

The Sessions

Opening Keynote Speaker: Rosita Hall

Session 1 (11:10am – 12:00pm):

Managing Uni Life (AS215) - Leandro & Doreen (RAC)

Need help on adapting to all of the work that university life has to offer? The Residence Action Council is putting on this presentation to help you get ready for exams as well as get the most out of your university experience. We will give you strategies on how to balance life here at Brock University, how to manage your time as well as how to manage your priorities. Through an informative and interactive presentation, you will leave this with strategies to help you cope with all of the University stresses. Come on out and participate, you will not regret it!

The One Word Project (AS202) – Sandy

For this time, we'll be celebrating YOU! Embark on a journey of personal reflection that will prompt you to self-reflect on who you are today and what your future aspirations are for you as a person. If you had just one word to describe your "ideal" self, what would it be?

Service Learning and YOU! (AS216) – Carley and Kristine

"Never doubt that a small group of thoughtful, committed citizens can change world. Indeed it is the only thing that ever has." - Margaret Mead

However, in that group of committed citizens, everyone is a leader. So what happens then? How can a team of leaders truly make an impact and make a difference together? If you thought about a possible answer to any of the above questions, come to this session!

Session 2 (1:00pm – 1:50pm):

Diversity and Inclusion (AS215) – Steph (RAC)

Are you a leader of a large group that is wildly diverse? Do you want to become more inclusive in your leadership style to get all members involved? Or are you a new leader who wants to learn about these skills to improve yourself? Come learn strategies to strengthen your leadership skills to help make your team you may be leading a stronger unit, and to help better your understanding of how to work the strengths of different individuals. Focusing on everything from appropriate language use, to how to approach situations, and many more!

Bucket Lists 1F00 (AS202) – Andrew

"I always knew I'd look back on my tears and laugh, but I never thought I'd look back on my laughter and cry." - Anonymous

As I leave Brock, It's the things I never even thought about when I arrived that I'm proudest of doing. I knew I would have fun and make friends, but didn't realize I would change lives by simply walking down the hall. Bucket lists do not just have to contain death-defying stunts, or travelling to majestic places, they must also include our everyday heroics; the amazing things we do every day to help those around us. YOLO!

To Write Love On Her Arms (AS216) – Asheley

TWLOHA - BrockU is a UChapter which exists to embody the mission and vision of To Write Love On Her Arms, Inc. TWLOHA is a non-profit dedicated to presenting hope and finding help for those struggling with addiction, depression, self-injury and suicide. TWLOHA exists to inform, encourage, inspire and to invest directly into treatment. UChapters also serve as a voice of hope, inspiration and support for students and surrounding communities.

If You Could Change One Thing (WH 209) – Bayley

In this seminar you will be presented with ways in which to be a proactive student leader rather than a passive one. This will be taught through discussions that will bring out personal thought. This will be presented through the personal experiences of the presenter. Everyone has the power to make a change in the world, you just need to choose what you want to change and invest everything you possibly can into it.

Session 3 (2:00pm – 2:50pm):

Leading Without A Title (AS215) – Victoria (RAC)

Barack Obama, Angelina Jolie, your Don. What do all of these have in common? They're all leaders in their own way. To be a leader, a person has to be open, charismatic, and strong, but what you don't need is a defined title; you can make your own title. Learn how to be a leader without a title!

Can I Count on you: Reliability Workshop (AS202) – Andy

Why do the people around me have my admiration, my respect and why constant willingness to do what I can to help them both personally and "in business"? Why do others around me seem so willing to help me with my life's projects? It comes down to trust. Do people trust your opinion, your insight, your judgment, and most importantly, so they trust your ability to get something done!? Join me... I guarantee I'm going to make you think!

The Artist in YOU! (AS216) - Rox

We will be discussing everyday life as an artist, educator, activist and leader. Sharing personal experiences with opportunities at Brock University and the greater St. Catharine's community, students will broaden their understanding of what leadership is, who is a leader and what makes a leader. In this semi-interactive session, participants will engage in several activities to help them better understand their identity as a leader and citizen in this world.

Closing Keynote Speaker: Andy Thibideau