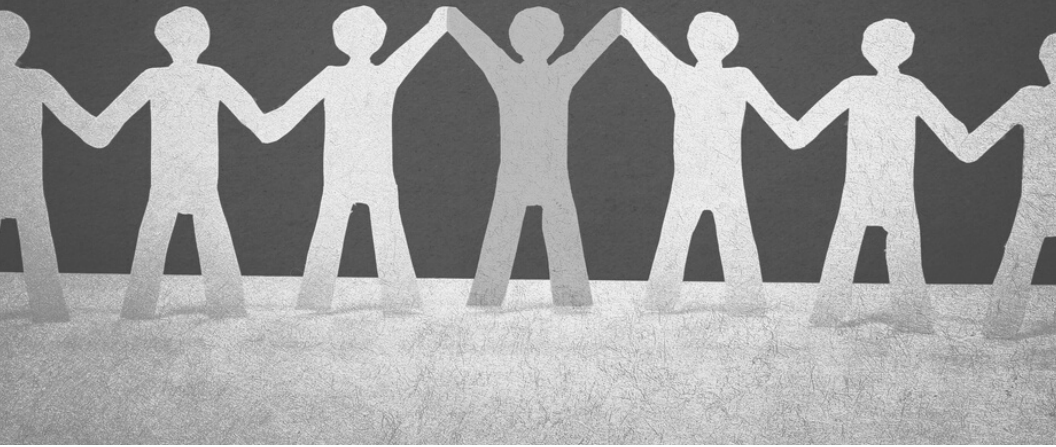


# LEADERSHIP SYMPOSIUM 2023



**MARCH 6, 7, & 8**

Student Center  
Worcester State University



## WELCOME

### A MESSAGE FROM THE OFFICE OF STUDENT INVOLVEMENT & LEADERSHIP DEVELOPMENT

Every few years, the staff in the Office of Student Involvement and Leadership Development sit down to review the current mission, vision, and values of the office to determine whether or not these statements align with what we see as the overall purpose of our programs and services. Are we meeting the goals that we state in our mission? Does our vision statement continue to enhance the work that we do? And most importantly, are we providing programs and supports that uphold our values?

One of our stated values reads as follows:

*"Empower students to be resilient and teach them how to advocate for themselves and those around them through programs and trainings."*

We want our students to be resilient in the sense that they can work through difficult situations and recover. Difficult conversations and challenging experiences, while all-encompassing at the moment, can provide opportunities for growth and learning. This learning doesn't have to happen in a formal program - it can be through a conversation during a club meeting, a quick one-on-one in a mentor's office, or with peers over a shared meal. The importance is that these challenges can make you a better leader in the future.

To be resilient is to be in tune with your emotions, to focus on those things that you can control, and to reframe negatives into positive forces for change. Keep in mind the times you have had to demonstrate resiliency as you participate in this year's Symposium workshops, and use this opportunity to reflect on the leader you are becoming.

#### The OSILD Staff

**Kristie McNamara**  
Director

**Sarah Potrikus**  
Assistant Director

**Linzy Martinez**  
Assistant Director

**Christine Pulsifer**  
Clerk/Bookkeeper

**Colleen Settle**  
Administrative Assistant

**Office of Student Involvement & Leadership Development**  
Student Center, 2nd Floor  
508.929.8073  
studentinvolvement@worchester.edu



@WSU\_OSILD  
#LancersLead



lead.worcester.edu

# 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.

## 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 new insight and 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



# WORKSHOP DESCRIPTIONS

**MONDAY, MARCH 6**

4:00-4:45pm

## **CULTURAL ANTHROPOLOGY FOR LEADERSHIP**

**Dr. Timothy Murphy, Associate Professor & Chair, Urban Studies**

This workshop will discuss the value of using basic anthropological research methods to become more effective leaders. Attendees will have the opportunity to think through and apply methods like participant-observation, informal interviews, and focus groups to assess their interpersonal relationships and leadership roles. ●

*Fallon Room, Student Center Room 320*

## **MINDFULNESS, MEDITATION, AND ANYWHERE YOGA FOR SUCCESSFUL LEADERSHIP**

**Dr. Jennifer Hood-DeGrenier, Professor and Chair, Biology Department**

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

*Blue Lounge, Student Center Room 101*

## **THE STARVING BAKER**

**Jennifer Quinn, Assistant Dean of Student Affairs/Title IX Coordinator**

This workshop will explore a common hazard for leaders - spending so much time serving others that we never serve ourselves. Leaders must feed themselves for personal growth.

*Student Center Room 214* ●

5:00-5:45pm

## **THE ETHICS OF LEADING OTHERS**

**Dr. Henry Theriault, Associate Vice President for Academic Affairs**

This workshop will focus on the importance of ethical behavior as a leader, with particular attention to power relationships, mutual loyalty, and collaborative learning. Scenarios and anecdotes from the presenter's personal experiences will be shared. ● ● ●

*Student Center Room 214*

## **PUTTING OFF PROCRASTINATION**

**Julie Glovin, Assistant Director, Counseling Center**

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. ●

*Blue Lounge, Student Center Room 101*

## **WE SPEAK UP - BYSTANDER INTERVENTION FOR LEADERS**

**Sarah Valois, LICSW, Assistant Director, Counseling Services**

Participants will dive into the skills and address the barriers of being a prosocial bystander. Participants will learn how to effectively intervene and contribute to a safe, inclusive, and welcoming campus community. ●

*Fallon Room, Student Center Room 320*

# WORKSHOP DESCRIPTIONS



**TUESDAY, MARCH 7**

4:00-4:45pm

## **BUILDING YOUR BRAND: WHAT TRANSFERABLE SKILLS DO YOU HAVE?**

***Marief Aleman, Career Advisor/Program Coordinator, Career Services***

This workshop will provide participants with information on what transferable skills are, what are of competencies they fulfill, and how these skills can continue to be developed. Participants will have the opportunity to assess how their leadership roles and other opportunities have helped them become valuable candidates for future internship and full-time employment opportunities. ●

*Foster Room, Student Center 318*

## **DEVELOPING LEADERSHIP THROUGH A WELLNESS LENS**

***Dr. Marilyn Cleary, Assistant Dean, Graduate and Continuing Education***  
***Sonela Demirazi, AFSCME Union President***

An important part of being a leader is recognizing and attending to your wellness needs. It is also important for leaders to support others in attaining their wellness goals. Learn about the synergy between leadership and wellness in this interactive session that concludes with a chocolate meditation. ●

*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. Additionally, understanding how the enneagram types of supervisors, supervisees, and peers need to be supported will provide the opportunity for better connection within your organizational structure. ●

*Blue Lounge, Student Center 101*

5:00-5:45pm

## **THE PEER MENTORING ROLE**

***Dr. Colleen Sullivan, Associate Professor of Psychology and First Year Seminar Director***

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. ●

*Blue Lounge, Student Center 101*

## **WORKING 'WITH' THE COMMUNITY AND OVERCOMING THE SAVIOR COMPLEX**

***Dr. Nafisa Tanjeem, Associate Professor***

How do you become a leader while being a part of the community? How can you work 'with' people as opposed to work 'for' people? How do you overcome the savior complex and engage in solidarity building? ●

*Foster Room, Student Center 318*



**WEDNESDAY, MARCH 8**

5:30–6:30pm

### **YOUNG ALUMNI PANEL & RECEPTION**

The 2023 Leadership Symposium will conclude with a Young Alumni Panel and Reception on Wednesday, March 8 at 5:30pm. This panel is a unique opportunity to learn from young alum about how their leadership experiences at Worcester State prepared them for their careers. Advanced registration is required. ●

*Blue Lounge, Student Center 101*

## PROGRAM EXTRAS

Throughout the week, make sure to stop by the information table in the Office of Student Involvement & Leadership Development, on the 2nd floor of the Student Center.

### **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?"

### **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.



*The 2023 Leadership Symposium is sponsored by  
the Office of Student Involvement & Leadership Development,  
Student Affairs, the Alumni Office, and the Alumni Association Advisory Board.*



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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