

## Session 2-Workshops: 1:45-2:30 pm

### **The EQ Advantage: How Smart are You Really?**

*(offered in Session 1, 2 & 3)*

Beth Lorange, Vanguard University

#### **Yeager B218**

Central to the leadership process is emotional intelligence (EQ) - the ability to monitor the emotions of yourself and others in order to guide one's thinking and actions. This seminar is designed to help you define EQ and learn practical ways to increase your awareness of yourself, others, and the context in which you lead.

### **\* Resume Workshop** *(offered in session 1, 2 & 3)*

Eric Winter, Azusa Pacific University

#### **James 191**

Looking for summer work, an internship, or a job after graduation? This workshop will help you become aware of résumé do's and don'ts as well as help you voice your student leadership experience accurately, clearly, and concisely. Learn from great examples and start your résumé today!

### **\* Becoming Fully Human: Re-Imagining Christian Discipleship for an Emerging Generation** *(offered in Session 1 & 2)*

Vince Beresford, Vanguard University

#### **Yeager B222**

Our culture is experiencing young adults walking away from the Christian church in the US in record numbers. Jesus warned we would need new wineskins to hold new wine. This workshop is about the pursuit of new wineskins.

### **Prepared to Approach** *(offered in Sessions 1, 2 & 3)*

Kimberly Chamberlain, Concordia University

#### **Yeager B251**

This session will focus on effective methods of sharing the Gospel. In this session we will look at how to use a basic understanding of common worldviews to engage people on a deeper level. Understanding the lenses people use to guide their lives will better equip us to relate and impact the lives of those we serve.

## Session 2-Workshops Continued

### **Boundaries and Managing Stressy...yeah, yeah**

*(offered in Session 1 & 2)*

Beth Lee, Hope International University

#### **James 189**

It is important that we as leaders take care of ourselves and model healthy living for others. Let's talk about setting boundaries and managing stress in our own lives and as a team. I'll bring the crayons.

### **Window to the Heart** *(offered in Session 1, 2 & 3)*

Dominica Scibetta, Vanguard University

#### **Music 108**

Student leaders will undoubtedly encounter personality and behavioral conflicts with other individuals. This interactive workshop gives students a practical tool to move beyond actions/behaviors of others and prepares them to embrace others with dignity, respect, and love as they discover the diversity around them.

### **Should I Go to this Session?** *(offered in Session 1 & 2)*

Janelle Fagg and Ashley Rotter, California Baptist University

#### **Music 147**

Trying to decide what to do with your life? Should you date that guy/girl? Life is full of so many decisions - how do you know what to choose? We'll be talking about types of decisions, what the Bible says about decision-making, and laying out ways to navigate the decision-making process.

### **People Fishing** *(offered in sessions 1, 2 & 3)*

Brian Zunigha, California Baptist University

#### **Music 138**

Jesus said, "Follow me and I will make you fishers of men." Learn how to follow Christ and become a fisher of people.