

**Student Leadership & Service and
The Center for Servant Leadership presents:**



COLUMBUS STATE
UNIVERSITY

**COUGAR LEADERSHIP
CONFERENCE**

**LEADING FROM EMPTY:
REFILLING YOUR TANK TO LEAD
AND SERVE OTHERS**

Friday, November 5, 2021

CONFERENCE WELCOME

On behalf of Student Leadership & Service and the Center for Servant Leadership, welcome to the Fall 2021 Cougar Leadership Conference. Columbus State University's Cougar Leadership Conference is an open and free and educational opportunity for our student body, allowing every attendee to gain leadership skills and develop the leader within.

This year's theme of the conference is "Leading from Empty: Refilling Your Tank to Lead and Serve Others." This conference features a variety of sessions on various topics centered on leadership. We are especially excited to welcome our various facilitators and our Keynote Speaker, Mrs. Jessica Lundy.

We hope that you enjoy the conference!

Alexis Gray, Student Development Coordinator,
Student Leadership & Service

Cortney Wilson, Director of the William B. Turner
Center for Servant Leadership



COLUMBUS STATE
UNIVERSITY
STUDENT LEADERSHIP
& SERVICE



COLUMBUS STATE
UNIVERSITY
WILLIAM B. TURNER CENTER
FOR SERVANT LEADERSHIP

SCHEDULE AT A GLANCE

2:00 - 2:30 PM	CHECK-IN Location: Lobby
2:30 - 3:00 PM	WELCOME/ICEBREAKER Location: Founders Hall
3:15 - 4:15 PM	BREAKOUT BLOCK A Locations: Founders Hall, Magnolia Room, and Auditorium
4:30 - 5:30 PM	BREAKOUT BLOCK B Locations: Founders Hall, Magnolia Room, and Auditorium
5:45 - 6:45 PM	BREAKOUT BLOCK C Locations: Founders Hall, Magnolia Room, and Auditorium
7:00 - 8:00 PM	KEYNOTE PRESENTATION AND DINNER Location: Founders Hall

BREAKOUT BLOCK A

Please choose one to attend.

3:15 - 4:15 PM



LISTENING TO YOU BEFORE YOU LISTEN TO OTHERS

FOUNDERS HALL

Dan Rose, Psy.D.

Director, The Counseling Center at Columbus State University

Emotions are like the check engine light in you. Learning to notice them, accept them and then lean in to hear what they are telling you is key to mental health and self-care. It is also a key component of leadership and understanding others.



INCORPORATING MEANING AND PURPOSE IN YOUR PROFESSIONAL JOURNEY

MAGNOLIA ROOM

Jovan Johnson

Director, Career Design at Columbus State University

This workshop will focus on how to incorporate your values in our professional lives through Resume and LinkedIn. During this session, participants will be able to identify, reflect, and articulate their personal and professional values; and participants will learn how to incorporate their values on their resume and LinkedIn profile.



EMOTIONAL FUEL: OUR FUTURE IS SHAPED BY THOSE CLOSEST TO US

AUDITORIUM

Cortney Wilson

Director, William B. Turner Center for Servant Leadership

This session is intended to help students see that leaders operate on emotional fuel, which is made up of healthy relationships in their life; and to teach students that leaders must deliberately purpose and choose their network of relationships including heroes, mentors, and mentees. Participants will be provided a framework to see where they are strong in their network, and where they need to add relationships in order to establish emotional support.

BREAKOUT BLOCK B

Please choose one to attend.

4:30 - 5:30 PM



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Alexis Gray

Student Development Coordinator, Student Leadership & Service

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DIVERSE LEADERSHIP: IT'S A MARATHON NOT A SPRINT AUDITORIUM

William Keen and Johnnae Roberts

Student Development Coordinator for Fraternity and Sorority Life and Student Development Coordinator for Diversity Programs and Services

In this presentation, we will explore the concept of values-based leadership while collaborating with peers of diverse backgrounds. Participants will be able to define values-based leadership, recognize diversity within others, and articulate the importance of valuing diversity in their leadership.

BREAKOUT BLOCK C

Please choose one to attend.

5:45 - 6:45 PM



THINKING CLEARLY: TAKING CONTROL OF THOUGHT DISTORTIONS FOR A HAPPIER AND HEALTHIER LIFE

FOUNDERS HALL

Kelly Morrow Baez, PhD, LPC

Licensed Professional Counselor and Executive Coach

If you've ever felt anxiety, impostor syndrome, or crushing stress, it may have less to do with your situation and more to do with your thoughts. In this session, you will learn about the most common thinking errors directing your life experience and learn to reframe them so that you're seeing life through a more accurate (and more comforting) lens!



THE PROBLEM WITH "BOOKED AND BUSY"

MAGNOLIA ROOM

Maria Moss

Leadership Consultant and Coach

Booked and busy is apparently the order of the day, or at least on social media. Check out Facebook, Instagram, or TikTok on any given day and it seems like EVERYONE has 100 things happening (all of which appear to be successful endeavors, by the way) and 100 more in the works. So what do we do? Follow the trend, and "Yes" ourselves right into being "Booked and Busy" to our own detriment? Or learn to discern and make sure we remain "Proactive and Productive?"



PRIORITY PIE

AUDITORIUM

Lashica Thomas

Interim Director of Campus Recreation at Columbus State University

Students will take an honest look at how they're spending their time and energy at home, school, work, etc. This activity is a real eye-opener for most people, the end result of which should be higher productivity and less overall stress.

KEYNOTE PRESENTATION

Founders Hall, 7 PM

LEADING ON EMPTY

Jessica Lundy

A full day of classes... Three assignments are due tomorrow... Midterm exam next week...
Two meetings tonight... Who even has time to lead?

Jessica Lundy knows this feeling all too well; wanting to accomplish everything on your to-do list and still be the type of leader your organization needs you to be. It can be exhausting, for sure, but it doesn't have to be that way. In this signature program, Jessica teaches the strategies to thrive in challenging times and, most importantly, preventative measures to live your life on full.

This program focuses on the critical topics of self-care, prioritization, delegation, and learning how to budget your time, energy, and talents for those you lead. Just like a fuel tank has a gauge, so should you. The best leaders, the ones who show up and better their teams consistently, know how to assess their fuel levels and plan accordingly.

Jessica is committed to helping you master your internal assessments and making sure you always wake up and win!



Jessica Lundy is an award-winning TV host turned transformational life coach, speaker and author, that has a proven record of unlocking student potential by increasing clarity and confidence, which results in better grades, higher graduation rates, and improved behavior.

FOLLOW JESSICA



**THANK YOU FOR ATTENDING THE 2021
COUGAR LEADERSHIP CONFERENCE!**



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