

LEADERSHIP SYMPOSIUM 2022



FRIDAY, APRIL 1

Student Center

Worcester State University

PROGRAM SCHEDULE

12:30pm	Check-In	<i>Exhibit Area</i>
1pm	Welcome Keynote Speaker <i>Amma Marfo</i>	<i>Blue Lounge</i>
2pm	Workshop Block 1	<i>Various Locations</i>
2:50pm	Workshop Block 2	<i>Various Locations</i>
3:40pm	Workshop Block 3	<i>Various Locations</i>
4:30pm	Closing Remarks <i>Dr. Satya Mitra</i>	<i>Blue Lounge</i>
5pm	Closing Reception & Networking	<i>Exhibit Area</i>

Light refreshments will be available in the Exhibit Area throughout the program.



WELCOME

A MESSAGE FROM THE OFFICE OF STUDENT INVOLVEMENT & LEADERSHIP DEVELOPMENT

Everyone is talking about wellness. Lists and articles for how to be mentally well, physically well, and emotionally well have been flooding our homepages and feeds. And with good reason - your wellness impacts every aspect of your life. That's why much of today's program will focus on how to bring wellness to the forefront when considering your leadership style. Taking care of yourself first is imperative as you look to lead others; you can't pour from an empty cup, as the saying goes.

Consider how your own mental wellbeing impacts your leadership as you participate in today's program. Workshops that are specifically focused on wellness are denoted with a yellow bar in the program.

We invite you to share your reflections on wellness by responding to the board prompts in the Exhibit Area during the time between sessions. These tips and tricks will be shared with event attendees following the Leadership Symposium.

As with any program, the benefits that you receive directly reflect the work that you put in. Spend today networking with other student leaders, our workshop facilitators, and alumni. Ask questions, reflect on the topics, and decide what you are going to take away from this experience.

Welcome back to the Leadership Symposium.

The OSILD Staff

Kristie McNamara
Director

Sarah Potrikus
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Linzy Martinez
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FEATURED SPEAKERS



AMMA MARFO

Amma is an education, writing, and marketing professional that equips her audiences (on paper and in person alike) to understand creativity, their temperament, and the intersection of comedy and our daily lives. She holds a Bachelor's degree in Communication Studies from the University of Rhode Island, and a Master of Education from the University of South Florida.



Amma is a dynamic and sought-after speaker on topics such as leadership, group dynamics, learning and optimizing the temperament of your organization, cultivating environments that encourage creativity, and incorporating your values into your work and larger goals. She speaks on college and university campuses across the country, at regional and national conferences, and has partnered with organizations like HubSpot, Wayfair, Pfizer, and Ovia Health.

Her other interests include live comedy, surfing, trivia, and gluten-free cooking/baking. You can follow her on Twitter @ammamarfo.

DR. SATYA MITRA, PH.D., E.A, CFP

Dr. Satya Mitra grew up under the burden of poverty and extremely difficult conditions, but several people encouraged his dream of earning an education.



Dr. Mitra finished his Ph.D. in Biochemistry in India and came to the USA in 1976 to pursue his career in Bio-medical research but instead began a career as a tax consultant, financial planner, and investment advisor. In 1990, he established his tax consultancy and financial planning practice. Today, he is the President and CEO of "The Guru Tax & Financial Services, Inc." in Worcester, MA.

Dr. Mitra is a humanitarian, a community servant, and a recognized leader. He is a member of the Planning Board of the City of Worcester; a Board member of The Chamber of Commerce; Worcester State University Foundation; a past President of The Worcester Rotary Club and Greater Worcester Community Foundation among many other organizations.

Dr. Mitra is the recipient of the Community Service Award and Action Hero Award and was twice named Rotarian of the Year. He is a member of the National Speaker's Association and regularly delivers motivational speeches around the world. Dr. Mitra is also the author of *The 5 C's*, a best-selling book on successful entrepreneurship and leadership.

In 2016, Dr. Mitra and his wife, Sheema, established JOY GURU HUMANITARIAN SERVICES. This nonprofit charitable organization is dedicated to serving the disadvantaged members of our community. It aims to improve the lives of individuals and families affected by poverty, homelessness, and other social conditions.

WORKSHOP INFORMATION



LEARNING OUTCOMES

All leadership programs put forth by the Office of Student Involvement and Leadership Development aim to support the following learning outcomes:

- **Personal leadership development (PLD)**
- **Meaningful interpersonal relationships (MIR)**
- **Group dynamics and management (GDM)**
- **Critical thinking and problem solving (CTPS)**
- **Effective communication (EC)**
- **Multicultural competency and inclusive leadership (MCIL)**
- **Social responsibility and change agency (SRCA)**
- **Clarified values and ethical leadership (CVEL)**

Each workshop at the Leadership Symposium aligns with one or more of the stated learning outcomes. Following the description of each workshop, you will find letters that coincide with the learning outcome(s). You can use this information to help determine which workshops you would like to attend.

WORKSHOP ATMOSPHERE

Along with learning outcomes, each workshop also has a specific atmosphere. Following the description of each workshop, you will find a colored dot that coincides with the atmosphere of the selected workshop.

- **Deep Dive** - in-depth discussion on a topic relevant to leadership in a lecture format with some form of audience interaction
- **Give & Take** - engaging participants in a round-table or networking discussion about a particular topic of common interest to participants
- **Light Bulb** - provide participants with information about a best practice or latest trend in leadership
- **Master Class** - provide information about how to develop a particular skill and interactive exercises that allow participants to practice or further develop the skill

SYMPOSIUM KEYNOTE

DESIGNING YOUR WELLNESS-LED LIFE

Amma Marfo, Keynote Speaker

How are you doing? No, really? There are so many areas in which all of us could stand to think more about our wellness: physical, mental, social, financial, etc. This interactive session urges you to take a look at the areas of your wellness journey that are going well, those that need our attention, and how to use the tenets of the Cultivating Creativity framework to cultivate a better version of ourselves.

Blue Lounge, Student Center Room 101



WORKSHOP BLOCK 1

2-2:45pm

ADJUST YOUR SAILS: EFFECTIVENESS & EXCELLENCE IN AN UNCERTAIN WORLD

Amma Marfo, Keynote Speaker

Uncertainty is often paired with other "un" words: uneasy, uncomfortable, or unsettling. This session helps you reframe uncertain circumstances, offers resources to manage feelings of overwhelm, and creates a more comforting path forward for individuals and organizations alike. *CTPS* ●

Blue Lounge, Student Center Room 101

MINDFULNESS, MEDITATION & ANYWHERE YOGA FOR SUCCESSFUL LEADERSHIP

Dr. Jennifer Hood DeGrenier, Chair/Professor of Biology

This workshop will discuss the importance of mental well-being and stress reduction for successful leadership and lead students through some easy exercises that can be done in any setting. Suggestions of app-based tools to help you cultivate mindfulness and mental/physical well-being in their daily lives. *PLD* ●

North/South Auditorium, Student Center Room 112

MOTIVATION

Jacquelyn Raftery-Helmer, Assistant Professor of Psychology

Good leaders care about how to motivate others; how to help others find energy, mobilize their efforts, and persist in the face of challenges. Self-Determination Theory, a framework for studying human motivation, proposes that humans have universal and basic psychology needs for autonomy, competence, and relatedness. This workshop will help future leaders think about concrete ways in which they can create climates that meet these psychological needs in the service of fostering high quality motivation, performance, persistence, and creativity in others. *GDM* ●

Conference Room, Student Center Room 214

USING THE ENNEAGRAM TO DEVELOP YOUR LEADERSHIP SKILLS

Dean Bowen, Assistant Director/Fitness Center Manager

The enneagram, an interconnected personality type model, is frequently used as a resource to develop personal growth. Using the enneagram, this session will discuss how to determine your enneagram type, strategies for personal growth for each enneagram type, and how this information can improve your ability to develop and lead a cohesive team. Understanding the enneagram types of supervisors, supervisees, and peers will provide you with the opportunity for better connections and strategies on how to support each other within your organization. *PLD* ●

Foster Room, Student Center Room 318

SPIRITUALITY & WELLNESS

Kevin Cox, Campus Minister

"If one could conceive of a single elixir to improve the physical and mental health of millions of Americans...what value would our society place on it?" ask Harvard's Tyler J. VanderWeele and editor John Siniff. "The good news is that this miracle drug - religion...is already in reach." This workshop will briefly survey findings of Harvard's Human Flourishing Program's research on the whole life benefits of spirituality; discuss its intersection with Christian faith; and end with practical ways to explore Christian spirituality. *MCIL*

Fallon Room, Student Center Room 320 ●



WORKSHOP BLOCK 2

2:50-3:35pm

DEVELOPING LEADERSHIP THROUGH A WELLNESS LENS

Marilyn Cleary, EdD., Assistant Dean, Graduate & Continuing Education
Elena Arranz Alonso, Assistant Director/Adult Student Advisor, Continuing Education

Becoming a leader is a rewarding but challenging process. Sometimes wellness is not at the forefront of a leader's priorities. This session is designed to give emerging leaders the skills necessary to support their own wellness as well as the wellness of others in this leadership journey. *PLD* ●

North/South Auditorium, Student Center Room 112

THE PEER MENTORING ROLE

Dr. Colleen Sullivan, Associate Professor of Psychology

Peer mentors in college know the student experience and seek to assist others. The purpose of this educational session is to consider the peer mentoring role. The use of communication skills, campus awareness, and academic success support will be discussed. *EC* ●

Fallon Room, Student Center Room 320

THE PROCESS IS THE PRODUCT

Dr. Erika L. Briesacher, Associate Professor of History
Dr. Alex Briesacher, Associate Professor of Sociology

Collaboration is the backbone of leadership. Drawing on the facilitator's experiences team-teaching, doing collaborative research, and presenting on diverse topics together, this session will suggest ways to identify individual approaches to leadership and ways to work together. *GDM* ●

Conference Room, Student Center Room 214

PUTTING OFF PROCRASTINATING

Julie A Glovin, Counselor/Outreach Manager

For many, procrastination is truly an art form. Tiresome chores - such as cleaning - all of the sudden seem fun if it means avoiding a difficult task. This talk will discuss why people procrastinate by identifying the secondary emotions and barriers to accomplishments. Our discussion will end with evidence based strategies that will help you put off procrastinating. *PLD* ●

Foster Room, Student Center Room 318

LEADERSHIP COACHING

Need a little one-on-one time to discuss your leadership and your goals? Why not take advantage of a coaching session? As part of the Symposium, we want you to leave the day feeling energized to achieve your leadership, life, and career goals. So come enjoy a meeting with a seasoned professional who's interested in supporting your growth and development as a leader and a person!

Workshop facilitators and invited guests will be available for one-to-one leadership coaching. These twenty-minute sessions will allow you to meet with a leadership coach to discuss your experiences, questions, and plans for leadership in the future.

Space is limited. Sign up for coaching at the check-in table.



WORKSHOP BLOCK 3

3:40-4:25pm

THE ART OF INCREMENTAL IMPROVEMENT

Emily Reith, Adjunct Professor of Urban Studies/Commercial Real Estate Consultant

If you can't do everything, you can still do something! Learn how to assess, analyze, manage and implement solutions, big or small, to various problems that arise in a professional environment. Work collaboratively to practice this skill and mindset. *CTPS* ●
Conference Room, Student Center Room 214

LISTENING FOR LEADERSHIP

Dr. Timothy Murphy, Interim Chair/Associate Professor of Urban Studies

Through experiential learning, attendees of this workshop will consider how and why good listening is essential for effective leadership. This workshop will be helpful for anyone interested in improving interpersonal communication in order to become more skillful at conflict resolution and team building. *EC* ●
Blue Lounge, Student Center Room 101

THE PRISONER'S DILEMMA

Dr. Mark Wagner, Director, Civic Engagement

The Prisoner's Dilemma is a game that raises some key points about decision making. For example, how to we make decisions when we can't predict their outcome? And how do we balance self-interest against loyalty to others? *CVEL* ●
Foster Room, Student Center Room 318

THE STARVING BAKER: IMAGES THAT FORM LEADERSHIP HABITS & ATTITUDES

Jennifer Quinn, Director of Title IX and Alcohol & Drug Prevention Education

The leadership journey begins with self-leadership. This interactive presentation will discuss a common hazard for leaders; like bakers who spend so much time baking bread for others, we forget to eat ourselves. Leaders must feed themselves for personal growth. *PLD* ●
North/South Auditorium, Student Center Room 112

THE TRAUMA INFORMED LEADER

Sarah Valois, LICSW, Counselor/Sexual Violence Response and Prevention

70% of adults in the U.S. have experienced some type of traumatic event at least once in their lives" (The National Council for Behavioral Health). This workshop will focus on the types and impact of traumatic stressors, as well as review the skills needed to be trauma informed in your leadership approach. *MIR* ●
Fallon Room, Student Center Room 320



Throughout the program, make sure to stop by the information tables and participate in our passive programming.

EXHIBIT AREA

Active Minds Table

Active Minds is a student organization that works to increase student's awareness of mental health issues and provides information and resources regarding mental health and mental illness. Members aim to remove the stigma that surrounds mental health issues through campus-wide events.

Book Recommendations

This table will feature selected books from our workshop facilitators and other campus community members that answer the question "Which book has made the biggest impact on how you lead your life?"

Counseling Services Table

Your college years can be among the most exciting and gratifying of your life. At times, however, you may feel significant amounts of stress, confusion, and uncertainty. The staff of Worcester State University's Counseling Center understands the emotional pressure that many of our students experience.

Leadership Resources

A table of curated leadership resources, including books, handouts, and more.

OSILD Table

Learn more about student involvement at Worcester State. Information about additional leadership programs, student organizations, and more.

Wellness Center

The Wellness Center offers many amenities that help you get - and stay - well.

Light refreshments will be available in the Exhibit Area throughout the program.



NOTES



*The 2022 Leadership Symposium is sponsored by
the Office of Student Involvement & Leadership Development,
the Alumni Office, the Alumni Association Advisory Board, and the Worcester State Foundation.*



The Office of Student Involvement and Leadership Development provides a comprehensive co-curricular student experience through leadership development, involvement opportunities, and a diverse array of social, cultural, and educational programs for the entire Worcester State community. All of our programs challenge and encourage students to become empowered, inclusive, and knowledgeable future community and global leaders.



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