

# **Student Leadership Foundation Sample Schedule**

**This is a SAMPLE schedule and does not reflect all sessions or facilitators for SLF  
Spring 2019**

## **Session Topic: Values and Excellence**

*Kelly Crace, Associate Vice President for Health & Wellness*

This session explores how values-based living provides both opportunities and challenges for student leaders. We will examine through a values clarification exercise the distinctions between fear-based excellence and authentic excellence, and how to develop excellence more fully with ourselves and others.

## **Session Topic: Getting Things Done**

*SLF Facilitation Team*

This session will focus on learning how to navigate W&M and getting things done for your group/initiative on campus (sometimes you just need to know how to get something done for funding, copies, vans, etc.). We will also look more in depth at the expectations and steps of the SLF Project.

## **Session Topic: Emotional Intelligent Leadership**

*Anne Arseneau, Director of the Office of Student Leadership Development*

Change in organizations stirs up a mix of emotions and behaviors as we strive to make sense of the uncertainty that surrounds us. This session offers participants a framework for understanding how our brains process change, and explores strategies for gaining the insights and connections needed in leading change.

## **Session Topic: Inclusive Leadership**

We all want to be in communities where we matter – being an inclusive leader is critical. This session will address mattering, marginality, and how power and privilege can impact a community.

## **Session Topic: Understanding Change**

Change is inevitable, progress is optional. As leaders we are called upon to be facilitators of change, because it is complex, challenging, and rewarding. Understanding these complexities will help leaders do more than simply manage change, but to advance groups and communities through progress.

## **Session Topic: Graduation and Closing**