

CASL Workshops

2024 - 2025



 **Brooke Javedra**
Southern Regional Director

You Get What You Give

LET'S UNLEASH OUR LEADERSHIP, WHERE WE DIVE INTO THE IMPORTANCE OF WORK ETHIC AND EFFORT. THROUGH AN INTERACTIVE SESSION, WE WILL UNCOVER JUST HOW TRUE THE SAYING, "YOU ARE WHAT YOU EAT," APPLIES TO OUR LIVES.

 **Donovan Rudish**
Outreach Director

The Better You

JOIN US AS WE DIVE INTO THE IDEAS OF SELF COMPARISON AND WORTH. THROUGH THE REALITY OF PROGRESS, WE WILL LEARN HOW TO LIVE WITH AND OVERCOME THE STRUGGLE OF CONSTANT DOUBT.

 **Dulce Martinez**
Northern Regional Director

The Fulfillment of Life Unbounded

THE CONSTANT PRESSURE WE PUT ON OURSELVES CAN KEEP US BUBBLED. LET'S LOOK BEYOND OUR EXTRACURRICULAR RESPONSIBILITIES AND RECOGNIZE THE ASPECTS OF LIFE WE'VE UNKNOWNLY FORGOTTEN.

 **Elyanna Kwok**
Northern Regional Director

The Power of No

LEADERS OFTEN FIND THEMSELVES SAYING "YES" TO APPEASE OTHERS' REQUESTS AND DESIRES, EVEN IN TIMES OF OVERLOADING AND BURNOUT. JOIN US AS WE FIND COMFORTABILITY IN SAYING "NO."

 **Eunbee Ahn**
Southern Regional Director

Cash In Cash Out

SMALL FAVORS HAVE UNIQUE WAYS OF BUILDING COMMUNITY. AS WE LEARN THE VALUE OF ASKING FOR HELP, WE CAN DISCOVER AN ECONOMY OF SMALL FAVORS THAT WILL HELP TO BREAK THE WORLD OUT OF ITS GROWING SHELL OF ISOLATIONISM.

 **Jaxon Albano**
Northern Regional Director

Did you Notice?

NOTICING AND OBSERVING WITHOUT JUDGMENT INVOLVES PERCEIVING YOUR SURROUNDINGS AND EXPERIENCES WITH AN OPEN MIND. LET'S DISCUSS HOW WE CAN GAIN AWARENESS AND A DEEPER UNDERSTANDING OF SITUATIONS.

 **Jay Bhimani**
Northern Regional Director

The Power of One

EACH INDIVIDUAL VOTE MATTERS. USING ENGAGING ACTIVITIES AND INTERESTING STATISTICS, LET'S LEARN THE BENEFITS AND DIFFERENCES IN APPROVAL VOTING RATHER THAN PLURALITY/MAJORITY VOTING.

 **Kaitlan Sakuma**
Southern Regional Director

Passionately Intentional

WHAT IS YOUR "WHY?" AS WE REASSESS WHAT OUR INTENTIONS ARE THROUGH REFLECTIONS AND PSYCHOLOGICAL TESTS, WE CAN REDISCOVER OUR GENUINE PASSION AND REDEFINE OUR PURPOSE.

 **Katarina Dragayevic**
CASL State President

The Road to Failure

OFTENTIMES, FAILURE CAN SEEM LIKE THE END OF THE ROAD. BUCKLE UP AS WE CHALLENGE THIS NARRATIVE, EXPLORING HOW FAILURE CAN INSTEAD SERVE AS A CATALYST FOR GROWTH.

 **Lihna Song**
Northern Regional Director

Are You Emotionally Mature?

KNOWING OUR STRENGTHS AND WEAKNESSES IS IMPORTANT TO NAVIGATING OUR OWN PATHS. LET'S PRACTICE EMOTIONAL INTELLIGENCE AND HOW SELF-AWARENESS IS PIVOTAL TO BEING A SUCCESSFUL LEADER!

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 **Mikai Chai**
Southern Regional Director

React with Productivity, not Negativity

WE ALL EXPERIENCE CHALLENGE AND PERSEVERING THROUGH THEM. LET'S EXERCISE OUR ABILITIES TO BUILD DETERMINATION, MAINTAIN OPTIMISM, AND THRIVE IN THE FACE OF HARDSHIP.

 **Nadine Mae Padrigon**
Director of Operations

Press Start

BURNOUT IS SOMETHING WE HAVE ALL EXPERIENCED, AND IT CAN BE HARD TO RECOVER FROM. JOIN US AS WE EXPLORE HOW WE CAN EMERGE STRONGER FROM OUR DEFEATS AND "PRESS START" ON OUR LIVES ONCE AGAIN.

 **Natalie Navarro**
Freshman Director

DND: Do Not Distract

LET'S RECOGNIZE THE DISTRACTIONS THAT ARE HOLDING US BACK IN ORDER TO FOCUS ON WHAT'S IMPORTANT. IN DOING SO, WE LEARN HOW TO SET GOALS AND REACH THEM EFFICIENTLY.

 **Salvador Renteria**
Southern Regional Director

Better Selves = Better Leaders

JOIN US AS WE TAKE A BREAK AND RELEASE OUR NEGATIVE THOUGHTS OR EMOTIONS TO SHAPE US INTO MORE EFFECTIVE LEADERS. LET'S STRIVE FOR SELF-IMPROVEMENT TO ENHANCE OUR LIVES.

 **Savannah Nally**
Freshman Director

Invisible Voices

KNOWING HOW TO ADVOCATE FOR YOURSELF AND OTHERS IS CRUCIAL. LET'S EXPLORE THE FACT THAT IN ORDER TO BE AN ADVOCATE, WE HAVE TO LEARN TO LISTEN AND BE OPEN-MINDED ABOUT OPINIONS WE FORM.

 **Shivanyh Kelkar**
Northern Regional Director

Planning Perspective

JOIN US AS WE UNCOVER HOW WE CAN BRING OTHERS ALONG THE JOURNEY BY INCLUDING EVERYONE IN DECISION-MAKING AND APPRECIATING THE DIFFERENT PERSPECTIVES THEY HAVE TO OFFER.

 **Siyona Kathuria**
Northern Regional Director

Break the Barrier

BUILDING VALUABLE, EMOTIONAL CONNECTIONS WITH PEOPLE WE MEET CAN BE DIFFICULT. HOWEVER, WE CAN GROW FROM AWKWARD CONVERSATIONS WHEN MEETING SOMEONE NEW AND LEARN HOW TO MAINTAIN THOSE RELATIONSHIPS.

 **Tayhvi Ratnani**
Southern Regional Director

From the Ground Up

A TEAM REQUIRES DIFFERENT TYPES OF PEOPLE TO BE SUCCESSFUL. JOIN US AS WE FOCUS ON HOW ALL TEAMS ARE INTERCONNECTED AND PRACTICE HOW TO CREATE A STRONG WEB OF SUPPORT AND TRUST IN ORDER TO WORK TOGETHER.

 **Taylor Arun**
Southern Regional Director

Fear the Fear of Letting Go

WE HAVE THE CAPABILITY OF BEING THE BEST VERSIONS OF OURSELVES. JOIN US AS WE LEARN THE IMPORTANCE OF BREAKING THE HABIT OF STAYING WITHIN OUR COMFORT BOUNDARIES.