**The Burning Question**

This session pulls no punches- it cuts right to the heart of the matter! At the core of every campus organization and every challenging leadership situation, there’s always a ‘burning question’ that must be addressed in order to genuinely move forward. Its been said that, “a problem well-stated is a problem half-solved.” In order to move your campus organization forward, what do you feel is the ‘burning question’ that must be addressed? Come prepared to be brutally honest, specific, realistic and fair.

**Transformational Leadership**

Is there a difference between an individual’s character and the qualities of a leader? In this session, you will discover ways to reflect on your personal attributes, which can equip you to be a great leader. The objective of this session is to inspire you and challenge you.

**The Balance Sandwich**

Attending this presentation you will learn how to create balance in your life which is almost like creating the perfect sandwich. You will learn the ideal ingredients you need for balancing life as a leader.

**The Sunny Side**

Come enjoy this little workshop on how to change those bad grades into self-motivators, those dumps to trumps, and rise from the ashes of negativity. Positive thinking is by far the most effective and yet underrated tool we as leaders can use in our daily lives. This workshop will demonstrate how the power of attitude and looking on the bright side can benefit ones leadership skills and overall wellness.

**Tips & Tricks of interviewing**

Come learn helpful strategies, tips and tricks to help you beat the odds and land that job, scholarship, or position! We will go over a quick presentation and outline the techniques and ideas and then we will put your new skills to the use with some outrageous activities.

**Sharing the Vision**

This workshop addresses problems of leader/group dynamics and how to approach problematic group members. This workshop pulls from the well-known book *Crucial Confrontations.*

**Women & Leadership**

This program will focus on how to be successful woman leader in any type of setting-whether it be on campus, among peers, or in a professional setting. Women have become powerful role models in today’s society and we will look at how all women can apply those characteristics and traits into their daily lives.

**Being a Leader Amongst Your Peers**

At the East Lake apartments we’ve had a unique opportunity to be a leader with students who are younger, the same age, and most commonly, older than us. This session will be useful for anyone who will be a leader in situations where everyone isn’t in the same age category.

**Parli-Fu: The Art of Parliamentary Procedure**

Whether you’re already a master in parliamentary procedure or a novice, this workshop will benefit you. Here you’ll brush up (or learn) the basics as well as more advanced moves to further your meetings without a headache.

**Goal Setting**

Setting goals give you a long-term vision and short-term motivation. It gathers knowledge, and helps you to organize your time and your resources so that you can make the very most of your life. By setting sharp, clearly defined goals, you can measure and take pride in achievement of those goals, and you’ll see forward progress in what might previously have seemed a long pointless grind.

**Blocks to Success**

Have you ever thought about the importance of your word choices? By using powerful words, you are able to be more successful in your day-to-day activities. Come see the impact of powerful words by breaking through your biggest obstacle. This is a a hands-on activity that will empower you, enlighten you, and make you realize that you can succeed at anything you set your mind to completing.

**Sex and Power: Gender Communication in Leadership**

Come in and learn how what you say as a woman has a bearing on how you are perceived as a leader. This workshop based on the work of Deborah Tannen will explore communication rituals of “most” females and strategies to help you become a more effective leader.

**Patience & Persistence**

Effective leaders need to exhibit both patience and persistence when pursuing goals. Developing a patient mindset will allow goals to be pursued in incremental and manageable steps. Being persistent with your actions will allow goals to be achieved despite setbacks and ongoing challenges. Just as Forest Gump succeeded in the shrimpin’ business by combining patience and persistence, you will succeed in your education and future careers by adopting a patient mindset and taking persistent actions.

**How to Leave a Lasting Impression**

Your first impression is often your lasting impression. This session will offer stories, tips and tangible strategies on how to make that good first impression with fellow students, faculty, and professionals. We’ll cover everything from how to give a good handshake to making sure you use the person’s name when talking directly to them!

**How to Beat Procrastination and Manage Your Time Like a Boss**

An introduction to time management, the art and daily practice of being efficient. It has always been hard to wisely use those 24hours a day that we have. And it will be even harder fo us later on. That’s why some tricks that successful people use to manage their time properly might come in handy.

**You Cant Help Others Until You Help Yourself**

Here is your chance to learn the seven categories of Personal Wellness. Each category will be explained and you will be able to apply them to your everyday life. This will be a major component that will assist you to help yourself and others.

**Interview or Interrogation?**

Throw these interviewing strategies in to your bag of tricks to give you an edge over the competition for that job, scholarship, or position. Mastering the art of interviewing during this short presentation will boost your confidence in the interrogation room!

**Teambuilding Communication**

Communication is the stepping-stone in building a good relationship. Are you a leader or trying to get everyone to work in your group? Do you need to get everyone’s attention? Starting off your meeting/ group with some fun activities will help you jump-start. You will have hands-on activates in this session which you can take with you to share with your group. It’s simple, easy and enjoyable. This session will show you ways to keep your members/ group engaged.

**Positivity in Leadership**

They say one bad apple spoils the whole barrel- this is true in any group or work setting. Having a positive attitude toward your job and life will create a better experience for all. Come for some simple tips to remain positive in all walks of life and how to deal with those Negative Nancies that may surround you.

**Leadership and Stress Management**

Are you a leader who gets stressed ad overwhelmed sometimes? In this session, you’ll look at various ways in which you can recognize if you are too stressed and how to effectively deal with that stress. You will also learn how to turn your negative stress into positive stress and tips to apply this new knowledge into your own leadership position.

**Men of Standard and Purpose**

IN this session, we will be examine characteristics which enable us to be great leaders as men. During this session participants will develop a personal creed. The leadership creed will equip men with a standard by which they lead themselves, lead others, and make important decisions.

**Promotion and Advertising Creation: How to Get Your Voice or Club Noticed at WSU**

A look at how to create different advertising correctly by focusing on the do’s and don’ts. Also a exploration of how to get your club or yourself to stand out among the noise by looking at different media that can be utilized and explored at Winona State.

**Leadership Essentials for Leaders of the 21st Century**

In this dynamic, powerful, and enlightening leadership program, Joshua not only talks about the importance of leadership for today’s college student desiring to succeed in the professional world after college, but he provide student leaders with powerful leadership principles that he believes are essential for these emerging leaders success after college graduation.

**Lets Do This Smart**

Having trouble keeping your New Year’s resolutions? Everyone wants to achieve his or her goals, whether personal or in their clubs and organizations. Come to learn how to develop manageable goals, using the SMART system, and learn how to evaluate their usefulness.

**Becoming a Leader For Everyone**

Its easy to be a leader to people who are similar to you. Take a chance to look beyond and how to become a leader for everyone. Learn how to be inclusive leader and learn the power of language.

**Reveal Ways to Recognize Remarkable Leaders!**

Learn creative ways to recognize outstanding leadership. The students will discover the importance of acknowledging accomplishments and success throughout leadership. Student will learn how to recognize successful leadership in small and big ways, make examples of ways to recognize outstanding behaviors and practice verbal acknowledgement and improve others self-esteem.

**Can You Hear Me Now?...Good!**

In order to be an effective leader, a person must be able to communicate and listen to others. You will learn the importance of these two skills by playing games and interacting with your peers.

**Living Up to “Real World” Expectations**

Learn how to use your skills and experiences you have gained as leaders and be able to apply them to the “Real World”… life after college. Find out what your future employers will be looking for in your leadership skills and how you can prove you have what it takes.

**Ice Ice Baby**

Sick of awkward first meetings? Hate awkward silences? Come for a fun filled time and learn how to break the ice.

**Lead to Succeed: The World Outside of College**

Leadership, Quick Learner, Good Listener, Confident, Hardworking, Determined, and Accomplished: These are some of the most common power words that college student’s use on resumes today. Why is it important to stand out? How can you apply your skills, but yet set your self apart from the person sitting next to you? Learn the tools necessary to communicate your skills in a unique and affective way to earn yourself that once in a lifetime job opportunity.

**Ay, Caramba! What did I Get Myself Into?**

Are you involved in multiple areas of campus leadership? Putting the amount of effort that each position deserves can sometimes be difficult. Adding a “student-first” motto into the equation may determine your breaking point. In this presentation leaders, will learn skills of how to balance their multiple campus positions while being a successful student.

**How to Do it All and Have Fun Too**

College life consists of many things. Class, work, studying, exercising, going to campus activities, volunteering, and actually having a social life with friends. Learning how to balance your life is a key to success in college. This session will help you to figure out where your time is most needed and how to effectively time manage yourself.

**Being a Leader & Making things Happen**

We all have leadership traits within each one of us. Our goal is to awaken the leader within you and help the leader make things happen!

**Smooth Sailing**

Do you ever ask, “Why does our club still do things the way we do” or “we seem stuck in this rut of doing the same things?” Andy will help guide a discussion on different ways to approach those scenarios and questions to ask with change being the end goal. Come prepared to share!

**You Better Recognize**

Do you like to be recognized for wonderful things you do around campus? If so, come learn new ways to recognize others! You can also share ways that you have recognized someone or have been recognized in the past. Come to this program to improve your recognition skills so you can brighten up someone’s day.

**Being SMART About Goal Setting**

Using the SMART goal system, participants will be able to develop strong attainable goals. Participants will then workshop with others to identify both bridges and barriers that pertain to each goal. Participants will walk away from the workshop with well-constructed goal statements and plans to complete each one. Participants are encouraged to bring a calendar or other scheduling tools to assist them in goal planning.

**If You Tweet It. They Will Come**

Social media has become extremely predominant in today’s society. Learn how to use it effectively to advertise events, your club, or even yourself! Facebook, Twitter, blogs, Google+, and YouTube are just a few of the sites being presented.

**The Rossetta Stone of Skills Translation: Cracking the Code to Communicating Your Skills to a Potential Employer**

As a group of undergraduates trained in the are of skill translation, we can assure our peers that whatever they’re good at can be sold to an employer. Our hobbies, talents, and abilities are all well valuable in the business world if we only know how to articulate them as such. In this presentation we will explore common resume fillers: work ethic, organizational skills, people skills, and even the ability to read for example. Each of these works has hidden potential to become interview-boosting keywords, and with a little good fortune, a job.

**Help! My Life is Spinning Out of Control**

Tired of living the same old stressful, chaotic life? Want structure and control over the craziness of your college career? Come learn tips of staying healthy and refreshed by figuring out how to find the perfect balance in your life with some eye-opening interactive activities.

**You Cant Help Others Until You Help Yourself**

Here is your chance to learn the seven categories of Personal Wellness. Each category will be explained and you will be able to apply them to your everyday life. This will be a major component that will assist you to help yourself and others

**Leadership in Athletics**

Learn what it takes to be a leader in athletics, what it means to be a captain of team and how tot lead by example. Play leadership activity and go through scenarios that you will encounter while participating on a sports team.

**The Importance of Nonverbal Communication in Leadership**

The ability to understand and use nonverbal communication are powerful tools that will help you connect with others, express what you really mean, navigate challenging situations, and build better relationships as a leader. Define and discuss body language and other forms of nonverbal communication. What are you really saying when you don’t say anything at all?

**Turning Residence Life into a Career**

Make the most of yourself and learn to utilize your skills and experience to the fullest in order to pursue a career in Student Affairs. Focusing on networking, as well as student affairs positions and graduate studies available to you!

**Burning Bright without Burning Out**

This workshop will explore how college students experience burnout. Personality, workload and social support all play a role in burnout. Learn how as leaders you can avoid burnout and be productive and positive in your work.

**Just Picture them Naked?**

Be ready to get involved in this fun packed session where you will learn about public speaking and how to improve your confidence in front of small and large crowds.

**Good Grades and Being Involved: How to Do it All**

The most fun part in college is being involved, and it’s easy to forget the main reason you’re in college is to get a good education. This session will help you to balance the workload while staying involved, being social and keeping good grades.

**Wanna be SMARTER**

Having trouble crating effective and meaningful goals? Everyone wants to achieve his or her goals, whether personal or in their clubs and organizations. Come to learn how to develop manageable goals, using the SMARTER system!

**College Life & Stress Management**

Being able to manage your stress is an important part of being a good student and an effective leader. This session will help you realize where the real stressors are in your life and ways you can help manage your stress.

**Stop Being a Turtle and Break Out of Your Shell!**

​Sometimes it is hard for us to break out of our comfort zone to try new things and meet new people. This session will give you tips to help you break out of your shell and try new things. Not everyone is born to be a leader, but we all can learn how to join in and have some fun!

**The Power of Recognition**

As a leader, it is very important to know the power of recognition.  In this workshop, you will learn an endless amount of ideas and resources to use to recognize a variety of different people and groups.  Come participate in a hands-on activity to help you take the first step in recognition!

**Civic Leadership**

What does it mean to be a civically engaged student? Civic engagement encompasses the role of individuals and the involvement they have on their community. The workshop leaders will discuss how campus leaders can foster a club organization, hall or classroom that is dedicated to civic ideals. Participates will be an active part of the presentation, participating in a deliberative discussion focused on the merging of civic ideals and Winona State students.

**Values Assessment & How It Relates to Leadership**

This workshop focuses on the effect of personal values on leadership. Everybody has a different set of values and determining what those are so they can be implemented into your activities and programs on or off campus is important. This session will be focused on identifying those values and discussing how they can be either implemented or improved.

**Sunny Side Up: Choosing Your Attitude**

​With a great attitude anything is possible! Every morning people have the opportunity to decide what their attitude is going to be. This is an important part of the FISH! Philosophy that has helped three campus leaders. This workshop will help participants realize that attitude is contagious in school, the workplace, or on a team, and it is great to be surrounded by people who choose to be positive and put in the extra effort to share their positivity with others.

**Last Step First**

​Sometimes the conventional way of program planning isn’t always the most effective. Backwards planning starts with the end result in mind and works its way down to ensure every detail, big and small, is covered. This workshop will show you how backwards program planning works and teach you how to effectively implement it in your planning process. Come learn how effective and easy this form of program planning really is!

**Who Are You Anyway?**

​First impressions.  They can make your future...or break your future.  What makes a good impression and what makes a bad impression? In this session, tips and tricks will be provided on how to present yourself in both your looks and your manners.  Join us and make your best first impression!

**Just Picture Them in Their Underwear!**

This workshop will discuss everyone’s favorite activity: Public Speaking. BUT, before you turn it down, give us a chance! We are going to make this exciting and interesting by doing fun activities and giving tips on how to become a better public speaker! If you want to conquer your fear or just further develop your speaking skills, this is for you!

**Studio Showcase**

Making effective flyers and advertisements can sometimes be a strugglefest with twists and turns along the way! Do you want to make your posters stand out from the rest?!  Studio Showcase is an interactive workshop to explore your creative side, while learning some tips regarding effective design.  During the session, we will go on a fun field trip exploring the pros and cons of advertisement, and we will make posters showcasing what was learned and observed throughout the workshop!!

**Personality Types and Leaders Like You**

Each and every person has a specific personality type that can be applied to individual leadership roles. In this workshop, you will take a personality test to learn more about yourself and how you can become a stupendous leader by realizing your weak points and emphasizing your strong points.​

**Teamwork 101: Tips on Group Communication**

In this workshop we will be discussing, looking at, and developing your skills as a group communicator. We will be doing fun hands-on exercises and activities that will strengthen your group communication skills. The goal of this section is to prepare you for real life situations that require strong team leadership and collaboration.​

**So Plan A Didn’t Work, Now What?**

**​**Life doesn't always go the way you want it to. How you react to those moments when life doesn't go your way is important.  We're going to discuss some strategies you can use to react to the unexpected, so that you can learn to expect it.

**Forging Links: Engaging Members**

Join us to discuss and brainstorm ideas of how to welcome, engage, and retain club and organization members, both new and returning.

**Nailed It!**

​Attend this workshop to pick up effective tips and strategies on 'nailing' your interview: getting rid of nerves, how to dress, what to and what not to say...this program will answer all of your questions.

**Give the People What They Want!**

Event planning and programing is an important skill for any leader to have. Even more important is that these events appeal to your audience. Get real-life scenarios to work with and brainstorm your own events that appeal to the people you lead and make your events fun for everyone!

**GLOBAL WARMING MAKES YOUR CLOTHES FALL OFF**

Have you ever thought about the impact you making when a light is left on or when you leave your cell phone charger plugged in? Did you know that the polar ice caps are melting faster then ever predicted? Come learn what cultures across the world are doing to put an end to global warming. Join us to learn about the little things that you can change in your life to reduce your carbon footprint. Going green is more than living sustainable, it’s a lifestyle. Be a Warrior...Accept the challenge!

**BALANCING LEADERSHIP & WELLNESS**

Use the seven pillars of wellness to develop your own leadership styles and balance your commitments in a healthy and productive way. These skills will be useful to integrate into the people that you lead, future residents, and your own life. Gain three different unique perspectives from a former RA, a health and wellness advocate, and a fitness instructor. If you are looking for ideas to manage your busy life while maintaining your wellness, this is the workshop for you!

**ALL FOR ONE AND ONE FOR ALL!**

Working with group dynamics as a leader is essential to the personal growth of individual members, which is why this workshop will be comprised of leadership roles within groups, and how it is important for effective leaders to recognize the unique strengths and weaknesses of each group member and to assign tasks accordingly. We will also cover topics of what to do in situations in which not all group members are on the same page, and steps one can take to resolve group issues before they become problems. By working as a team, we can excel as individuals!