

CASL WORKSHOPS

2017-2018



Bella Avalos, Northern Director - *Pass on the Light*

As student leaders, we come across opportunities left and right. But, have you ever been given an opportunity that drastically changed your life? Join me as we discuss the importance of “passing on the light” while learning how to create and give others life-changing opportunities.

Emily Bylsma, Southern Freshman Director - *Converse to Connect*

The “small talk epidemic” is spreading but we can avoid catching it by engaging in deeper and more meaningful conversations on a daily basis. Get ready to converse to connect!

Lauren Callella, Southern Director - *Imagine If...*

One of the main goals of student leaders is to make sure everyone is involved, and that is often harder said than done. Join me as we break down the basics of a unified, inclusive campus so we no longer have to say “Imagine if...”

Ashley Chollar, Southern Director - *Act Like a Leader, Lead Like an Actor*

Learn how to conduct yourself externally and internally with contagious poise and confidence using a combination of leadership values and acting techniques!

Adam Cullen, Southern Director - *Kindness 101*

Join me as we learn how to make a positive impact on our campuses by utilizing what we have on hand!

Kros Day, Southern Director - *Great Expectations*

As perfectionist leaders, we always expect our plans and events to be flawless. In this workshop, we will explore how our mistakes and modifications are not only natural, but necessary for success!

Simone Decker, Media Director - *Eliminating Entitlement*

Join me on a journey of self reflection as we re-evaluate what we have and learn how to lead for the greater good!

Summer Farage, Northern Freshman Director - *Intentional Leadership*

In this workshop, we will reflect on how we define ourselves as leaders and how our actions shape our lives. Through intentional actions aimed at personal growth, we can create positive change in the lives of others day by day!

Maggie Fontenot, Northern Director - *Take It or Leave It*

When presented with an opportunity, would you take it? We always ask ourselves about whether or not we should snag an opportunity when it is presented to us. In this workshop, we will learn how to shift our mindset from "Should I?" to "I will!"

Kalani Hardyway, Southern Director - *Back In The Day*

"Everything that is past, is either a learning experience to grow on, a beautiful memory to reflect on, or a motivating factor to act upon." -Denis Waitley
At this workshop, learn how to use the lessons that life teaches us each and every day for the better!

Mikaela Hershock, Media Director - *Brand Yourself*

When we see certain brands we can immediately identify what they are, what they do, and what they stand for. In this workshop, we will take a closer look at what a personal brand is and what people think of when they see us as leaders on campus.

Casey Kim, Media Director - *When Appearance Actually Counts*

When it comes to representing our leadership class or promoting school activities and events, effective publicity through the use of various social media platforms is a game changer! Join me as we explore effective media strategies such as utilizing helpful apps and compelling fonts and colors to make our publicity and social media presence soar!

Lauren Lukehart, Southern Director - *Stack Your Way to Confidence*

Our weaknesses are actually our greatest assets despite society's status quo to pretend. Come and learn how to be raw, vulnerable, and showcase yourself unapologetically in every aspect of your life from daily conversations with your peers to your last social media post.

Matt Nichols, Southern Director - *Getting Down to the Nitty Gritty*

As leaders, we are often faced with many challenges as a result of putting ourselves out there. Join me as we explore the power of passion and perseverance, and how being “gritty” can help us in overcoming any obstacles that may otherwise obstruct us from being successful!

Jasmine Tong-Seely, Northern Director - *InterACTION*

Building and maintaining healthy relationships is essential for a strong support network—but such practices are often undervalued. Come explore the best practices for interacting with others in a way that makes connections last!

Faye Wang, Northern Director - *Why Equality is Not Enough*

As student leaders, we are often granted many privileges that other students on our campuses may not have. This workshop will address the “equality versus equity” debate, while teaching how we can utilize our privileges to provide opportunities for others and aid them in being successful!

Marshall Wiesner, Northern Director - *Making the Most of Our Time*

Time. Everyone has it, but we seemingly always need more of it. In this workshop we will learn how to make the most of every day. Utilizing the right tools, it is not hard to take control of our 24 hours. As Bruce Lee says, “Time is what life is made up of,” so let's make the most of it.

Alyssa Wilson, Northern Director - *The Temperature's Rising!*

Climate does not always refer to temperature! This workshop focuses on how to keep a balanced school climate throughout the year and how to increase a low school climate.

Aasim Yahya, Northern Director - *The Magic Behind Leadership*

Why is establishing and practicing good habits so pivotal to developing into a great leader? Learn the answer to this question and more as we explore magic tips and tricks for developing ourselves into effective leaders through good habits.