



2017 CASL STATE CONF. WORKSHOPS

CASL MEMBER	TITLE	DESCRIPTION
Caleb Andrews Southern Director	Finding Your Purpose and Why	Learn why it is so important to have a purpose and how to get back up in life when haters knock you down. We will go over three awesome steps to help you find your purpose in life.
Isabella Boleda Southern Director	You CAN Sit With Us: Opening the Table for Everyone	Creating inclusion in our schools is our job on campus. Learn how to create inclusion as not just a program but a mindset. Pull up a chair and open the table for everyone!
Mina Caraccio Northern Director	Listen Up!	Learn to be an effective listener and impart the tools needed to build strong connections and service projects that are centered around giving voice to the unheard.
Chloe Cheamsreesakul Media Director	Whipped Into Shape	"Sometimes fonts make me emotional." -Kayne West Do you want your school's social media posts to make people feel something? Come learn what grabs attention by using colors, shapes, typography, and the fundamentals of graphic design.
Jasmine Colak Southern Director	Go For The Goal!	Come fuel your ambition and drive as we reimagine the fundamentals of goal setting and rediscover the importance of setting goals for ourselves. In this workshop we will break down goal setting into its key elements- Mission, Vision, Plan/Promise, and learn what it takes to become an M.V.P. of goal setting.



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<p>Kros Day Southern Director</p>	<p>Pick Up The Patience</p>	<p>Has social media made you feel like you can't wait for the next post? We live in a world where technology and social media dominate our lives and give us instant gratification. Find out how to become better student leaders by not picking up the pace but rather picking up the patience.</p>
<p>Gabrielle DellaRipa President</p>	<p>Presidential Promise</p>	<p>How do you maintain the position of President while maintaining relationships? Come learn how to balance your role as a leader and a friend.</p>
<p>Josh Dewhurst Northern Director</p>	<p>Connection Perfection</p>	<p>As a student leader we interact with a variety of people yet don't know how to connect with our student body. Join me as we explore how to form lasting connections that build trust and help unify our schools.</p>
<p>Alejandra Estrada Southern Director</p>	<p>Allow Positivity</p>	<p>What you allow is what will continue so why not allow positivity into your life, your workplace and onto your campus. Positivity has the power to open numerous doors of opportunities as long as you allow it to.</p>
<p>Oran Farkas Southern Director</p>	<p>Once Upon A Time... The Story of You</p>	<p>Everyone has a story worth sharing. Telling your story not only can change other people's perspective but can have both mental and physical health benefits for you. In this workshop learn the importance of each part of your story and how to turn events that don't always fit together into one cohesive story for you to tell.</p>



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Maggie Fontenot Northern Freshman Director	Reaching Beyond The Surface	In this workshop leaders will learn about each other and how to resist the natural temptation to judge people. Leave having learned new skills with new friends.
Ivan Paredes Northern Director	Be A Bridge	Often we learn amazing content but fail to implement. As leaders our best teachers and resources are those around us. Come learn how to have a strong platform in the art of conversation.
Kalani Hardyway Southern Freshman Director	Casual Confidence	Learn how to bring out the true leader in you; one who is fearless and is never afraid to be yourself. Always stay positive, motivated, and understand you are perfect just the way you are.
Valeria Restrepo Southern Director	Junk in the Trunk: Learning How to Utilize Your Resources	Learn how to reuse old ordinary supplies you may already have and turn them into a super fun activity! You never know if a great class competition just might be in the clutter of your closet!
Jasmine Tong-Seely Northern Director	YOU™	Each of us is a brand, even if we don't actively acknowledge it. It is up to us to leverage our personal brands to stand out as individuals and lead more effectively. In this workshop take steps to define, build and begin living our personal brands.



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<p>Ansh Trivedi Media Director</p>	<p>The Leadership Shark Tank</p>	<p>Join fellow student leaders emulating the hit ABC TV show, Shark Tank, based entirely on school activities. Learn event planning, problem solving, and how to appeal to your student body by having the opportunity to pitch an event to your peers. Will you win big? Come and find out at "The Leadership Shark Tank"!</p>
<p>Maxwell Walshaw Media Director</p>	<p>The 25th Hour</p>	<p>Leaders tend to be people pleasers-saying "yes" without giving thought to other commitments. Wish you had another hour in a day? Come learn useful time management skills to help you accomplish more in your daily life and discover that elusive "25th hour".</p>
<p>Hayley Weik Northern Director</p>	<p>Dreams Do Come True... Will Yours?</p>	<p>Confused by what you want versus what feels important? What is stopping us from making our dreams a reality right now? This workshop will help define our dreams and give us tangible ways to make them a reality.</p>
<p>Marshall Wiesner Northern Director</p>	<p>Bringing Your Leadership From Good to Great</p>	<p>Leaders often put others before themselves (service above self) and don't take enough time for themselves. In this workshop we will take a step back and focus on getting to know ourselves better while discovering some of our strengths and weaknesses.</p>
<p>Nathan Xia Media Director</p>	<p>Risk Everything</p>	<p>With great risk comes great reward. Come discover the benefits of risk taking as well as how to go about it. If one truly wants to achieve greatness, they must be willing to risk everything.</p>



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<p>Olivia Yee Northern Director</p>	<p>Dear Future Self...</p>	<p>Where will you be in twenty years? What we do now will affect what happens in our future. Be an advocate for your own and love the person you will become in Dear Future Me.</p>
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