODIUM!!!!With 20+ years experience across North America, as a professional presenter I have gleaned tips and tricks on how the best leaders command a room and OWN THE PODIUM!!!



The Secrets to Not Pouring from an Empty Cup and Maintaining Well-Being as a Leader! **Michael Cappa**

ME 3380

Student life: the constant juggle between personal, academic, and professional responsibilities. Maintaining personal well-being is the cornerstone of success as a leader; one cannot pour from an empty cup. In order to be a positively contributing member in leadership roles – which means being able to effectively think critically, communicate with others, and perform at one's peak – one needs to be energized, organized, happy, and confident in themselves first. In this session, delegates will examine how the prioritization of maintaining well-being and effective time-management produces the ability to succeed in their personal, academic, and professional responsibilities. Using various techniques for maintaining well-being (discovering one's "Why," altering one's perspective on life, proper nutrition and sleep, eliminating toxic relationships, and so forth), delegates will learn to use these strategies as a template for formulating their own personal plan that helps them maintain well-being, and attain success in their personal lives and leadership roles



Words to Live By: Defining Your Core Value

Sebastian Steven

ME 4499



Core values are the foundations of a person. The unique values of each and every person form the scaffolding for an individual's conscience, motivations, and many other traits. For example, "Wisdom" to one person may be defined differently by another. In this session, we will examine the influence of your own core values, and the core values of others. Within an open, collaborative, and discussion based setting, you will take steps to develop your own list of core values, and reflect on their meaning to your life. At the same time, you will be able to hear the meaning of many others' core values. You can tell your story, and explore what makes you who you are. If words like "courage", "honesty" and "integrity" have special meanings to you, this is the session to attend! Come share your story!



Lighten Up and Lead

Paddy Stewart

ME 3356



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.



You're a Leader. Does Your Digital Footprint Reflect It?

Erin Hutchison & Mackenzie Messenger

ME 3275



You're all strong leaders – how can you showcase your leadership activities through your social media and web presence? In this session, we'll take part in some exercises that will give you a chance to reflect on what leadership looks like... both online and IRL. We will also go over some of the steps you can take to build a strong online presence to support and grow your network, motivate the people around you, stand out to potential employers and share your experiences with the world.



Saying Goodbye to Your Harshest Critic: Releasing the Past and Grabbing Hold of the Future

Vika Bereza

ME 3235



Do you feel like your past is holding you back from taking on new leadership opportunities? Do you need a little "pick-me-up"? Then this is the workshop for you! An experiential learning session focusing on pushing the Reset button on past leadership struggles and finding a new wave of motivation to carry you forward into new leadership perspectives and opportunities at Carleton and beyond. An interactive session featuring discussion, activities, hands-on work, and a chance to rip up paper and shout. The session will have two halves: "Releasing the Past" and "Grabbing Hold of the Future", designed to have you leaving feeling lighter, refreshed, and ready to take on new leadership opportunities with a better sense of self-acceptance and motivation.

SOARing International With Your Personal Brand

MC 2000

John Nelson, International Outreach Manager in Carleton International

EXPERT SPEAKER

Carleton offers a ton of opportunities for students to get international experience whether or not they get to travel abroad. Find out how to help your personal brand soar internationally through one of our professional, academic and research opportunities and take your career at Carleton to the next level. Whether you choose experiential learning, a two week study tour, an international internship or research placement, or an academic term or year abroad, use the skills and experience you develop from one of our international opportunities to Sell yourself, Own your brand, Aim to be different, Reach around the corner and take hold of your future. Let us help you SOAR internationally starting with the way you think about your 'international you'.

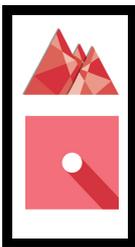
Have You Ever Thought About Student Affairs?

MC 5050

Jeremy Brzozowski, Manager of The Student Experience and Student Life, Carleton University

EXPERT SPEAKER

Many years ago, I was asked the question: "Have you ever thought about Student Affairs"?, and now it's my full time job. This workshop focuses on sharing more information about the field of Student Affairs. Not very many (if any) students come to university thinking that they want to become a higher education administrator. Rather through your involvement as a student you realize this can be an actual career. Learn more about pathways into higher education as a possible career.



Fall Orientation: Volunteer Coordination & Retention

MC 3235

Caedan Saulnier, Natalee Barker, Jessica Parnell, Alex Wyntenburg, and Trina Etmanskie

This session is only for Fall Orientation Team Leaders 2018.



Building Positive Mental Health: Thriving at Carleton University

ME 3275

Samantha Munro & Meghan Johnston

Drop and give us Zen! It's time to Thrive! Thrive is a mindset. We all have mental health, and we can each strengthen our mental health by learning about it, thinking about it, talking about it, and discovering new skills and resources to help us Thrive all year long. Join us to learn what Thrive has to do with leadership, participate in a yoga/meditation demonstration, and reflect on how you can Thrive your way to becoming an even stronger leader in our community.



International Leadership Within the Galaxy - Shouting for the Stars **Emily Kate Grey & Lorianne Dueck**

MC 3269

Have you ever thought about how leadership expectations might change based on where you are in the world? How understanding your audience regarding their culture, values, and work ethic will change the way you lead? Effective leadership starts with knowing and understanding your audience. During this workshop, you will have the opportunity to discuss and define the importance of international leadership and learn about the Culturally Endorsed Leadership Theory (CLT). We will be exploring the 6 global leadership dimensions through group discussions and an interactive comparison between three entirely different cultures. To close, we will split into groups and look at a scenario that will help us apply what has been discussed. The goal of this workshop is to explore the characteristics of International Leadership and how they can be applied in all aspects of life. This presentation will be delivered via Skype by 2 current Carleton students studying abroad in Madrid and Pamplona, Spain. International Leadership; Understand yourself, understand your surroundings, and lead well!



Effective Leadership for Millennials **Reuel Kofi Dartey**

ME 3380

Effective leadership skills and tools are very crucial to the development of the individuals within the millennial generation. Student Leaders will have a multitude of impact within the workplace, their school and their community. This presentation will focus on personal growth and engage in practical skill development directed towards millennials. By the completion of this presentation, you will have the answers to plenty of questions you have asked yourself; what type of leader you are and aspire to be, what types of leaders do millennials need to succeed, and how can you be an effective leader in the millennial generation



You, Your Personal Brand & Leadership **David Oladejo & Lily Akagbosu**

ME 4499

Who are you? What makes you different from the next Carleton student? What are your goals? If I asked you to describe yourself in 5 words or less, could you do it? The answers to these questions are bits and pieces of what make up your personal brand. This session will highlight the importance of knowing your personal brand, and will give you the chance to explore what yours is. Now, how can you apply this to your leadership style? You'll have to come by the session to find out!

Grit, Resilience & Vulnerability in Leadership

MC 2000

Kim Hellemans, Senior Instructor in the Department of Neuroscience, Carleton University

EXPERT SPEAKER

Vulnerability and resilience are typically regarded as opposite sides of a spectrum in the ability to cope with stress. As leadership is perceived as the ability to take risks and approach challenges with confidence, resilience is without question a vital component of successful leadership. By contrast, vulnerability may be conceived as a flaw. In this talk, Dr. Hellemans will present contemporary neuroscience theories on how the experience of stress can in fact promote resilience, and that while vulnerability may indeed in some circumstances hinder leadership, vulnerability and compassion are characteristics of many successful leaders. Drawing from personal examples of her own leadership journey, Dr. Hellemans will illustrate the delicate balance of resilience and vulnerability.

Following Your Dreams: Turning Ideas Into Reality

MC 5050

Shannon Clarke

EXPERT SPEAKER

Have you ever had an idea for something you think could be really awesome? What did you do with that inspiration? What is holding you back from taking a leap of faith and pursuing those dreams? In this session, we will spend time following the path of ideas that have turned into initiatives that are still sustained today. Presenters will also share stories of initiatives that have flopped - how that felt, what happened next. We will explore factors that have supported success in turning ideas into reality and explore how to turn "failure" into meaningful learning. Join us in this journey, bring your ideas and dreams!

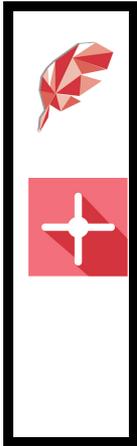
Design Your Destiny - Planning for Success

ME 3269

Cathy Malcolm Edwards & Jeffrey Edwards



Effective leaders enroll others in their vision, educate, and help their teams set and align their goals with the vision of the organization. Leaders with a clear vision of their goals are more productive, make better decisions, and are aware of their contributions to team performance. As a leader, you can use design thinking to help develop your vision from a place of empathy which can inspire others to follow and take action. In this fast-paced, interactive workshop, leaders will learn how to create a personal action plan that leads to improved focus and productivity while applying some design thinking techniques to better understand what it means to be a leader. All learners will identify how their vision, priorities, and values set the foundation for effective goal setting and planning, and practice design thinking techniques rooted in empathy and awareness.



Understanding, Identifying and Applying Boundaries **Olivia Brown, Danni Kozela & Emily Ridge**

ME 3165

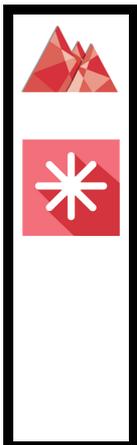
As a student leader at Carleton, your role includes supporting other individuals. But who supports you? Strong support networks are an integral part of being an effective student leader, and an aspect of leadership that are often left neglected. In this collaborative and hands-on group facilitated session, participants will have the opportunity to reflect on key aspects of healthy relationships and how to develop them. They will be able to reflect on and map out their own support network, and will be given tools to enhance and further develop this in the future.



The Social Network **Zameer Masjedee**

ME 3380

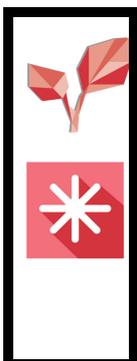
This workshop focuses on uncovering the value attached to your network and provides tips on how to effectively grow your professional connections. This workshop aims to help participants understand the benefits of networking, and will explain how to go about doing so at both structured events and day to day interactions. This workshop will also go into detail about how to best make use of your network to benefit both yourself and your connections. How do you get a job when there's no opening posted? You use your network.



Envisioning an Awesome Future Together **Amirah Mirza**

ME 3275

How do we design a more inclusive environment throughout campus? How can we establish more engaging activities for students and ensure everyone is involved in the process? This activity will focus on generating ideas and possible solutions to creating a more inclusive community at Carleton. Design Charette is a technique used in the design industry which showcases the benefits of collaborative approaches. With your awesome ideas, you will have the opportunity to create viable solutions with this design thinking activity and meet some pretty cool people in the process!

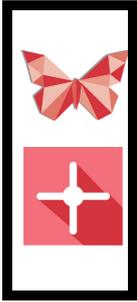


Creativity is for Everyone: Mentoring Through a Creative Lens **Brian Lepine, Rebecca McKinnon & Sarah Scott**

ME 4499

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.

Education Sessions 1:45-2:30pm



What Involvement Can Do! **Emma McDonald**

ME 3235

You're a student leader. Now, what's next? Your volunteer experience is more valuable than you think! See how high school, campus and community involvement can make your resume and cover letter shine. This session is all about what your leadership experience can do for you!

Education Sessions 2:45-3:30pm

EXPERT SPEAKER

Extracurriculars to the Workplace **Dayna Peloquin, Structural Designer**

MC 2000

It's important use the time in University and gain skills beyond the boundaries of core studies. University assists in not only gain knowledge towards your career but also gain important soft skills that can help propel you over the top and bring innovative solutions to the workplace. This presentation is about how student involvement nurtures innovation and systemic thinking.

EXPERT SPEAKER

How To Implement the 7 Untold Habits of Disruptive Leaders, Original Thinkers & Innovators **Fahd Alhattab, Leader & Entrepreneur**

ME 4494

Disruption and Leadership might seem like opposing forces, but in today's age, they go hand in hand. For leaders (real leaders) to innovate and lead in uncharted waters, they have to develop the habits that pave the way for disruption, and innovation. Learn how you can apply these habits and develop a creator and entrepreneurial mindset that will lead you to more creative problem solving, constant flow of original thinking, and overall increased effectiveness in your everyday life.



What's YOUR Impact: Discovering Community Service Learning **Chiara Webb & Audrey Tipson**

ME 3275

This session will allow students to explore Community Service Learning and how they have the power to create THEIR own impact as an individual, student, leader and member of the Carleton Community. Through icebreakers, activities and discussion students will be able to discover their leadership style and how they can integrate this into Community Service Learning. Students will also be able to learn about the importance of reflection and how they can facilitate CSL within their community.

Why You Don't Need To Be Good at Everything

MC 5050

Allyssa Del Castillo-Roussy, Jessie Douglas, Alyssa Stowe, & Kayleigh Pink



When your boss says "let's talk" or your colleague says "I have some advice", how do you feel? Do you feel excited to receive good quality feedback and challenge yourself to improve your performance? Or, do you feel like you are being criticized for not being perfect? Oftentimes, feedback has a negative stigma; however, it should not be feared. Peer feedback offers support to help you develop your leadership skills seeing as we all have unique skill sets and backgrounds. Through collaboration and discussion, we will explore the importance of feedback for leadership, how to provide good quality feedback, and how to accept and implement feedback. Providing and accepting feedback is crucial to being a great leader because when done correctly, it is the most effective way to ensure continual improvement in a leadership role.

The Fear of the Unknown: How to Make It Work for You

ME 3380

Jenny Trimble



Everyone at some point in their life has not known what they want to do next. Whether you are a first year student not knowing if your major is right for you, a fourth year not knowing what you should do after graduation, or a professional not knowing your next career move, feelings of uncertainty are totally normal. This workshop will help students and leaders look into different options that they have for the future. Participants will reflect on their options and will be run through activities that will help them create an action plan to make the most out of their options and tackle the unknown!

Supporting Others by Supporting Yourself: Building Effective Support Networks

ME 3356

Olivia Brown & Jaime Sadgrove



As a student leader at Carleton, your role includes supporting other individuals. But who supports you? Strong support networks are an integral part of being an effective student leader, and an aspect of leadership that are often left neglected. In this collaborative and hands-on group facilitated session, participants will have the opportunity to reflect on key aspects of healthy relationships and how to develop them. They will be able to reflect on and map out their own support network, and will be given tools to enhance and further develop this in the future.

Fall Orientation: Shinerama Initiatives & Fundraising

MC 3269

Caedan Saulnier, Natalee Barker, Jessica Parnell, Alex Wyntenburg, & Trina Etmanskie



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Defining Your Purpose

Summer Lewis

ME 4499

Have you ever wondered why companies like Apple and Google are so successful? One aspect of their success is that they are powered by purpose. While the most successful companies use their purpose as a compass to create innovative products, this powerful tool is not realized and leveraged often enough at an individual level. This session will allow attendees to explore their internal drivers and define their purpose. The session will begin with a few theoretical conceptions of what constitutes purpose. Attendees will be able to develop their own "Purpose Resume" by going beyond merely recognizing their strengths and skills to figure out what excites them and makes them unique.



What Do You Think? How To Facilitate Learning with Your Questions

Brandon Kerr & Jeff Hough

ME 3235

Have you ever been told the answer to a question, without having to think for yourself? Have you ever had someone answer your question with a leading question, helping you come to the answer on your own? Which did you prefer? In your role as a leader, you have the opportunity to foster independent growth within your team. If you simply provide all the answers, you are taking away their chance to learn how to learn. Together we will explore techniques to effectively redirect questions, and maximize the growth of your team!

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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