

# LEADERSHOPS

## SPRING 2023 SERIES

PEER FACILITATED, 1 HOUR-LONG WORKSHOPS THAT AIM TO CONTRIBUTE TO STUDENTS' LEADERSHIP DEVELOPMENT.

SERIES IS LED BY: **CAMPUS LIFE STAFF & LEADERSHIP PEER FACILITATORS**

### Calling In vs. Calling Out

MARCH 27th, Commons 318

Facilitator: Bea Gutierrez-Malagon

Leaders of student orgs are highly encouraged to attend. This session will help attendees understand the importance of **feedback + managing conflict**.

### WHO Do You Think You Are?

APRIL 3rd, Commons 318

Facilitator: Joshua Le

This workshop focuses on **social identity, values**, and how these topics come together to build **YOU** as a leader. Don't know who you are? That's okay, let's find the leader in you!

### Leaders Take Their Time

APRIL 10th, Commons 318

Facilitator: Maame Araba Brookman

Want a better understanding of how to **manage your time effectively**? Join us in prioritizing activities, utilizing different tools, as well as forming connections; all to become a better leader!

### E.I. & LeadHERship

APRIL 17th, Commons 318

Facilitator: Deborah Watson

Women have been ridiculed for being emotional, but can it be reframed to a superpower? Join us as we explore leadership using the power of **emotional intelligence + womanhood**.

### Leadership 101

APRIL 24th, Commons 318

Facilitator: Eli Gentleman

This is designed for students who are looking for a one stop shop to understand leadership, it's different styles, and how it shows up for you. If you are looking for an **intro to leadership**, this one is for you!

### Relaxing Is Resistance

MAY 1st, Commons 318

Facilitator: Zoonash Syed

Stressed? **Self-care is necessary** in preventing burn-out. Therefore, rest and relaxation IS productive. Join us as we resist hustle-culture in order to show up as our best selves!

**MONDAYS @ FREE HOUR + FREE PIZZA**

**SPACE IS LIMITED, RSVP ON MYUMBC**

Questions? Contact Zoonash Syed at [zsyed3@umbc.edu](mailto:zsyed3@umbc.edu)