# BRUIN LEADERS PROJECT

**WINTER 2017 WORKSHOPS**

## FEBRUARY

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<td><strong>THE ENNEAGRAM</strong>&lt;br&gt;ACKERMAN 2412&lt;br&gt;<strong>DECISION MAKING</strong>&lt;br&gt;WESTCOAST RM</td>
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<td><strong>BRUIN LEADERS &amp; DIVERSITY</strong>&lt;br&gt;ACKERMAN 2412</td>
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| PUBLIC SPEAKING       | February 1 | 2:00 - 4:00 PM | Ackerman 2412  
Presented by Steve Yu | This experiential seminar will explore different aspects of public speaking. Participants will learn theories and techniques to deliver amazing speeches and then practice them. We will touch on various aspects of speech delivery including body language and speech content. No prior experience is necessary but participation by every individual is required. We operate under the premise that “it's always better after your first time.” |
| NETWORKING            | February 8 | 2:00 - 3:00 PM | Ackerman 2412  
Presented by Lindsay Duong | Build your leadership skills by learning the art of networking. We’ll talk about how you can build your professional network and tips for strengthening your networking skills at the career fair or other networking events. |
| THE ENNEAGRAM         | February 15| 2:00 - 4:00 PM | Ackerman 2412  
Presented by Eve Lahijani | Discover why you behave the way you do. Learn how to improve relations with people of diverse backgrounds. This test of the personalities that best interact with yours is amazingly accurate and extremely beneficial as you improve your leadership skills. |
| DECISION MAKING       | February 15| 6:00 - 8:00 PM | Westcoast RM  
(Covel)  
Presented by Residential Life | Through interactive exercises and discussions, attendees should learn how to clarify their values and evaluate and improve their decision-making processes. Learning outcomes include: understanding/thinking about how decisions are made, understanding the difference between values, morals, and ethics, understanding types of dilemmas and tools to identify them, and identifying and responding to ethical dilemmas. |
| BRUIN LEADERS & DIVERSITY | February 22| 2:00 - 4:00 PM | Ackerman 2412  
Presented by Pam Cysner & Lloyd Wilkey | This is an opportunity to explore our perceptions, values and attitudes around diversity. What is diversity? Who are we? Where do our beliefs come from? Are we more comfortable dealing with some groups than others? Can we learn to embrace diversity? |
| WORK VALUES           | February 23| 3:00 - 4:00 PM | Ackerman 2412  
Presented by Lindsay Duong | Take a lead on your future, you will take a career assessment and identify your individual work values and learn how this applies to your leadership development and career search. |
CONFLICT RESOLUTION FEBRUARY 24

2:00 - 4:00 PM  •  ACKERMAN 2412
PRESENTED BY PAM CYSNER & LLOYD WILKEY

Conflict may add challenges to group dynamics, but it also has the potential to bring opportunity. In this workshop on ‘Controversy with Civility’, the sixth ‘C’ in the Social Change Model of Leadership Development, participants will explore unique approaches to looking at potential sources of conflict and methods of resolving it with the co-founders of Diverse City Consulting.

PUBLIC SPEAKING FEBRUARY 28

3:00 - 5:00 PM  •  ACKERMAN 2412
PRESENTED BY STEVE YU

This experiential seminar will explore different aspects of public speaking. Participants will learn theories and techniques to deliver amazing speeches and then practice them. We will touch on various aspects of speech delivery including body language and speech content. No prior experience is necessary but participation by every individual is required. We operate under the premise that “it’s always better after your first time.”

FEEDING THE LEADER IN YOU MARCH 1

3:00 - 5:00 PM  •  ACKERMAN 2412
PRESENTED BY EVE LAHIJANI

Leadership entails balancing several responsibilities, so it’s common for health to drop off the priority list. However, to be an effective leader one must take care of themselves before they take care of others and the world around them. Come learn practical nutrition basics that fit into your busy life and power-boost your energy levels, ability to focus and overall productivity. After all, healthy eating enhances good leading!

DECISION MAKING MARCH 9

6:00 - 8:00 PM  •  WESTCOAST RM (COVEL)
PRESENTED BY RESIDENTIAL LIFE

Through interactive exercises and discussions, attendees should learn how to clarify their values and evaluate and improve their decision-making processes. Learning outcomes include: understanding/thinking about how decisions are made, understanding the difference between values, morals, and ethics, understanding types of dilemmas and tools to identify them, and identifying and responding to ethical dilemmas.