2021 Student Leadership Conference Presentations

FEATURED KEYNOTE: You Want to Change the World? Pay Attention to Your Feelings
Dr. Leslie Nwoke, Physician, Executive Coach, and Founder of HeartWork Now

Today’s students are more influential than ever before. From YouTube stars to millennial entrepreneurs, this generation is changing the norms of leadership. The most effective of them realize, that leading well, means engaging not just your head, but your heart. Emotional intelligence is the process of becoming self-aware by engaging our challenging and messiest emotions and choosing to face them bravely. In this session, Dr. Leslie will share ways to be a more conscious and emotionally intelligent leader, and leave listeners with three big ideas on how to face the difficult parts of themselves head on.

FEATURED PRESENTATION: Can We Talk? Navigating Difficult Conversation (...When You Don’t Like Conflict)
Dr. Leslie Nwoke, Physician, Executive Coach, and Founder of HeartWork Now
Track: Personal Leadership & Collaborative Leadership

“Can we talk?” We’ve all dreaded hearing (or saying) these words at some point in time. The fear of what the conversation might bring makes us avoid the conversation (and the person) all together. But much purpose and growth can come from hard conversations, if we’re brave enough to have them. In this session, Dr. Leslie will explore what makes conversations hard and how to have better ones.

FEATURED PANEL: Lunch with Leaders
Kimberly Davis, Trustee for Friends of Brooklyn Cemetery
Ellen Everitt, Volunteer Coordinator for Athens Community Council on Aging
Esther Kim, Vice President for The Backpack Project of Athens
Track: Community Engagement

A panel discussion on leadership through service featuring community leaders in Athens, GA.

24-Hour Magic: Mastering Time Management as a Student Leader
Mackenzie White, Graduate Resident for Residential Programs & Services
Track: Personal Leadership & Personal Well-being

You have probably heard that time management is important but what exactly does that mean for you as a student leader? As a student leader, you may find yourself wondering how to fit your co-curricular activities and obligations into a schedule that is already full with classes, homework, meals, socializing, and maybe even a part time job. This session is designed to help you learn time management strategies that you can immediately implement into your own life to help you thrive as a student leader.
Brooklyn Cemetery - Why Place is Important in Service  
*Kimberly Davis, Trustee for the Friends of Brooklyn Cemetery*  
**Track:** Collaborative Leadership, Community Engagement, and Diversity, Equity, and Inclusion  

The Brooklyn Cemetery, a historic African American cemetery in Athens, GA., has become a model for what place means in terms of community service. From place comes past, present and future.

Centering Your Well-being and Needs as a Leader  
*Gabriella Buttry, Peers for Alcohol and Other Drugs*  
**Track:** Personal Leadership & Personal Well-being  

While mental health has increasingly become a popular topic in today’s media and everyday life, terms like self-care and well-being have been misused and misrepresented. Understanding what these terms mean and how to use effective self-care techniques in our everyday life can benefit our overall wellbeing, and in turn, enhance leadership capabilities. In our busy schedules it can be difficult to make time for this, so how can we make effective strides towards self-care? In this session, those attending will have the opportunity to discuss effective and deliberate strategies relating to self-care and how it applies to their role(s) in leadership.

Cultural Curiosity: Effective Leadership in a Globalized World  
*Linden Mathis, Administrative Coordinator for International Student Life*  
**Track:** Diversity, Equity, and Inclusion & Collaborative Leadership  

Curious leaders are innovative, collaborative, and critical for developing effective teams in a globalized world. In this session, we will reflect and share our unique perspectives on curiosity, culture, identity, and values in order to learn how cultural curiosity strengthens our leadership and how to incorporate cultural curiosity into our work as current and future leaders.

Dress for Success: More than a Suit  
*Calvin Rausch (she/her), Deputy Executive Director of the SGA Professional Clothing Closet*  
**Track:** Personal Leadership  

Dress for Success: More than a Suit will outline the different types of professional attire, occasions for each, and business FAQs. Additionally, the presentation will discuss how to incorporate your own style and personality into your wardrobe & the intersection of professionalism and gender, culture, and authenticity.
**Healthy Eating on a Budget**  
*Starlyn Street, Peer Nutrition Educator*  
*Megan Govedich, Peer Nutrition Educator*  
Track: Personal Well-being

We are the Peer Nutrition Educators, and we would like to give tips for eating healthy on a budget. We are trained by the Registered Dietitians at the Health Center and the Dining Services, and we represent the University Health Center, University Dining Services, and the Department of Nutritional Sciences.

**Inclusive Leadership: Understanding Social Identities, Privilege, and Oppression**  
*Kayla McKinney, Graduate Assistant for Development & Alumni Relations*  
Track: Diversity, Equity, and Inclusion

With racial demographics continuing to change without any societal plan to address racial bias among college students, inclusive leadership is now more important than ever. This presentation attempts the answer the question, 'What does student life look like without inclusive leadership?' using the Blake R. Silver study "How Student Conformity Leads to Inequality on College Campuses". Using multimedia sources and interactive activities, participants will be able to understand how certain social identities grant them privileges which can leave negatively impacting others if not careful.

**Leading Group Reflection**  
*Cathy Stedman, Assistant Director for Outdoor Recreation*  
Track: Personal Leadership & Collaborative Leadership

The success or failure of a group provides opportunities for learning and future applications. How can you as a leader facilitate conversations that give new insights and actions? We will look at a few models for leading reflection, do an activity, and then use the models in a group reflection.

**Mental Health and Disability Inclusion Competency Training**  
*Sloane Sengson, Co-President of Medical Reserve Corps*  
*Pilar Corso, Member of Medical Reserve Corps*  
Track: Diversity, Equity, and Inclusion

This mental health and disability inclusion competency training will introduce the need for leaders in their various positions to be aware of an ongoing inclusion effort that is vital to the success of any organization. Mental health conditions and various disabilities are not discriminatory to any group but is ever present in every age, gender, race, sexual orientation, societal standing, and economic class. To have the most success in any leadership position, professional competence and staffing support will be best served by those who have an understanding in mental health conditions and the disability community so that they are able to encourage inclusive communities on campus and beyond.
Mentorship + You: Becoming a Servant-Leader
*Destiny Lloyd, Senior Program Coordinator for the UGA Mentor Program*
*Kristine Ytem, Graduate Assistant for the UGA Mentor Program*
**Track:** Personal Leadership & Community Engagement

Behind every great leader, there is a great mentor. From Mahatma Gandhi mentoring Nelson Mandela to Maya Angelou mentoring Oprah Winfrey, know that you do not have to lead alone. In this session, learn how to invest in yourself and others by learning more about how mentorship can take your leadership to the next level, the characteristics of servant-leaders, and strategies for becoming an effective mentor to those you lead and empower.

Orbiting Organization Objectives
*Jeffery John, Program Manager for the Small Satellite Research Laboratory*
**Track:** Collaborative Leadership

While aiming for the stars is encouraged, it's important to plan and inventory for the journey. College is a unique logistical environment, and it is important that students are able to determine how their paths may best align with their organization in the time they have. The Small Satellite Research Laboratory hopes to share the methodology used to coordinate multi-year projects and spontaneous exploration. Attendees will learn how to navigate their organization's short and long term goals, while ensuring the stability of themselves and their teams.

The Foundation of Leadership: Service as a Lifestyle
*Esther Kim, Vice President for The Backpack Project of Athens*
**Track:** Community Engagement

What does it mean to serve? To volunteer? To give back to the community? At The Backpack Project of Athens, a student-run 501(c)(3) non-profit, we believe that a ten-minute conversation can dispel a lifetime of assumptions about homelessness. We aim to provide those who experience homelessness with opportunities to not only sustain themselves, but also to positively influence the quality of life of those around them. Anyone can be a leader because the foundation of leadership is to serve those we have been given responsibility for. It is amazing what we can accomplish when we do not care who gets the credit. This presentation will allow students to learn more about The Backpack Project, what service truly means, and how service must become a lifestyle as leaders in our community.
Understanding Underdocumented and Supporting Students
Betina Kaplan, Co-director of U-Lead Athens
Track: Collaborative Leadership & Community Engagement

In this presentation we will discuss the current situation for immigration mixed status families with focus on barriers that immigrants and children of immigrants face in order to access to higher education. All presenters are members of the local organization U-Lead Athens, a non-profit volunteer driven organization, dedicated to support un(der)documented students gain access to college. The presentation will include an interactive activity, plenty of information, personal testimonies, and time for Q&A.

What’s In A Why: Inspiring Others Using Transformative Leadership
Sarah Urbanski, Graduate Assistant for Student Government Association
Nick Stines, Graduate Assistant for Student Transitions
Track: Personal Leadership & Collaborative Leadership

Transformative Leadership instills positive change and helps a team invest in a common goal. In this workshop, we will explore the qualities of a transformational leader and how you can embody these qualities through your involvement opportunities at UGA. Come discover your own “why” and how to use it to motivate others and instill a mission of growth and development amongst your peers.

Working to End Domestic Violence: How Project Safe engages the community and students in its mission and work
Joan Prittie, Executive Director of Project Safe Inc. & Instructor for the UGA Institute for Non Profit Management and Leadership
Track: Community Engagement & Diversity, Equity, and Inclusion

Project Safe's work in the context of the movement to end intimate partner violence.