



# SPRING 2018 WORKSHOP SCHEDULE

Emerging Leaders must attend at least 5 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.

## **Tuesday, February 13 @ 7pm in College Terrace**

### **"Know When to Leave the Plantation" (IS, PE, EV, GCP)**

**Presented by Distinguished Speaker, Janus Adams '67**

**THIS IS A REPEAT PROGRAM FROM FALL 2017. If you attended the program last semester, it can't count again for Emerging Leaders Credit.**

As a student at SUNY New Paltz in the tumultuous sixties, Janus Adams sought solace from the pressures of a segregated society in walks from campus to historic Huguenot Street. As the North was, at the time, still in denial about its ties to the history of slavery in the U.S., little did she know was following in the footsteps of the legendary abolitionist Sojourner Truth. In one telling incident, she was made aware of the vestiges of slavery and the suppression of women's rights driving American society. To her rescue came her grand-uncle's mantra: "Know when to leave the plantation."

Limited Seating. RSVP Required. Walk-ins welcome on space availability basis.

RSVP Here: <http://www.newpaltz.edu/speakerseries/-janus-adams---special-encore-presentation/>

## **Wednesday, February 14 @ 12:30pm in HUM214**

### **"LinkedIn/Social Media" (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. Learn the ins and outs of social media!

## **Thursday, February 22 @ 2pm, SU407**

### **"Me's vs. We's" (EV, IS, & PE)**

**Presented by Tara Sestanovich, Coordinator of First Year Programs**

Do you work more effectively on your own or with others? Find out if you're a "we" or a "me" when brain teasers get put to the test! (Capacity: 30 ELs)

## **Wednesday, February 28 @ 5pm, SU409**

### **"Going Up! Elevator Speech 101" (IS, PE)**

**Presented by Mike Patterson, Director, Student Activities & Union Services**

The first step to networking is having an "elevator speech". Can you communicate to a stranger in the time of an elevator ride (30 seconds) the most important details of who, what, how, when and where. Come learn and practice the basics of developing your very own elevator speech. (Capacity: 30 ELs)

**Monday, March 5 @ 6pm, SU 401**

**“Professionalism for Leadership Roles” (PE & GCP)**

**Presented by Nicole DeRobertis & Jakhara Norwood, Graduate Assistants, Student Activities & Union Services**

*As undergraduate students, we were involved in lots of student leadership experiences. We understand that balancing professionalism and student life on campus is difficult. Come hear some tips and tricks on balancing your leadership roles. (Capacity: 30 ELs)*

**Tuesday, March 6 @ 2pm, SU 409**

**“How to Manage Public Speaking Anxiety” (IS & PE)**

**Presented by Robert Hancock, EOP Advisor, and Dildora Davronkulova, Emerging Leaders Mentor**

*Does speaking in front of people make you feel nervous? Then this is the workshop to attend and learn the skills to overcome public speaking anxiety, as well as tips for better communication skills, job interviews and social speeches (best man's speeches, bridesmaid speeches and more)! (Capacity: 35 ELs)*

**Monday, March 12 @ 12:30pm, SU 401**

**“Survival” (GCP, IS, & PE)**

**Presented by Matt Giufre, Head Women's Volleyball Coach**

*How do you contribute your perspective and thoughts when in a group? This workshop will involve an activity that will be done individually, in small groups, and within the large group. The focus of the workshop is on communication skills and using one's voice. (Capacity: 30 ELs)*

**Tuesday, March 13 @ 5pm, SU 409**

**“Incorporating Self Care into Leadership” (PE & EV)**

**Presented by Meg O'Sullivan, Assistant Professor of History and Women's, Gender, and Sexuality Studies, and Tara Manning, Emerging Leaders Mentor**

*Being a good leader means taking care of yourself! Join us in a discussion about how to utilize self-care and self-advocacy to enhance and develop leadership skills, and balancing the workload of being a student and a student leader! (Capacity: 30 ELs)*

**Tuesday, March 27 @ 2pm, SU 401**

**“How to Deal with the Unexpected” (IS, PE, & GCP)**

**Presented by Karla Vermeulen, Deputy Director of Institute for Disaster Mental Health, and Assistant Professor of Psychology, and Ana Rosas Ledesma, Emerging Leaders Mentor**

*Sometimes as leaders, we are challenged to jump into action in all sorts of scenarios. Come to this workshop to learn more about natural disasters and how, as leaders, we can prepare for an unexpected event. (Capacity: 30 ELs)*

**Wednesday, March 28 @ 1:30pm, SU 418**

**“Service in Life Beyond College” (GCP, PE, & EV)**

**Presented by Nicole St. Onge, Graduate Assistant, Career Resource Center, and Jackie Rankel, Emerging Leaders Mentor**

*As an Emerging Leader, you're not stranger to community service and volunteerism. But, what happens next year? Or after you graduate? Come to this workshop to gain resources and inspiration for why you should always be involved in your community! (Capacity: 30 ELs)*

**Wednesday, April 4 @ 5pm, SU MPR**

**“Leadership Self Discovery 101 – Discovering Your Super Powers Within to Change the World!” (GCP, IS, PE, & EV)**

**Presented by Joshua Fredenburg, Nationally Acclaimed Speaker**

*In this power-packed leadership session, Joshua Fredenburg helps leaders establish a solid foundation by teaching them to how to discover their personal leadership super powers to change the world. He assists student leaders to develop a strong foundation by creating a clear perspective about self-awareness, strengths, purpose, passion, vision, and positive-thinking. He will also cover: purpose-driven leadership, value-based leadership, courageous leadership, visionary leadership, and character-driven leadership in the 21st Century. (Capacity: 50 ELs)*

### Wednesday, April 4 @ 8pm, SU MPR

#### **"Resilient Leadership! The Foundation of Unstoppable Leadership!" (GCP, IS, PE, & EV)**

**Presented by Joshua Fredenburg, Nationally Acclaimed Speaker**

What sets apart history's nameless leaders from the likes of Oprah Winfrey, Steve Jobs, Michael Jordan, Nelson Mandela, Thomas Edison, Abraham Lincoln, Susan B. Anthony, and Walt Disney? It is their ability to be resilient. Each of these great leaders became unstoppable in their area of expertise because they learned how to overcome adversity and bounce back from every challenge that stood between them and their desired purpose as a leader.

In this incredibly inspirational and powerful leadership discussion on resiliency, Joshua Fredenburg not only helps emerging and seasoned leaders develop a solid working definition of resilient leadership, but he provides them with the foundational principles of resilient leadership that enable leaders to adapt, persevere, bounce back, overcome any negative situation, circumstance, or challenge, and become unstoppable!

### Thursday, April 5 @ 7:30pm, Lecture Center 100

#### **"Confronting Climate Change: What Are the Challenges?" (GCP, IS, PE, & EV)**

**Presented by Harry Pollack, Professor of Geophysics (emeritus), University of Michigan  
Spring 2018 Distinguished Speaker**

Earth's climate is changing. Our planet's surface temperature, atmospheric and ocean chemistry, precipitation and drought patterns, and sea level have all seen significant changes from only a century ago. While natural factors continue to play a role in the pace and direction of climate change, since the mid-20<sup>th</sup> century humans have taken increasing control of the climate. Today humans are the primary drivers of contemporary climate change. These developments are forcing the global population to confront some daunting challenges in dealing with the changing climate. Cities, states, national governments and the private sector around the world face difficult decisions about adaptation and/or mitigation. The Paris Climate Accord of 2015, the depressed prices of carbon-based fuels, the accelerating flow of capital to renewable energy sources, and the administration in Washington all contribute to an uncertain future.

This is a ticketed event. A limited number of tickets are FREE for students. <https://www.newpaltz.edu/speakerseries/>

### Monday, April 9 @ 3:30pm, SU 409

#### **"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)

### Tuesday, April 10 @ 2:30pm, Ridgeview Hall Main Lounge

#### **"What if This Was You?"**

**Presented by Amanda Norton, RD of Ridgeview Hall, and Jade Burdman, Emerging Leaders Mentor**

This workshop will focus on exploring and discussing the experiences of people with different identities with a focus on the LGBTQ+ community. We're going to have a discussion for people to contribute whatever they'd like as well as statistics and examples of media representation to show how those with different identities are portrayed and how wrong the media representation of queer people is. (Capacity: 30 ELs – Please arrive to the main entrance of Ridgeview 10 minutes prior to the workshop!)

### Wednesday, April 11 @ 2pm, Student Union 2<sup>nd</sup> Floor

#### **"Fourth Annual Women's Leadership Summit" (GCP, IS, PE, & EV)**

**Be Proactive, Set Yourself Apart and Get Ready for the Workforce. All students from all majors are encouraged to attend!** Join over 25 successful alumnae and thought leaders who have earned distinction in their professional lives. Get first-hand career tips for accelerating and achieving your professional goals. Separate sessions will be held for **all majors** in the College of Liberal Arts & Sciences and Schools of Business, Education, Fine & Performing Arts, and Science & Engineering.

Pre-registration is REQUIRED by APRIL 9 for this event. Space is limited! <http://www.newpaltz.edu/summit>

**Sunday, April 15 @ 12:30pm; Meet outside the Student Union Atrium**

**"Tour of Historic Huguenot Street" (GCP)**

*In 1677, a group of Huguenot families established a community in the Hudson Valley of New York in the hope of creating a home where they could worship as they chose. In 1894, their descendants formed what is now Historic Huguenot Street to protect their legacy in the buildings, objects, and stories they left behind. Join the Emerging Leaders Mentors on a walk to Huguenot Street, participate on the guided tour, and reflect on what leadership lessons we can learn from the Huguenots.*

REGISTER BY APRIL 13: <https://newpaltz.wufoo.com/forms/emerging-leaders-walk-to-hhs/>  
MUST BRING YOUR STUDENT ID!

**Wednesday, April 18 @ 12:30pm in HUM 214**

**"Co-Curricular Transcript Workshop" (PE)**

**Presented by Mike Patterson, Director, Student Activities & Union Services**

*Get a head start on upcoming leadership opportunities with a step-by-step workshop giving you the inside scoop on how to best create a Co-Curricular Transcript. At this session, you will learn the ins and outs of updating your CCT throughout your New Paltz career.*

**Wednesday, April 18 @ 4pm, SU 401**

**"Smashing Stereotypes" (IS & EV)**

**Presented by Lisa Jones, Dean of Admission, and Zyriah Robinson, Emerging Leaders Mentor**

*Although we know stereotypes are bad, we still carry them around with us like baggage, and that stops us from learning about others and even ourselves. The purpose of this workshop is to help each other understand the complexities of stereotypes and how they can affect others, as well as ourselves. (Capacity: 30 ELs)*

**Thursday, April 19 @ 3:30pm, SU 62/63**

**"Communication is Key" (IS & PE)**

**Presented by Emily Bazinet, Assistant Director of Student Activities & Union Services**

*Communication is key in this large-group teambuilding activity. Work together with your fellow Emerging Leaders to complete the challenge, and we'll discuss ways to improve your communication skills. (Capacity: 30 ELs)*

**Tuesday, April 24 @ 7pm, SU 62/63**

**"Stay Goal-den, Emerging Leaders" (PE)**

**Presented by Christine Stuart, Residence Director of LeFevre Hall**

*"Go for the gold!" "Set your expectations high!" "If you can dream it you can achieve it!" You hear positive affirmations all the time when it comes to achieving a goal, but have you ever taken the time to think about what it takes to set a goal? Consider how you can set realistic goals and achieve them with positivity and a can-do attitude, even when the going gets rough. (Capacity: 35 ELs)*

**Wednesday, April 25 @ 3:30pm, SU 401**

**TITLE AND DESCRIPTION TBA**

**Presented by Sarah Ziolkowski, Activities & Operations Coordinator, Student Activities & Union Services**