



FALL 2019 WORKSHOP SCHEDULE

Emerging Leaders must attend the Retreat on 10/9 and the Leadership Speaker on 11/14.

Then, pick at least 4 additional workshops and cover the 4 Dimensions of Leadership:

**IS = Interpersonal Skills; EV = Ethics & Values; PE = Personal Empowerment;
GCP = Global and Community Perspectives**

Workshops in **BLUE** are not restricted to Emerging Leaders; they are programs open to the campus.

Wednesday, October 2 @ 3:30pm in SU 401

"An Intro to Volunteering" (PE & GCP)

Presented by Erica Wagner, Service Learning Coordinator, Career Resource Center

Learn about your options for local, national and international volunteering – where to find opportunities, why you should volunteer, and how to find a match for YOU! (Capacity: 30 ELs)

Tuesday, October 8 @ 3:30pm in SU 401

"Agree to Disagree: Conflict Resolution and Mediation for Student Leaders" (IS, PE, GCP)

Presented by Shannon Moysey, Coordinator of Living/Learning Communities, Residence Life

This program will provide student leaders with an opportunity to discuss causes of stress and conflict, as well as methods and approaches for mediation. Participants will review different types of conflict management styles, and as a group will brainstorm ways to best approach and work with people who exhibit these styles. (Capacity: 30 ELs)

Wednesday, October 9 @ 7pm-9:30pm in SU MPR

FALL 2019 EMERGING LEADERS RETREAT (MANDATORY for all Emerging Leaders!)

Presented by Emerging Leaders Program Coordinator, Emily Bazinet, and your Emerging Leaders Mentors

The Emerging Leaders Retreat is the only time all Emerging Leaders are in one room together! We will do some large-group teambuilding activities together, spend time with the Emerging Leader Mentors in small groups, and get to know each other.

Friday, October 18 @ 3:30pm in SU Room 418

"Untether Public Speaking Anxiety" (IS, PE)

Presented by Laura Arias, Graduate Assistant for Student Activities and Union Services

Students will get to explore their comfort levels with public speaking by tuning into the reasons why they might not be comfortable, learning how to break down those barriers, and learn about ways to overcome public speaking anxiety. This will include an interactive activity where students will be speaking in front of their peers about something they feel strongly about. Being a skilled public speaker is a powerful skill to have as a leader. Especially if you have trouble with it, you should know that this is something that you can improve through practice. Public speaking can be a strength of yours. If you are already comfortable with this skill, come share your public speaking strategies with us! (Capacity: 30 ELs)

Monday, October 21 @ 6:30pm in SU 401

"Raise Your Hand If..." (EV, PE, GCP)

Co-Presented Jessica Delaney, Academic Support Programs Coordinator, and Will Ballner, Senior WGSS and English Major

What are the cultural and societal differences and similarities that make us who we are? In this safe space workshop, participants will consider a series of questions that will raise awareness about their own identities as well as their peers. (Capacity: 30 ELs)

Thursday, October 24 at 3:30pm in SU 62/63

"BARNGA" (GCP, EV, IS)

Presented by Mike Patterson, Director, Student Activities and Union Services

Do you like to play cards? Come learn a new card game in a very fun and creative environment with a little twist of learning. Expert and knowledgeable card players are not required! You will leave the workshops with new skills on how to communicate and better understand your own communication styles. (Capacity: 35 ELs)

Monday, October 28 @ 2pm in SU 418

"Writing Professionally" (PE)

Presented by Nicole St. Onge, Senior Career Specialist, Career Resource Center

Do you have no idea what to say in an email to your professor? Need advice on how to write a cover letter or ask for a reference? In this workshop, you'll learn tips that will help you step up your writing when you need to put your best foot forward. (Capacity: 30 ELs)

Monday, October 28 @ 7:30pm in LC 100

"To Be or Not to Be?" (PE, EV, GCP)

Presented by Distinguished Speakers, Dr. Janus Adams '73 and Ilyasah Shabazz '85

Join two New Paltz alumna for an intergenerational "fireside chat" as they discuss purpose, personal, and social responsibility. What does it mean to be oneself in a time of change?

Dr. Janus Adams is an Emmy-Award winning journalist, historian, author/publisher, television commentator, talk show host, and NPR's first National Arts Correspondent. Ilyasah Shabazz is the third daughter of Malcolm X and Betty Shabazz, an award-winning author, activist, and adjunct professor at John Jay College of Criminal Justice.

This is a ticketed event sponsored by the SUNY New Paltz Foundation. A limited number of tickets are FREE for students at the Parker Theatre Box Office. <https://www.newpaltz.edu/speakerseries/>

Tuesday, October 29 @ 3:30pm in SU 401

"Music and Leadership" (PE)

Presented by Valerie Tremblay, Director, Center for Student Media

They say that music is the universal language. That it is the window to your soul. That it's how you can get to know a person. But what does music say about your leadership style? Come to this workshop to reconsider what your favorite tune says about you as a leader! Please bring your favorite song with you and be prepared to share what it means to you! (Capacity: 30 ELs)

Wednesday, October 30 @ 5pm-6:30pm in Student Union Rooms 62/63

"Step Up New Paltz" (IS, EV, GCP, PE)

Presented by Shannon Moysey, Coordinator of Living/Learning Communities

Have you ever been concerned about a situation and wanted to help... but didn't? You're not alone! This situation is more common than you might think, and is known as the bystander effect. Step UP! is a comprehensive bystander intervention training program that will give you the confidence to take action! NOTE: This experience can be added to your Co-Curricular Transcript!

Wednesday, November 6 @ 2pm in SU 62/63

"The Leadership Compass" (IS & PE)

Presented by Christine Stuart, RD of Esopus Hall

Do you love learning more about yourself? Want to tap into your leadership skills and see how you work with others? Have you ever spent all night doing BuzzFeed quizzes? If you answered, "YES!" to any of those questions, The Leadership Compass is for you. The Leadership Compass is a self-assessment that helps you figure out your own strengths when it comes to your style of leadership and what you can do to work effectively with people in different areas. (Capacity: 40 ELs)

Thursday, November 7 @ 12:30pm in LC 110

"Get Linked on LinkedIn!" (PE)

Presented by Samantha Lopes, Senior Career Specialist, Career Resource Center

Join us to learn how to leverage your LinkedIn profile to showcase your expertise, build your network and connect with employers. In this workshop you will learn the ten steps to jump start your student LinkedIn profile and set your privacy setting for maximum viability. Before attending make sure you have created an account with LinkedIn so that you can make edits and updates to your profile throughout the workshop. (Capacity: 30 ELs)

Monday, November 11 @ 12:30pm in SU 62/63

"Using Social Media to Your Advantage" (PE)

Presented by Emily Holub, Assistant Director, Student Development

Growing up in an age of social media has many positives but one negative is that all of your information has been floating around the internet for years! Come learn how to sweep the digital dirt under the rug and put your best foot (and face!) forward. (Capacity: 35 ELs)

Tuesday, November 12 @ 6pm-8pm in SU MPR

"Beyond the Echo Chamber: Conversations that Matter. Topic: Free Speech" (IS, PE, EV, GCP)

Presented by the Beyond the Echo Chamber Committee

Beyond the Echo Chamber is a Dinner Series where students share their personal views on important topics, not to persuade but to understand views across the spectrum. This is not a debate. The program will start with three or more students sharing their stories, 3 minutes each. This will be followed by a respectful Q&A for the audience to learn more about those stories. Then the conversation will continue in small groups following civility discussion guidelines with prompting questions. The goal of the program is two fold: 1. To develop empathy and learn how to really listen, especially when hearing something we strongly disagree with; and 2. To develop critical thinking, and balance personal experiences with facts from trusted sources. For more information visit www.newpaltz.edu/saus/echo.html

Thursday, November 14 @ 7pm in the SU MPR

"Define Your Passion" (MANDATORY for all Emerging Leaders!)

Presented by Guest Leadership Speaker, Lamarr Womble

"Define Your Passion" will help you understand exactly what passion means and, more importantly, how it feels. Finding your passion is a 3-step process of discovering, developing, and defining emotional triggers and experiences in your life to shape them into a passion. Passion should shape your career, your leadership ability, and your personal life! The end goal is to help you live and lead happier lives based on the power your passion!

Lamarr Womble is the founder of Passion for Leadership. He was first inspired to become a motivational speaker after he attended a National Conference on Student Leadership (NCSL) in Orlando, Florida in 2005. He always had a knack for leadership, passion for people, and was heavily involved in leadership positions during high school and college. Through these experiences, Lamarr discovered his interest in business and public speaking. He launched Passion for Leadership in 2008 and since then has spoken to over 50,000 students and professionals about how they can find their passion! Lamarr doesn't just talk the talk, he walks the walk as a Dream Director in a New York City high school through the education startup, The Future Project.

Immediately after the Speaker, Emerging Leaders will break into their Mentor Groups from 8pm-9pm.

Monday, November 18 @ 3:30pm in SU 100N

"Walk of Privilege" (IS, EV, GCP, PE)

Presented by Diana Suarez, Leadership Development Grant Coordinator

This activity forces participants to confront the ways in which society privileges some individuals over others. It is designed to get participants to reflect on the different areas in their lives where they have privilege as well as the areas where they do not. In this workshop we will conduct a privilege walk activity and discuss what privilege is and how you can use your understanding of your privileges to become a better leader. (Capacity: 35 ELs)

Wednesday, November 20 @ 3:30pm in SU 62/63

"Yes, No, Maybe" (EV)

Presented by Linda Eaton, Associate Vice President for Student Affairs

On a daily basis, we find ourselves in situations that cause us to question our beliefs and the beliefs of those around us. This interactive workshop will present you with scenarios that will force you to take a stand. (Capacity: 35 ELs)

Friday, November 22 @ 2pm in SU 62/63

"Interview Skills to Get You the Job!"

Presented by Dawn McCaw, Assistant Director, Career Resource Center

Learn interview strategies to help you succeed on any interview! The key is in the prep – learn how to best utilize your prep time! What do I need to work on? What do I need to do to prepare? What's important? What is the hiring manager looking for? (Capacity: 35 ELs)

Tuesday, December 3 @ 7pm in SU 100N

"Living with HIV/AIDS" (PE, GCP, EV)

Presented by Gary Levinson, New Paltz Alumnus, and Michelle Combs, Director of Student Development

This workshop will present educational information on HIV/AIDS and give you the opportunity to hear from a former New Paltz student about his experience living with the disease. Bring your questions!