

2021 CUNY ELC Session

BREAKOUT SESSION I: 12:30pm - 1:30pm

Movement with Amanda

Facilitator: Amanda Rios, CUNY School of Law Staff (she/her)

As we are working from home, many of us are finding ourselves working harder and working longer hours. Thus, it is important for us to remember that movement is still available for us. As a Professional dancer for the last 10 years who has trained with industry-level dancers, I would like to offer a space for individuals to learn Latin Ballroom dances such as Salsa, Bachata, Merengue, or Cha Cha. This session will begin with a 10-15 minute full-body stretch followed by a beginner-friendly class on either of the styles mentioned above. The workshop is designed so that participants are able to apply the movements and stretches they learn to their everyday lives as a fun way to decompress and get their blood pumping. Dancing is a great cardio workout, so this session could be helpful to those who like to stay active or would like to begin being more active.

Financial Success

Facilitator: Siddique Mohamed, Hostos Community College Staff (he/him)

This session will focus on the basics on budgeting and credit. I serve as an adjunct professor where I teach a course on "Money Management and Finance in NYC" and this session will inform students on a few simple aspects of managing their finances to ensure they maintain financial success while pursuing their goals.

The Malave Leadership Academy Develops Leadership Values and Skills through Experiential Civic Engagement and Advocacy

Facilitators: Ahmed Osman, CUNY Central Office of Student Affairs Staff (he/him) and Stephane Duviella, Hostos Community College Student (he/him)

The Malave Leadership is a CUNY- wide leadership academy that compiles exemplary leaders from all over CUNY's 26 campuses and teaches them to be more effective leaders - not just on campus but in their communities and globally. In this session, MLA Student Mentors will present on one of the major principles taught to them in MLA which is being civically engaged in their communities and the world at large. MLA mentors will discuss their training and experiences within MLA which have made them more aware of why civic engagement is important in leadership as well as why it is important for everyone to

try and become more involved in their communities as a way of making significant changes to that community. Finally, mentors will provide an overview of The Malave Leadership Academy and why organizations like MLA are important to teaching leaders how to get active in terms of civic engagement and also how these programs present the opportunity to begin becoming more involved through service projects (Volunteering). The presentation will greatly focus on civic engagement and stress the importance of students joining organizations that teach them the importance of civic engagement as a means to improve our world.

The Inner Workings of Self Love

Facilitator: Jiane Carrasco, Lehman College Student (she/her)

Self-love is a concept that often seems difficult to achieve and this presentation will break down the components of self-love to understand how to work to earn it truly. The talk will review methods on obtaining self-love, self-awareness, self-care, and interactive activities to practice these methods during the session. As an academic coach and coordinator of a peer support group, the concept of self-love is not a foreign concept as it is often significant when discussing self-development. Tools to manage oneself in a society that encourages competition can be vital when talking about self-development, which affects self-love. The components of self-love share the word self, and we will delve deeper into this matter to understand how our perception of ourselves can affect our agency in other areas of our life.

Improving Communication in Your Student Organization

Facilitator: Arvind Dev, Macaulay Honors Student (he/him)

As the Vice President of IT/Communications of the Macaulay Scholars Council, the President of the Macaulay Pre-Health club, and the Editorial Director of Spoon University at Macaulay Honors College, I have worked on creating sustainable systems to keep members organized and engaged during virtual learning. Attendees of this session will be able to understand how to use and organize various applications to create an effective system of maintaining a student organization. After attending this session, students will have the tools to formulate a basic plan of communication for any type of organization.

Self-Care and the Six Dimensions of Health

Facilitator: Makeda Jordan, John Jay College of Criminal Justice Staff (she/her)

The focus of this session is to provide essence of self-care through the lenses of six dimensions of health. Students will learn the dimensions of health and how to incorporate them in their daily lives.

What is Leadership?

Facilitator: Christina Waszak, Borough of Manhattan Community College Staff (she/her)

Let's get down to the basics of leadership as we tackle the question of what exactly leadership is and discuss who we think of as leaders. In this interactive session, attendees will be challenged to define leadership in order to assist with their own development.

BREAKOUT SESSION II: 2:40PM – 3:40PM

Leading Virtually

Facilitator: Jerome Dees Jr., Smart Selling Guru (he/him)

We live in a new world where remote work may become the norm, but encouraging and supporting workers through clear communication is more important than ever before. I've supported remote teams for more than a decade & hope to bring that experience to you. This workshop will cover basics for virtual communication, tactics for building trust and supporting virtual employees in reaching the max potential.

The Next in Line: How to Build Your Leadership Style and Promote Holistic Success

Facilitator: Curtis Cox, Curtis Careers, LLC (he/him)

This session will focus on why figuring out a person's leadership style early in their career is so important! I will share strategies on how our leadership should be purpose-driven and not self-centered. This session will include breakout rooms for quick discussion during the session plus a takeaway activity that individuals should work on.

Juggling Too much? Find Your Balance With the Wellness Wheel

Facilitator: Elise Perram, CUNY Graduate Center Staff (she/her)

This workshop is based on the Wellness Wheel Model. The definition of wellness is optimal health and vitality, encompassing physical, emotional, intellectual, spiritual, interpersonal, social and environmental well-being. Wellness is achieved when there is a degree of balance among the areas. Wellness is about

personal empowerment and the choices you make and the habits you develop will largely determine your quality of life, health, and potential to be a well-rounded, integrated leader. Workshop participants will examine what works—and what doesn't work—in creating a healthy lifestyle.

Servant Leadership

Facilitator: Saint Mbakop, Amerisource Bergen Training Specialist (he/him)

Servant-leadership, first proposed by Robert K. Greenleaf in 1970, is a theoretical framework that advocates a leader's primary motivation and role as service to others. This interactive and engaging Servant Leadership training workshop builds upon the Servant Leadership Model. This Servant Leadership program gears to improve each participant's leadership effectiveness. It helps them learn how to use influence instead of title, status, or role to inspire others, cultivate trust, lead teams, and build a healthy culture where people flourish and grow.

The Henderson Rules for Successful and Breathtaking Leadership

Facilitator: Jamell Henderson, New York Communities for Change Community Organizer (he/him)

This workshop will give direct tools to help any leader that wants to ignite change, not only in school and community, but within themselves. This is a workshop where rules are supported with real evidence from my life story.

Engagement in the Virtual World

Facilitators: Evelyn Ortega, The City College of New York Staff (she/her), Vivian D'Andrade, Kingsborough Community College Staff (she/her) and Nikki Gupton, John Jay College of Criminal Justice Staff (she/her)

Join us for tips and tricks to support virtual student engagement. We are all dealing with zoom fatigue and otherwise are ready for this pandemic to be over. While we wait to return to in-person classes and activities, we have an opportunity to use technology to support the most tech savvy and digitally creative generation of students. Participants will learn different forms of engagement available that they can choose to implement in their own lives as rising leaders.

Mindfulness Meditation Practice for Self-Awareness, Reactivity-Reduction, and Stress-Relief

Facilitator: Lyla Michelangelo, Nurse and Life Coach (she/her)

Students will be guided through various mindfulness meditation practices, including body scan, mindfulness of breath, mindfulness of thoughts, and mindfulness of emotions. The aim is for students to experience the practice of meditation which will enable them to incorporate one or more of the practices into their daily routine for the purposes of relaxation, stress-reduction, self-awareness, emotional control, reactivity-reduction, and various physiological effects including cardiovascular, neurological, and immune system benefits. I am a licensed nurse, certified life coach, and have an established meditation practice following instruction from a meditation teacher.