LEADING WITH HEART

SDSU LEADERSHIP SUMMIT 2019
CONRAD PREBYS AZTEC STUDENT UNION
FEBRUARY 16, 2019
On behalf of a team of dedicated professional and student staff, welcome to the 2019 SDSU Leadership Summit! This year’s theme revolves around the concept of “leading with heart.” Join us as we discuss how to best integrate your whole self into leadership. How will you challenge yourself to lead with traits of compassion, emotional intelligence and authenticity? Our goal is to provide you with tangible strategies to take back to your campus and communities, ultimately empowering you to apply those ideas in the real world.

To achieve this, we have a dynamic program planned for the day, which will include insights from university leaders, performance arts, skill-building workshops, networking opportunities with peers, as well as alumni and business leaders and words of wisdom from our keynote speaker.

Today’s keynote speaker is Jordan Harrison, the senior director of programs for Reality Changers and director of education at Rhymes with Reason. We are excited to welcome Jordan back to San Diego State University, where he graduated with a bachelor’s degree in business marketing. Our afternoon speaker is Christopher Thomas, the current SDSU Associated Students president. Both will share their experience as heart-led leaders.

Enjoy what we know will be a transformative experience.

Dr. Randy Timm  
Assistant Vice President for Student Affairs

Dr. Adela de la Torre  
President, San Diego State University

Christy Samarkos  
Interim Vice President for Student Affairs, San Diego State University
Keynote Speaker
10TH ANNUAL LEADERSHIP SUMMIT

JORDAN HARRISON
Jordan Harrison is a professional speaker, educator and international youth development specialist. He holds a bachelor’s degree in business marketing from San Diego State University (’14). He graduated with 24 job offers in the corporate world but decided to make an impact in education instead. He earned a full-ride fellowship to continue his education at Harvard University, where he graduated with his master’s degree in education.

Harrison is the senior director of programs at Reality Changers, where he developed and led a program that focused on changing student trajectories within the low-income student population. He is also the director of education at Rhymes with Reason, a technology platform that teaches students ACT/SAT prep and history through hip-hop music. Harrison is committed to changing the educational outcomes of low-income, under-represented, first-generation students from underserved communities.

Harrison continues his work in transforming lives, communities and the world with the message to encourage others to have the audacity to dream and the discipline to execute.

Closing Speaker
10TH ANNUAL LEADERSHIP SUMMIT

CHRISTOPHER THOMAS
Christopher Thomas is a senior at San Diego State University from Inglewood. He is pursuing a fitness specialist degree with a double minor in industrial/organizational psychology and leadership.

His involvement in Associated Students began in 2014, when he served on the Recreation and Wellness Commission because of his interest in promoting a healthy lifestyle for all students. Thomas has found his participation in Associated Students incredibly rewarding, leading him to get involved in many other areas of the organization and campus. As the 2018-19 Associated Students President, Thomas continues to work with his fellow student representatives to ensure all students know that Associated Students is here to advocate for them.
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30 - 9:00 AM</td>
<td>Registration</td>
</tr>
</tbody>
</table>
| 9:00 - 9:30 AM | **Welcome to the 10th annual SDSU Leadership Summit**  
*Montezuma Hall* |
| 9:35 - 10:25 AM | **Session 1**  
*Breakout rooms* |
| 10:30 - 11:20 AM | **Session 2**  
*Breakout rooms* |
| 11:25 - 12:15 PM | **Keynote Address**  
*Montezuma Hall* |
| 12:15 - 12:55 PM | **Lunch**  
*Pick up in the courtyard*  
»Engineering students will have lunch in Council Chambers with Northrop Grumman executives |
| 1:00 - 1:50 PM | **Session 3**  
*Breakout rooms* |
| 2:00 - 2:50 PM | **Session 4**  
*Breakout rooms* |
| 3:00 PM       | **Closing Remarks**  
*Montezuma Hall* |

**SAVE THE DATE**
for next year’s SDSU Leadership Summit  
Saturday, February 15, 2020
THANK YOU TO OUR CORPORATE SPONSORS

**Northrop Grumman** is a leading global security company providing innovative systems, products and solutions to government and commercial customers worldwide—offering an extraordinary portfolio of capabilities and technologies for applications from undersea to outer space and into cyberspace. With more than 85,000 employees in all 50 states and in more than 25 countries, the company strive-to attract and retain the best employees by providing an inclusive work environment wherein employees are receptive to diverse ideas, perspectives and talents to help solve our toughest customer challenges.

Northrop Grumman is a sponsor of the SDSU Leadership Summit. This event allows students to increase their leadership skills and make a strong connection to the engineering field. Northrop Grumman places an emphasis on student success and sees the value in professional development. We thank Northrop Grumman for its continued support of campus student engagement efforts.

**Pepsi** is an innovative company with a vision that includes leaving a positive imprint on society and the environment. Pepsi has been an essential supporter of student engagement programs offered at San Diego State University. Its sponsorship helps increase student involvement on campus, ultimately allowing students to participate in meaningful and impactful programs. Pepsi’s firm commitment to student success and to student engagement on campus is important to recognize as they have been a vital component of transformational student experiences. These experiences ultimately lead to increased satisfaction and success. We thank Pepsi for its continued support of campus student engagement efforts.
YOU DON’T NEED A TITLE TO BE A LEADER  Theatre (2nd floor)
» Leo Carrillo III, CEO, Hair Craft Co., SDSU alumnus
Are you currently in a leadership role? Are you aspiring to stand out as a leader? After attending this workshop, you will walk away with skills that will translate across roles, ultimately helping you to become a better leader and team member, even without the official title.

DO YOU HAVE WHAT IT TAKES TO LEAD WITH HEART?
Templo Mayor (2nd floor)
» Dr. James Tarbox, Career Services, SDSU
Come discover what it takes to lead with heart. It is essential to reflect on what it takes to be a successful leader. Start by answering these questions: Can you be vulnerable? Have you tested your confidence? Are you able to witness, guide and grow with others?

THE HEART OF THE MATTER: LEADING WITH COMMITMENT & COMMON PURPOSE  Council Chambers (3rd floor)
» Dr. Dayanne Izmirian, Community and Leadership Development, University of San Diego
» Justine Avila, Community and Leadership Development, University of San Diego
How do your passions align with your leadership role? In this interactive workshop, you will be provided with an overview of the social change model of leadership, with a special emphasis on two key components-common purpose and commitment.

MUSIC & LEADERSHIP: THE SOUND OF YOUR HEARTBEAT
Park Boulevard (1st floor)
» Asha’ Jones, Student Affairs, SDSU
Recognizing the a growing need for flexible leaders and versatile teams, this workshop will assist you with identifying your personal leadership style through music and incorporate your style into your leadership role. Learn how to lead your team towards success by exploring leadership through music.
HARNESSING THE POWER OF YOUR STORY  
*Pride Suite (1st floor)*  
» Heidi Elmer, Student Life and Leadership, California State University, Fullerton  
» Gleanne Kienzler, Student Life and Leadership, California State University, Fullerton

Sharing your past experiences, both positive and negative, can help you better understand your current leadership decisions. This workshop will focus on the power of storytelling and how it can be used to motivate, influence and connect with others. Everyone has a story to share. What is yours?

A HEARTFELT & INCLUSIVE APPROACH TO IMPACTFUL LEADERSHIP  
*Legacy Suite (3rd floor)*  
» Dr. Anne Randerson, Global Studies and Management, California State University San Marcos  
» Bradford Noble, student, California State University San Marcos

This interactive workshop explores principles of mindfulness and cultural intelligence. How do these concepts positively impact your leadership skills? Join us to learn how intuition, cultural intelligence and contemplative practices create deeper, heartfelt connections.

WHO AM I? LEADING WITH HEART THROUGH AWARENESS OF ETHICAL PRACTICES  
*Visionary Suite (3rd floor)*  
» Samuel Morales, Diversity Initiatives & Resource Centers, California State University, Fullerton

Have you ever examined your leadership style? How does your leadership style connect to who you are and where you came from? This interactive workshop will dive into these questions while also keeping an important question in mind: Am I being an ethical leader?

DO I BELONG HERE? UNDERSTANDING & COPING WITH THE IMPOSTOR PHENOMENON  
*Aztlan (2nd floor)*  
» Todd Kennedy, Joan and Art Barron Veterans Center, SDSU

The impostor phenomenon arises when you question your ability despite your capabilities and successes. This workshop will explore how transition can lead to impostorism. Come discuss ways to overcome the impostor phenomenon through an understanding of the “self” and the value of “capital.”
‘CARE’FRONTATION: CONFRONTING WITH HEART
Metztli (2nd floor)
» Dr. Darrell Hess, Office of the Student Ombudsman, SDSU
» Dr. Lee Mintz, Center for Student Rights and Responsibilities, SDSU

Confrontation is a natural part of life, especially for those in positions of leadership. Although confrontations are often associated with a negative experience, it doesn’t have to be! Attend this workshop to learn how to disagree in a respectful and caring way.

SALARY NEGOTIATION & VALUES: IT MATTERS TO FIRST-GENERATION WOMEN
Student Life & Leadership, Commuter Resource Center (2nd floor)
» Rosa Elena Moreno, Career Services, SDSU

I didn’t review my salary. Can I renegotiate it after I start my job? Many first-generation women may not know how to negotiate salaries. Come learn how personal values can help align your salary needs, ensuring success in both your personal and professional lives.

LEAVE A LASTING IMPRESSION IN YOUR PROFESSION
Student Life & Leadership, Jeffrey W. Glazer Center for Leadership & Service (2nd floor)
» Justin Villasenor, Division of Academic Engagement & Student Achievement, SDSU
» Ashley Gaetan, Division of Academic Engagement & Student Achievement, SDSU
» Cody Littleton, Regional College Recruiter, GEICO

Soon you will enter the workforce and interact with colleagues who share similar credentials and experiences. How do you stand out, remain authentic and act professional all at once? This workshop will explore strategies for integrating your personality, passion and values into your leadership, so you can leave your mark.

BRINGING OUT YOUR INNER POET: AN INSIGHT INTO WHO I AM
Student Life & Leadership, Seminar Room (2nd floor)
» Melissa Gonzalez, Career Services, SDSU

Our background and experiences growing up contribute to who we are today. Leveraging these experiences as strengths will help you become an authentic and compassionate leader. During this session, you will create a poem that explores your experiences and identities and how those connect to your strengths.
ENHANCE YOUR PERSONAL BRAND TO SET YOU APART AS A LEADER  
Theatre (2nd floor)  
» Christine Probett, Fowler College of Business, SDSU
An effective personal brand sets you apart as a leader. Learn the basics of how to develop and improve the intangible aspects (first impressions, etiquette, networking) as well as the tangible aspects (resumes, business cards, social media management). Perfecting YOUR personal brand will help you succeed in college and beyond!

PUBLIC SPEAKING: INCORPORATING YOUR HEART, BODY & MIND  
Templo Mayor (2nd floor)  
» Angel Salazar, Financial Aid Office, Southwestern College  
» Ted Parsons, Distinguished Toastmaster  
» David Naranjo, Advanced Toastmaster
Are you afraid of public speaking? This session will introduce you to important concepts of public speaking and will give you tools you can use on your journey towards becoming a more compelling and confident communicator. Please note that this is an experiential presentation, which will include interactive partner exercises for speaking skills.

TELL YOUR STORY: CULTIVATING COMPASSIONATE LEADERSHIP THROUGH NARRATIVE  
Park Boulevard (1st floor)  
» Stephanie Estrada, Graduate Assistant, SDSU  
» Dr. Lisa Gates, College of Education, SDSU  
» Catherine Perullo, Graduate Assistant, SDSU  
» Diana Valle, Graduate Assistant, SDSU  
» Dominiko Villa, Graduate Assistant, SDSU
Journalist Muriel Rukeyser observed, “The world is made of stories, not atoms.” This interactive session demonstrates the ways that stories, as leadership tools, have the power to change lives. By sharing leadership challenges and how you overcame them, you illustrate how leaders can ignite compassion through narrative.
LEADERSHIP BEYOND GENDER: EMPOWERING POSITIVE EMOTIONS  
Pride Suite (1st floor)
» Dr. Sandra A. Wawrytko, Center for Asian & Pacific Studies, SDSU

As a momentous U.S. presidential election looms in 2020, doubts have been raised about the viability of any contenders other than traditional male candidates. Critiques of the “Great Man” leadership theory and Alpha Male stereotypes reveal the crucial role of positive emotions in effective leaders.

ROSES & THORNS: BUILDING HEART INTO YOUR ORGANIZATION  
Legacy Suite (3rd floor)
» Tiyana Dorsey, SDSU alumna

In the leadership world, it can be difficult to separate progress and achievements from perfection. We must remember that we are humans, not robots. This workshop will discuss the importance of fostering a culture of empathy and will offer simple ways to do so in the daily operations of your organizations.

LEADERSHIP COMPASS: LEARNING HOW TO EMBRACE DIVERSE VIEWS  
Visionary Suite (3rd floor)
» Adriana Ryan, Regional Manager, City Year

Leading a group with differing and conflicting views can often be intimidating. However, once you change your perspective on this, you will see how much stronger a group is when diverse leadership styles, work ethics and skill sets are encouraged. This workshop will demonstrate that one style isn’t better than any other. We are all needed, and we all play an important role.

THE POWER OF A GROWTH MINDSET  
Aztlan (2nd floor)
» Dr. Stacey Sinclair, Weber Honors College, SDSU

Positive thinking can set you up for success. After identifying your own mindset, you will learn about fixed versus growth mindsets and how to incorporate this newfound knowledge into your life and your leadership role. Join us to learn the many benefits of a growth mindset.
INCORPORATING EMOTIONAL INTELLIGENCE INTO LEADERSHIP  Metztli (2nd floor)
  » Ariana Huesias, Graduate Assistant, SDSU
  » Cassie Horg, Graduate Assistant, SDSU

What do you think is the most important factor in being a great leader? A high IQ? An extensive list of experience? In this workshop, we will examine how you can improve as a leader by incorporating emotional intelligence into your leadership roles.

FINANCIAL RESPONSIBILITY: HEARTFELT & CALCULATED LEADERSHIP  Student Life & Leadership, Commuter Resource Center (2nd floor)
  » Dominic Bilotti, Senior Investment Consultant, The Vanguard Group, SDSU alumnus

At some point, every leader must adhere to the principles of financial responsibility. If finances are managed incorrectly, it can affect members’ attitudes, and organizational effectiveness and also sever trust. This workshop will illuminate potential pitfalls that follow mismanagement and provide tools to navigate them correctly for you and your organization.

COMPASSION FATIGUE: WHEN CARING BECOMES CARRYING Student Life & Leadership, Jeffrey W. Glazer Center for Leadership & Service (2nd floor)
  » Bianca Herrera, Women’s Resource Center, SDSU
  » Elzabeth Islas, Women’s Resource Center, SDSU
  » Jessica Nare, Center for Intercultural Relations, SDSU

Do you believe empathy is important in leadership? Compassion fatigue is the mental and physical burden of caring for others. However, it does not only affect those in caring professions; a caring person may experience compassion fatigue no matter their role. This workshop will give you tools to achieve resilience.

I’D LIKE TO MAKE A MOTION: PARLIAMENTARY PROCEDURE MADE SIMPLE  Student Life & Leadership, Seminar Room (2nd floor)
  » Doug Case, Retired Student Affairs Professional, SDSU

Many people avoid parliamentary procedure because they think the rules are too complex, they don’t understand them, or they are afraid that others will use the rules to manipulate the process. This interactive workshop will demystify parliamentary procedure and teach you how to use it to conduct your organization’s meetings efficiently and to make group decisions in a fair, orderly and expeditious manner.
KEYNOTE ADDRESS 11:25 -12:15PM

Join us in Montezuma Hall as Jordan Harrison, this year’s keynote speaker, shares his experiences of leading with heart.

LUNCH 12:15-12:55PM

Please pick up your boxed lunch in the Conrad Prebys Aztec Student Union Courtyard.

Engineering students should go directly to Council Chambers on the third floor for lunch with Northrop Grumman executives.

SESSION 3 1:00-1:50PM

THE HEART OF APOLOGIZING: HOW LEADERS RECOGNIZE & RECONCILE WRONGS  Theatre (2nd floor)
» Dr. Paul Minifee, Rhetoric and Writing Studies, SDSU

Leaders make mistakes. As leaders we must navigate the moments when our failures hurt the ones we lead. Examining the story of King David and sharing personal examples, we will discuss how to hold ourselves accountable for our failures, apologize from the heart and reconcile our broken communities.

THE VALUE OF CONNECTION: BEING AUTHENTIC & CONFIDENT IN BUILDING AND MAINTAINING PROFESSIONAL RELATIONSHIPS  Templo Mayor (2nd floor)
» Kristin Scheiber, Career Services, SDSU
» Heather LaPerle, Career Services, SDSU
» Meigan Mell, SDSU alumna

The open heart — a willingness to explore and grow — results from the community built via networking. You will have the opportunity to develop a networking pitch and to connect with alumni. Learn tips on how an open heart and authentic connection allows others to invest in your success.
SESSION 3 CONTINUED  1:00-1:50PM

NETWORKING WITH NORTHROP GRUMMAN EXECUTIVES  
Council Chambers (3rd floor)

Are you an engineering student? Network with top Northrop Grumman executives to learn about career opportunities and why they place an emphasis on leadership. At Northrop Grumman, innovation isn’t just an idea — it’s a way of life.

KEYNOTE FIRESIDE CHAT  Park Boulevard (1st floor)
  »  Jordan Harrison, SDSU Leadership Summit keynote speaker, SDSU alumnus

This session will be an information “fireside chat” meeting for participants with keynote speaker Jordan Harrison. Students will have the chance to share ideas and views on leadership in a casual setting.

ENCOURAGING THE HEART  Pride Suite (1st floor)
  »  Ray Savage, Residential Education Office, SDSU

“At the heart of leadership is caring. Without caring, leadership has no purpose.” Join us to learn how leaders can successfully build a connection with their followers. You’ll learn how to demonstrate care while you empower and motivate your team members to reach their highest potential.

FOLLOW WITH HEART: THE REAL KEY TO ACHIEVING ORGANIZATIONAL SUCCESS  Legacy Suite (3rd floor)
  »  Doug Case, Retired Student Affairs Professional, SDSU

Most people, whatever their title, spend more time working as a follower than as a leader. Learn how to develop the critical “followership” skills needed to become a more effective team member. You can be a dynamic follower by supporting and challenging the leadership in working towards your organization’s mission and maintaining your organization’s values.

‘ZOOPTOIA:’ HOPPING TO HEART-LED LEADERSHIP  
Visionary Suite (3rd floor)
  »  Matthew H. Garcia, Student Life & Leadership, SDSU
  »  Tierney Harrison, Student Life & Leadership, SDSU

How do you express your authentic leadership? How do you incorporate your personal philosophy to create the positive impact you desire? Using Disney’s motion picture, “Zootopia,” this workshop will explore the concept of heart-led leadership and how your personal values inform leadership practice.
Session 3 Continued 1:00-1:50PM

Conflict Management: Getting to the ‘Heart’ of the Matter  Aztlan (2nd floor)
» Kevin Araujo-Lipine, Student Life & Leadership, SDSU

Conflict is inevitable as leaders, but do you know how to get to the “heart” of the matter? Come engage in discussion and reflection of your conflict style. You will leave with practical tools to be conflict managers, with the “heart” of the matter as your guide.

Your Leadership Presence: The Intersection of Self-Worth & Self-Care  Metztli (2nd floor)
» Myra Cheah, Graduate Assistant, SDSU
» Wilson Deng, Graduate Assistant, SDSU

Self-care, self-advocacy and self-worth are tied together. To be a leader that leads with heart, you must be able to have and practice all three. Without being confident in yourself, how can you expect others to follow your lead?

UA Ola Loko I Ke Aloha: Love Gives Life Within  Student Life & Leadership, Commuter Resource Center (2nd floor)
» Bree Kalima, Center for Intercultural Relations, SDSU

While we may lead with good intentions, sometimes our impact is negative. Drawing upon a Native Hawaiian ‘ōlelo no’eau, come learn how love is imperative to your mental and physical welfare. This workshop will unpack implicit bias and tokenism, and show how you can strive to lead with mindfulness and aloha.

Be the Leader You Would Follow  Student Life & Leadership, Jeffrey W. Glazer Center for Leadership & Service (2nd floor)
» Vanessa Jara, Student Life & Leadership, SDSU
» Melissa Realegeno, Student Life & Leadership, SDSU
» Diana Hernandez, Undocumented Resource Area, SDSU

Come take a self-assessment questionnaire to gain a deeper understanding of the four components that make up your authentic leadership score. This workshop will help you discover how to be your authentic self and how to best showcase your leadership skills.
SESSION 3 CONTINUED  1:00-1:50PM

MISSION ACCOMPLISHED: FINDING YOUR PURPOSE
Student Life & Leadership, Seminar Room (2nd floor)
   » Jezyle Deo Diez, student, SDSU

Developing your personal mission statement allows space for creativity, developed confidence and reassurance by taking ownership of your own identity. After participating in this workshop, you will articulate your mission as a leader. Identifying your goals is the first step towards accomplishing your life’s purpose.

SESSION 4   2:00-2:50PM

ASSOCIATED STUDENTS @ SDSU: LEADING WITH HEART
Theatre (2nd floor)
   » SDSU Associated Students Leaders

A panel of SDSU Associated Students leaders will discuss their leadership highlights and challenges. They will give an overview of what AS provides for students and will share the many leadership opportunities available to you. This is your chance to ask questions of your AS leaders!

LET’S GET REAL: UNCOVERING YOUR LEADERSHIP WHY, WHAT & HOW  Templo Mayor (2nd floor)
   » Dr. Martha Enciso, Weber Honors College, SDSU

How do you successfully answer the popular scholarship/interview prompt, “Tell me about yourself?” You are asked to “be authentic,” but how do you begin? Join us as we explore ways to uncover your why, what and how they relate to your career goals.

CONNECT THEN LEAD: HOW YOUR AUTHENTIC SELF DRIVES EFFECTIVE LEADERSHIP  Council Chambers (3rd floor)
   » Theresa M. Garcia, College of Engineering, SDSU
   » Bianca Portal, College of Engineering, SDSU

What does an effective leader look like? At times you might morph your personality to match the environments you’re in or to fit into the commonly accepted definition of “leader.” However, the most effective leadership comes from being yourself. Authenticity allows for connection. Connect first, then lead.
LEADING WITH HEART THROUGH YOUR LEADERSHIP
IDENTITY  Park Boulevard (1st floor)
  » Michelle Guerra, New Student and Parent Programs, SDSU
  » Savannah McCully, Center for Student Rights and Responsibilities, SDSU
Leading with heart requires transparency, communication and inclusiveness. The most successful leaders have a strong understanding of their values, goals and experiences. This workshop will help you construct your self-story, discover your leadership identity and identify ways to integrate emotional intelligence into your leadership activities.

PUBLIC SPEAKING WITH CONFIDENCE  Pride Suite (1st floor)
  » Jessi Moore, Student Life & Leadership, SDSU
As a leader, you will oftentimes be in the spotlight. Public speaking is the second biggest fear in the world! Do you want to overcome that fear and inspire others? This workshop will help you gain tools to improve your speech preparation as well as tips to build your confidence in public speaking.

GETTING TO THE HEART OF RELATIONAL LEADERSHIP THROUGH MENTORING  Visionary Suite (3rd floor)
  » Kristin Scheiber, Career Services, SDSU
  » Heather LaPerle, Career Services, SDSU
  » Meigan Mell, SDSU alumna
Mentors lead with heart because they share their time and talent. Join us as alumni share how they leveraged their mentoring experiences to grow professionally and develop into relational leaders. You will learn best practices to have fulfilling and authentic mentoring experiences, leading to your success.

STOP DOWNGRADING ACHIEVEMENTS: UNDERSTANDING IMPOSTOR SYNDROME  Aztlan (2nd floor)
  » Angel Rocha, Compact for Success, SDSU
If you ever felt you didn’t deserve an achievement, you may be experiencing Impostor Syndrome. Join us as we explore the concept of Impostor Syndrome and how to improve your confidence in your leadership. You are worthy of being a leader!
INTELLIGENCE THAT DOESN’T SHOW UP ON AN IQ TEST
Metztli (2nd floor)
» Omar Baza, Student Life & Leadership, SDSU
» Citklali Ibarra, Residential Education Office, SDSU
Your emotions affect how you manage behavior, navigate social complexities and make personal decisions that achieve positive results. This workshop will allow you to gain an understanding of emotional intelligence to succeed in your leadership roles.

LEVERAGING CULTURAL WEALTH IN YOUR PROFESSIONAL ROLES
Student Life & Leadership, Commuter Resource Center (2nd floor)
» Fernando Ansaldo-Sánchez, Student Life & Leadership, SDSU
» Gelsey Thomas, Student Life & Leadership, SDSU
Based on Yosso’s Community Cultural Wealth model, this workshop will help you identify forms of cultural wealth as well as increase your awareness of salient identities. Embracing your own identity will help empower you to take on a strengths-based perspective.

INTUITIVE EATING: TAKING CARE OF YOURSELF AS A HOLISTIC LEADER
Student Life & Leadership, Jeffrey W. Glazer Center for Leadership & Service (2nd floor)
» Tyler Rolling, Well-Being & Health Promotion, SDSU
Intuitive eating is an evidenced-based, mind-body health approach comprised of 10 principles. This workshop will teach you the process of honoring health by listening to and responding to the direct messages of your body in order to meet your physical and psychological needs. Being a healthy leader is an important step in being a holistic leader.

HEALING HEARTS THROUGH BRAVE SPACES
Student Life & Leadership, Seminar Room (2nd floor)
» Rogelio Becerra Songolo, Student Life & Leadership, SDSU
Connecting with people that don’t see the world the way you do is more important today than ever before. By establishing a brave space, you are encouraged to examine your actions and mental models that may hurtfully affect others. Brave spaces allow vulnerability to become accepted and, in fact, expected.
The SDSU Leadership Summit is a part of the Division of Student Affairs’ mission to develop leaders who possess a comprehensive understanding of the challenges we face in the 21st century. Participants who attend the SDSU Leadership Summit will have the opportunity to acquire the following competencies:

» *Heightened knowledge of self*
» *Discovering personal motivations to lead*
» *Increased capacity for change/ambiguity and self-reflection*
» *Clarified sense of leadership aspirations*
» *Awareness of adversity as force for positive change*
Thank You for attending
San Diego State University’s 2019 Leadership Summit

Special acknowledgements to those who made this conference possible!

Co-Directors:
Dr. Randy Timm, Assistant Vice President for Student Affairs
Dr. Robyn L. Adams, Student Life & Leadership

Coordinator:
Chelsea Winer, Student Life & Leadership

Thank you to our Regional Advisory Board, which consists of partners from the following institutions/organizations:

Barrio Logan College Institute
Cal Poly Pomona
California Manufacturing Technology Consulting
California State University, Fullerton
California State University, San Marcos
Chapman University
Samsung
San Diego City College
San Diego State University
San Diego State University, Imperial Valley Campus
Southwestern College
Sweetwater Valley Club
University of California, Los Angeles
University of California, San Diego
University of San Diego

SDSU Leadership Advisory Board

Christy Samarkos
Barry Y. Chung
Ben Clay
Alan Dulgeroff
Bill Earley
Jeffrey Glazer
Perette Godwin
Matt Golojuch
Donna Jones
Channelle McNutt
Dan Montoya
Ben Moraga
Eugene Olevsky
Margaret Paulin
Howard Singer
Greg Smith
James Tarbox
Randall Timm
Jimmy Thai
Lily Thai
Chris Thomas

A special thanks to the following SDSU offices:
Division of Student Affairs
Student Affairs Communication Services
Associated Students

A special thanks to the following sponsors:

northrop grumman  pepsi

San Diego State University
Division of Student Affairs
Presented by
Student Life & Leadership
San Diego State University
5500 Campanile Drive
San Diego, CA 92182

sll.sdsu.edu