



# Elevate 2024 Agenda

## Opening Session | 9:45 a.m. - 10 a.m. ET

Welcome from Elevate Team & National President, Emily Freed

## Keynote Speaker | 10 a.m.- 11 a.m. ET

### Embracing the Power of Your Voice: Mastering Self-Advocacy for Success in Life, Leadership, and Relationships

Jessica Gendron

Great leaders are great advocates. However, that advocacy doesn't stop at the people we love, care about, and lead. It means advocating for ourselves, too. Yet women are characteristically bad at self-advocacy because we've been conditioned to sacrifice ourselves for others and bury our needs and desires. We don't know the power of our own voices! Self-advocacy is the single most important characteristic women must master to succeed by knowing who you are, what you want, and how to ask for it. It takes self-awareness, communication, relationships, boundaries, and much more! Let's learn the formula to set you on your path to success in life, relationships, leadership, and your future by learning the tools to master self-advocacy!

## Educational Session 1 | 11:10 a.m. - 12:10 p.m. ET

### Project Management:

#### Juggling It All: Establishing a Balance Between Urgency and Importance

Kirby Fitzpatrick

### Self-Awareness:

#### Boundaries: Elevate your Life, Reclaim your Energy

Aubrey Cala

### Communication:

#### Can we Talk: The Art of Effective Communication

Nailah Boyo

### Relationship Building:

#### The Role of Sorority and the Power of Vulnerability in Sisterhood

Dan Faill

## Lunch | 12:10 p.m.- 12:45 p.m. ET

## Afternoon Session | 12:45 p.m.- 12:55 p.m. ET

National Vice President, Kimmi Teller-Foss

## Education Session 2 | 1 p.m.- 2 p.m. ET

### Project Management:

#### Coffee is Not a Meal: Lessons in Overprogramming

Alison Burke

### Self-Awareness:

#### Managing Imposter Syndrome aka Faking it 'til I Make It

Nikia J. Stowe and Todd Rotgers

### Communication:

#### All Eyes On You: Public Speaking 101 for Leaders

Dan Faill

### Relationship Building:

#### The Richmond Way: Lessons from Ted Lasso on Group Development + Leadership

Dr. Brittany Acosta

## Closing Session | 2:15 p.m.- 3 p.m. ET

### You Learned all this, Now What?

Jessica Gendron

## Education Session 1: Descriptions & Objectives

### Project Management:

#### Juggling It All: Establishing a Balance Between Urgency and Importance

Kirby Fitzpatrick

College is overwhelming. Adding in chapter obligations can often make it even more challenging. This session will help you learn to prioritize tasks using an urgency versus importance model and will set you up for success in juggling multiple priorities and being a successful leader. You'll leave this session with strategies for prioritization and managing multiple tasks, while also gaining an understanding of how you can support your sisters and peers in further developing these skills.

#### Objectives:

- Attendees will be able to differentiate between urgency and importance.
- Attendees will learn to prioritize using urgency and importance as indicators of priority level.
- Attendees will learn strategies to compartmentalizing their time in a leadership role.
- Attendees will learn strategies for supporting sisters in developing prioritization and time management skills.

### Communication:

#### Can we Talk: The Art of Effective Communication

Nailah Boyo

Do you need help vocalizing how you feel in a professional setting? Communication comes down to two simple words: delivery and understanding. In this session, you will be given the opportunity to discuss how different communication styles influence how you show up in various spaces. We'll also learn how effective communication can aid you in navigating difficult conversations in personal and professional spaces.

#### Objectives:

- Attendees will learn the four primary communication styles.
- Attendees will learn how to utilize communication styles to establish healthy working habits.
- Attendees will understand how to effectively communicate while advocating for the needs of students, as well as themselves, within their organizational structure.

### Self-Awareness:

#### Boundaries: Elevate your Life, Reclaim your Energy

Aubrey Cala

When someone talks about "setting boundaries," what does that really mean? Is it just a buzzword or trendy topic like "self care," or is there more to it? Does setting a boundary make me controlling, or even mean? In this session, we'll explore these questions and more. You will learn how setting boundaries can help protect your energy, time and wellness; review a tried and true formula to set and articulate clear boundaries; and practice clear and compassionate boundary-setting.

#### Objectives:

- Attendees will be able to understand and describe the purpose and importance of setting boundaries in their lives.
- Attendees will learn the "Green-Yellow-Red" method of boundary-setting.
- Attendees will practice clearly articulating boundaries in ways that prioritize clear and compassionate communication.

### Relationship Building:

#### The Role of Sorority and the Power of Vulnerability in Sisterhood

Dan Faill

Too often we walk from class to class with our head in our phones, rarely talking with others. Or when we do, it's to compare how busy we are. Sometimes we even throw away conversations with women we call sisters. Join us in this engaging program to understand the power of our own stories and how to show up with vulnerability and curiosity to create deeper friendships and a better sisterhood.

#### Objectives:

- Attendees will better understand the power of relationships.
- Attendees will learn how to create deeper connections by asking better questions.
- Attendees will practice skills around curiosity and question-asking in order to create deeper bonds with sisters.

## Education Session 2: Descriptions and Objectives

### Project Management:

#### Coffee is Not a Meal: Lessons in Overprogramming

Alison Burke

You can't take care of others if you can't care of yourself. In an officer position, you may feel the unbearable pressure to be the perfect leader: always available, meeting every expectation, completing your other life responsibilities & doing it all flawlessly. It is impossible to "do it all" and yet, we try to make it happen in less than 24 hours. And we try to do it without taking care of our basic needs or our chapter's fundamental needs. During this chapter's discover how overextending yourself in hopes of being the ideal officer is actually crushing your leadership potential and impact. We will explore the cause of burnout and barriers to leaders finding balance between their commitments and basic needs, and that truly coffee does not count as a meal.

#### Objectives:

- Attendees will think about their experiences with personal over-programming & chapter over-programming.
- Attendees will discuss and understand research behind needs & stress in fraternity/sorority.
- Attendees will learn how their personal wellness impacts their leadership abilities.
- Attendees will discuss how to focus on managing priorities instead of managing time.

### Communication:

#### All Eyes On You: Public Speaking 101 for Leaders

Dan Faill

There you were, standing in your first meeting as a leader, butterflies in your stomach, sweat dripping in places we don't talk about, all eyes on you. The next thing you know, you were sitting down in your chair - you had no idea what you just said. Public speaking is intimidating, especially in front of your peers. However, we know that great speakers make the most inspiring and effective leaders. Come learn the skills and confidence-building techniques to speak with presence to any audience.

#### Objectives:

- Attendees will be able to articulate why public speaking and presenting are critical leadership skills.
- Attendees will learn and apply practices to improve confidence in speaking and presenting.
- Attendees will be able to apply core skills for successful speaking and presenting, including commanding a room, inspiring others, organizing thoughts, etc.

### Self-Awareness:

#### Managing Imposter Syndrome aka Faking it 'til I Make It

Nikia J. Stowe and Todd Rotgers

Studies show an estimated 70% of people will experience imposter syndrome at some point in their lives. The likelihood of experiencing imposter syndrome is even greater for minoritienon, imposter syndrome is manageable and may even be used to drive, motivate, or encourage certain positive behaviors. Join this conversation to learn more about your personal tussle with negative self-talk and how to overcome it.

#### Objectives:

- Attendees will gain a working definition of imposter syndrome.
- Attendees will discuss the impact imposter syndrome has on personal behaviors.
- Attendees will discuss strategies for managing symptoms of imposter syndrome.

### Relationship Building:

#### The Richmond Way: Lessons from Ted Lasso on Group Development + Leadership

Dr. Brittany Acosta

Are you ready to embark on an inspiring journey through the world of leadership and group dynamics? In this interactive presentation, we will explore the captivating world of "Ted Lasso," a beloved TV show that embodies the principles of leadership, teamwork, and positive influence. We will dive deep into understanding the stages of group development as they unfold in the show and discuss practical methods for managing conflicts effectively, all while embracing Ted Lasso's unwavering optimism.

#### Objectives:

- Attendees will be able to describe Tuckman's stages of group development.
- Attendees will identify the group development stages of their chapter through facilitated activities.
- Attendees will describe at least 3 ways that conflict may arise during the stages of group development.
- Attendees will use their understanding of group development stages to identify 2 leadership methods to help manage conflict and lead with positivity.