



NCSL*
***National Conference on Student Life**

NOVEMBER 22-23, 2024 • ORLANDO, FL

NCSL*

CONFERENCE WELCOME



It's an honor to welcome you to this year's gathering, where passionate and talented individuals come together to inspire student leadership and growth. I'm confident you'll leave with new ideas, renewed enthusiasm, and valuable connections to support your work. Please stop by the registration desk to say hello and let us know if there's anything we can do to enhance your experience. Thank you for being here, and I look forward to seeing you at many more events!

Sincerely,

A handwritten signature in black ink that reads "William H. Haight".

William H. Haight
President of Magna Publications, Producer of the
National Conference on Student Life

NCSL STAFF

The Magna Publications team is here to assist you throughout the conference. Please contact us if we can be of service.



Bonny Wolter
Events Coordinator



Matt Nieman
Content Coordinator



Marcus Manning
NCSL Associate



Mark Beyer
Customer Service Manager

GENERAL INFORMATION

We eagerly look forward to our student conference because of the inspiring, talented, and dedicated leaders we meet. We are especially excited to welcome you to the National Conference on Student Life, and look forward to seeing your journey. We have confidence you will return to your campus with new ideas, new enthusiasm, and new professional skills. Let us know if there's anything we can do to improve your experience.

Networking Opportunities

- Attend the reception
- Attend as many sessions as possible
- Use the breaks between sessions to continue conversations
- Share a meal with someone you don't know
- Attend Karaoke Night
- Use the community portion of the conference app to plan social time or connect with other attendees beyond the conference
- Use the hashtag #NCSL24

Wi-Fi

Enjoy complimentary WiFi in the meeting rooms:
Network: **NCSL24**
Passcode **@NCSL2024\$**
(*case sensitive*)

Name Badges

Name badges are required for all sessions, meals, and plenary presentations. Please wear your name badge at all times. If you lose your name badge, please see a conference staff member at the registration desk for a replacement.

Evaluation

You will receive an electronic survey after the conference via email. Please take note of the sessions you attend and complete the survey for a chance to win one of two \$50 gift cards to Amazon! Your feedback helps us improve future programs.



@NCSLConference



@nslconference_



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Sessions

Please keep in mind that sessions are available on a first-come basis and seating may be limited. Please be prompt; some sessions will fill early. Please have your second and third choices ready. If you attend a session and realize it's not for you, please feel free to leave and join another session.

Conference App

Download the conference app from your app store for many features including networking, scheduling sessions, speaker handouts, and alerts about changes or updates to the program schedule.

- Search and download "Bizzabo" in your app store
- Enter the email address you registered with
- Click the NCSL Conference



Meals

Your registration includes a plated lunch and a pizza reception on Friday, and a continental breakfast and plated lunch on Saturday. If you selected any dietary restrictions on your registration, you will be provided with special meal tickets. Present these tickets to the hotel banquets staff at lunch.

Stay Connected

Connect with other attendees using the conference hashtag #NCSL24, and stay connected with us all year by following us on social media.

PROGRAM-AT-A-GLANCE

Color Key: *All Attendees* *Advisor Experience* *Student Workshops*

FRIDAY, NOVEMBER 22

8:00am–4:00pm	Registration Open
9:30am–11:00am	Conference Welcome and Opening Keynote
11:15am–12:15pm	Student Workshops: Networking and Advisor Session
12:30pm–1:30pm	Lunch
1:45pm–2:45pm	Student Workshops: Changemakers and Advisor Session
3:00pm–4:00pm	Student Workshops: Leadership and Advisor Session
4:15pm–5:45pm	Career Corner
5:45pm–6:45pm	Networking Reception
7:00pm–8:30pm	Karaoke Night

SATURDAY, NOVEMBER 23

7:30am–3:00pm	Registration Open
7:30am–8:30am	Breakfast
8:30am–9:45am	All-Conference Leadership Lab
10:00am–11:00am	Student Workshops: Self-Care and Wellness and Advisor Session
11:15am–12:15pm	Student Workshops: Lifeskills and Advisor Session
12:30pm–1:30pm	Lunch
1:45pm–2:45pm	Student Workshops: Communication and Advisor Session
3:00pm–4:00pm	Closing Keynote
4:00pm	Certificates Available and Conference Adjourns

Student Workshop Blocks

SELF-CARE AND WELLNESS

Sessions in this track empower students to prioritize their well-being as they develop essential leadership skills. “Keeping your cup full” means you can lead others sustainably and compassionately.

COMMUNICATION

Explore foundational communication skills, including active listening, public speaking, conflict resolution, and persuasive storytelling. By enhancing verbal and non-verbal communication, students become equipped to lead more effectively.

LEADERSHIP

Sessions in this track are dedicated to developing impactful and visionary student leaders, and explores various leadership styles and skills.

LIFE SKILLS

The life-skills track is tailored to equip college students with vital life skills to navigate adulthood successfully and balance their responsibilities, including time management, financial literacy, emotional intelligence, and critical thinking.

CHANGEMAKERS

Become agents of change who inspire and advocate for inclusivity, advocate for a better future, and are social justice champions—both with the groups you lead on campus and on your postgraduate path.

NETWORKING

Learn to build meaningful connections to better navigate networking opportunities and foster relationships that support your leadership journey and career aspirations.

ADVISOR SESSIONS

The Advisor Sessions are designed for faculty, staff, and other professionals who support and mentor student leaders. These sessions focus on strategies and best practices for guiding students in their leadership journeys, fostering inclusive environments, and promoting holistic student development.

FRIDAY, NOVEMBER 22

8:00 am – 4:00 pm

REGISTRATION OPEN

Room: Florida Foyer

9:30 am – 11:00 am

CONFERENCE WELCOME AND KEYNOTE

Awakening Your Warrior Spirit

Erin Pompa, *Erin Pompa LLC*

Room: Florida 1-4

Every single day, we're bombarded with countless expectations, whether they come from society, our families, or the never-ending stream of perfection on social media. These expectations can weigh heavy on our shoulders, making us believe that our worth is solely determined by whether we meet them or not. It's like walking through a minefield of negative thoughts, where every misstep threatens our self-esteem. But here's the thing: Awakening Your Warrior Spirit isn't just a pep talk; it's a transformative journey towards reclaiming your power and resilience. Together, we'll dive headfirst into tough times, refusing to let them define who we are. Introducing the PAG framework: a powerful tool to change how we see things and take charge of our inner dialog. Through this framework, we'll learn how to silence the relentless chatter of self-doubt and replace it with gratitude and acceptance. When we're finished, you won't just understand these principles; you'll use them to create a life full of abundance and courage. So gear up, because it's time to awaken your inner warrior and stride boldly into a future filled with possibility!

11:15 am – 4:00 pm

ADVISOR & PRESENTER LOUNGE

Room: Florida 6-7

Advisors and presenters are encouraged to grab a warm drink and mingle in the Advisor & Presenter Lounge. Share experiences and challenges facing your roles and get to know the other advisors and presenters at the conference to expand your own network.

11:15 am – 12:15 pm

STUDENT WORKSHOPS: NETWORKING

Build Your Net Worth Through Building Your Network

Joanna de Pena, *Top Notch Scholars*

Room: Key West A

In today's dynamic collegiate landscape, effective networking is a MUST. It stands as a cornerstone of student leadership development, offering invaluable opportunities for growth and advancement. This session explores the vital connection between building one's network and fostering successful leadership skills among college students. Amidst current struggles, evolving communication, and technological trends, cultivating meaningful connections has emerged as a strategic imperative, enabling students to navigate challenges and seize emerging opportunities with confidence daily!

Stand Out Networking 101: Differentiators That Get You Noticed + Keep You Top-of-Mind

Jessica Villegas, *Hi-Lite Coaching*

Room: Key West BC

This session provides essential strategies for differentiating oneself in the competitive world of networking. We will cover creating a unique personal brand, delivering compelling elevator pitches, and maintaining visibility through consistent follow-up. Participants will learn actionable tactics to showcase their individuality, expertise, and value, ensuring lasting impressions and meaningful connections. Through interactive discussions and real-world examples, attendees will gain practical skills for building and nurturing professional relationships, positioning themselves as standout leaders in their fields.

Linking Leaders: The Art of Building Authentic Connections

Diana Richardson Phillipus, *Empowered Women Empower*

Room: Key Largo A

This interactive session is meticulously designed for participants seeking to hone their ability to forge authentic connections. Throughout the session, participants will explore the nuances of networking, learn the importance of genuine relationships, and acquire communication skills crucial to inspiring collaboration and fostering a community of mutual support. This workshop equips emerging leaders with the tools necessary to effectively engage with peers, mentors, and professionals, transforming their potential into impactful leadership.

Resume Secrets and Job Search Hacks Every Student Needs to Know

Nicki Joiner, *TYS Speakers*

Room: Key Largo BC

Tired of sending out resumes and hearing crickets? This session has you covered! We're spilling the secrets on how to craft a rockstar resume, where to find the best job and internship opportunities, and how to catch the attention of the people who actually make the hiring decisions. Whether you're looking for your first internship or gearing up for the full-time job hunt, this session will arm you with the resume tricks and job search hacks every student needs to know.

The Art of Interdependence

Jennifer Valtos, *Penns Grove Carneys Point School District*, and Rebecca Koch, *Life University*

Room: Key Largo D

Serving as a leader on campus often requires you to engage with others in environments that can be extremely beneficial or potentially harmful. What would your relationships be like if you could interact with others in a way that recognized our reliance on others to be successful? How might we engage differently with others if we embraced what we have in common rather than focusing on our differences? This session will focus on the mutual reliance of our relationships and provide some concrete examples of how we can focus on our similarities versus our differences to better understand and cultivate our interdependence.

12:30 pm – 1:30 pm

LUNCH

Room: Florida 1-4

1:45 pm – 2:45 pm

ADVISOR SESSION

How Do You Work2BeWell?

Sara Nilles Freauf and Heather Ransom, *Work2BeWell*

Room: Florida 5

Learn about Work2BeWell and what it has to offer YOU! As a mental health and wellness program, originally founded by teens in partnership with Providence Health System, we focus on providing mental health resources and education, with the goal of promoting wellness across the country while working to normalize the conversation about mental health and reducing the stigma that surrounds it. In this session, you'll explore our free resources tailored for college students, featuring practical, clinically vetted advice on self-care, managing anxiety, emotional first aid, and advocating for mental health on campus. Engage in sample activities from various modules and learn how you can leverage Work2BeWell to enhance well-being.

1:45 pm – 2:45 pm

STUDENT WORKSHOPS: CHANGEMAKERS

To Know, To Do, To Live Leadership

Keith Copeland, *Coach C Speaks*

Room: Key West A

Change comes from having a true understanding of not only what leadership is, but how servant leadership transforms a campus community. "To Know Leadership" is the first step in a leadership journey. "To Do leadership" is the second phase of being a substance leader that lives by example, builds trust, relationships, transparency, creates change, and facilitates growth by leading with permission and production as the overall goal. Finally, "To Live Leadership" allows servant leadership a space to live, to elevate a campus culture, to build momentum, sustain it, and to grow current and future leaders.

Leadership that Lives Forever: How to Be a Leader that Leaves a Legacy

Natilie Williams, *Nat Will, Speak!*

Room: Key West BC

When you think of memorable leaders, you think of those that left behind a true impact and lives on for years. As a campus leader, it is time for you to think of the legacy and impact that you will provide. During this session, we will examine the perception of the student leadership culture and discuss steps to maximize your individual and collective legacy during your campus takeover. This highly interactive workshop will also examine what it means to leave a legacy, how to balance social image and academic/professional development, and detail clear goals through execution. Participants will walk away with tangible ideas and methods on how to leave a legacy on their college/university.

Belonging to Belong: Why Emotional Courage is Required to Support People and Change Systems

Tre Cabrera, *Cabrera Advisory Group, LLC*

Room: Key Largo A

This interactive session is built exclusively for leaders and professionals, across sectors and industries, who care deeply about revolutionizing their influence in organizational culture-building. People want cultures that prioritize belonging; and leaders have a core responsibility to champion the workplace culture and amplify how the organization empowers its people to thrive through values.

The Power of Being You

Velshay Stokes, *Amerihealth Caritas*

Room: Key Largo BC

This session will explore the importance of authentic leadership in a fun and relatable way. As students prepare to transition beyond university, it's essential they feel secure in staying true to themselves. While the pressure to conform can be strong, real power lies in

bringing your unique perspective as an addition, rather than just trying to fit in. Through self-exploration activities, we will help you discover your authentic leadership style, tackle imposter syndrome, and learn how to inspire others by being genuine.

The Power to Lead...and To Serve

Rebecca Koch, *Life University* and Jennifer Valtos, *Penns Grove Carneys Point School District*

Room: Key Largo D

Leaders, by virtue of their position, have inherent power over followers or subordinates, as evidenced by the “power differential” that is always assumed to be part of such relationships. The leader is assumed to have more power and, since power can be manipulated, misused, or misinterpreted, it is incumbent on the servant leader to have the utmost integrity in their use of power. In their hands, power can become a beneficial tool for initiating beneficial change and achieving social justice. when used to serve others. How can we, in our positions as leaders, view and use power benefit others—and not just individual people but whole groups of people? We often think of power in terms of domination, greed, and control, but what about the power of trust, generosity, and autonomy? The 21st century leader understands that power (and resources) cannot continue to become more and more concentrated into fewer and fewer hands. This session will provide interactive opportunities for participants to explore four kinds of power and consider how shared power has—and can still—bring about needed social change.

3:00 pm – 4:00 pm

ADVISOR SESSION

From Me to We: Building Collaborative Leadership and High-Performing Teams

Cindy Rowe, *Cindy Rowe, LLC*

Room: Florida 5

Today’s student leaders face a complex landscape. They need to be not just individuals with vision, but also skilled collaborators who can build high-performing teams. This session dives into the art of collaborative leadership, empowering student leaders and advisors to create a “we” mentality that drives success. We’ll explore how to move beyond solo leadership styles and build inclusive teams that leverage the strengths of diverse perspectives. Discover practical strategies for fostering effective communication within your team, fostering healthy conflict resolution, and delegating tasks effectively. This session goes beyond theory, offering real-world scenarios and actionable tools that student leaders can implement immediately. Learn how to build trust and psychological safety within your team, encouraging open dialogue and creative problem-solving. By the end of this session, participants will gain a deeper understanding of collaborative leadership concepts and walk away with concrete strategies to build strong, cohesive teams.

3:00 pm – 4:00 pm

STUDENT WORKSHOPS: LEADERSHIP

When I Was YOUR Age!: Successful Leadership Across the Generations

Matthew Shupp, *Shippensburg University*

Room: Key West A

Organizations can be thought of as living organisms made up of the individuals working within it. According to a Pew Research Center analysis of U.S. Census Bureau data, more than one-in-three American labor force participants (35%) are Millennials, making them—currently—the largest generation in the U.S. labor force. Yet, individuals who are part of the Baby Boomer generation, Generation X, Generation Z, and, shortly, Generation Alpha also exist within these spaces and hold, at times, vastly different worldviews. While these varying lenses hold possibility for growth in the workplace, what often occurs is resistance to change and hurt feelings resulting in stifled outcomes. Join this session and discover new and innovative strategies to effectively lead across generational differences!

Barz That Raise The Bar: The Art of Endurance

Jonathan Cabrera, *Abstract Lifestyle*

Room: Key West BC

Ever been hit with so much at once that you wonder how you are going to get past the semester? What about getting past life? It is difficult for anyone to fulfill their role as a leader in society when things seem to be falling apart personally. We will discuss ways to develop the skills, tools and mentality needed to endure through rhymin’ and freestylin’. Spittin’ barz that raise the bar.

Lead Your Way

Lauren Dreher, *Forged by Fire*

Room: Key Largo A

In this session, we’ll explore the importance of embracing your unique leadership style, rather than trying to mimic others. While it’s valuable to learn from great leaders we admire, true success comes from putting your own spin on these lessons and being authentically yourself. Trying to lead like someone else can feel forced and come across as insincere. We’ll discuss how staying true to your own strengths and values can not only lead to personal success but also inspire positive change in the professional world and beyond. By embracing your unique leadership style, you’ll encourage others to do the same and stand confidently in their own leadership abilities.

Unlocking Your Leadership DNA: Three Keys to Embracing the Leader Within

Stefan Thomas, *University of Toronto Scarborough*

Room: *Key Largo BC*

Ever feel like you're meant to lead, but something's holding you back? You're not alone. In a world that's always pushing you to step up, it's easy to forget the most important part of being a leader: understanding yourself. This workshop goes beyond technical skills, teaching you the art of self-leadership. You'll uncover the essence of who you are as a leader, explore the driving forces behind your leadership aspirations, and understand what it truly takes to lead with authenticity and impact. Get ready to challenge your assumptions, ignite your passions, and unlock the leader within. Whether you're aiming for a top role in your school, your community, or beyond, this workshop will equip you with the self-awareness and resilience to make a lasting impact. It's time to stop just aspiring to lead and start embracing your true leadership DNA!

Collaborative Excellence: Empowering Teams for Success

Sam Brown, *Faith and Effort, LLC*

Room: *Key Largo D*

This session is designed to provide participants with practical strategies for building and maintaining high-performing teams. You will engage in hands-on experiences to understand the significance of teamwork and collaboration. We will cover the essentials of team dynamics, highlighting the crucial interconnectedness needed for success. By conducting a strengths assessment, participants will identify their unique talents and learn how to align roles with these strengths to enhance team performance. We will also address common challenges such as member inactivity, exploring strategies for re-engagement and facilitating group problem-solving sessions. Participants will learn how to assign responsibilities and build trust to motivate and empower team members.

4:15 pm – 5:45 pm

CAREER CORNER

Room: *Florida 1-4*

Ready to take the next step toward your future career? Join us at the NCSL Career Corner, designed with your success in mind, this event offers essential resources and expert guidance to help you jumpstart your professional journey.

Stations Include:

Headshots: First impressions count! Stop by our Headshot Station to get a high-quality professional photo that will elevate your LinkedIn profile and job applications.

Resume Reviews: Your resume is key to landing opportunities. Bring a printed copy and Resumes of Florida will provide personalized feedback to help you stand out.

Visit LeaderShape: Discover how their programs empower individuals to lead with integrity and foster change in their communities. Learn about transformative experiences like The LeaderShape Institute, Catalyst, and Courageous Dialogue, designed to inspire values-driven leadership for a more just, caring world.

Meet Your Mentors: Take advantage of this unique opportunity to connect personally with conference presenters for informal, one-on-one discussions where you can ask questions, seek tailored advice, and gain insights from these amazing leaders.

5:45 pm – 6:45 pm

RECEPTION

Room: *Florida 1-4*

Join us at 5:45pm for a networking reception while enjoying pizza and snacks!

7:00 pm – 8:30 pm

KARAOKE NIGHT

Room: *Florida 1-4*

It's time to unwind, relax, and let loose! Get ready to hit the stage and show off your singing skills as emcee Jonathan Cabrera hosts the highly anticipated Karaoke Night.

SATURDAY, NOVEMBER 23

7:30 am – 3:00 pm

REGISTRATION

Room: Florida Foyer

7:30 am – 8:30 am

BREAKFAST

Room: Florida 1-4

8:00 am – 3:00 pm

ADVISOR & PRESENTER LOUNGE

Room: Florida 6-7

Advisors and presenters are encouraged to grab a warm drink and mingle in the Advisor & Presenter Lounge. Share experiences and challenges facing your roles and get to know the other advisors and presenters at the conference to expand your own network.

8:30 am – 9:45 am

LEADERSHIP LAB

Stay in H.A.R.M.'s Way—How to Amplify the Impact of Your Leadership

Chris Collins, *Chris C Speaks*

Room: Florida 1-4

Being a student leader can be challenging. That's why it's important to stay in H.A.R.M.'s Way! Yes, you heard that right! The H.A.R.M. Leadership Model empowers students with practical and immediately applicable tools to be more Powerful, Effective, and Balanced student leaders. In this interactive Leadership Lab, scholars will achieve the following learning objectives:

- Evaluate and list the personal stressors/limitations they encounter in their leadership roles and develop action plans to deal with them in a way that exceeds expectations.
- Learn to model the proper execution of tasks and duties and be personally accountable.
- Learn to create a culture of excellence by organizing balanced groups to complete tasks and achieve their organization's objectives.
- Identify their leadership abilities and increase their influence and effectiveness as a leader in their organizations.

10:00 am – 11:00 am

ADVISOR SESSION

Mindful Leaders Balancing the Wellness Wheel for You and Your Colleagues

Jodi Schumacher, *Eastern Michigan University*

Room: Florida 5

Do you ever feel drained due to the demands of being a leader? This session will teach you a variety of ways to balance your wellness wheel. Wellness includes social, emotional, spiritual, environmental, physical, and intellectual. Learn practical tools to implement in your life to manage the demands of leadership. Leaders also need to learn how to support their colleagues in wellness. Learn how to develop wellness activities to use in your current and future positions as leaders.

10:00 am – 11:00 am

STUDENT WORKSHOPS: SELF-CARE AND WELLNESS

Empower Hour: Unlocking Your Potential

Marlanea Heaven, *Community Evolve & Thrive*

Room: Key West A

This session is all about exploring the realms of mental health, wellness, and self-care, equipping participants with crucial skills for leadership and personal growth. Through guided exercises, participants will learn to identify their internal emotions, connect them to their immediate environment, and discern how this awareness influences their leadership capabilities. Moreover, they will develop effective strategies for managing the pressures of leadership, striking a balance between performance expectations and prioritizing their well-being. This workshop will give student leaders the willpower to nurture their relationships both with themselves and within their campus community, fostering an environment conducive to personal growth and success.

Fearlessness is NOT a Superpower: Respond to Anxiety Like Batman

Ben Jeppsen, *Augustana University*

Room: Key West BC

Transitioning to college and career can be a period of intense stress and anxiety for students. The pressure to perform academically, coupled with newfound independence, separation from family, and new social roles and expectations, often exacerbates feelings of anxiety. It's well-documented that anxiety disorders are the most common mental health issues among college students (Pedrelli et al., 2015; Center for Collegiate Mental Health, 2019). Many

students, even those who do not meet the criteria for a disorder, experience significant distress. A common response to these challenges is escape avoidance, which includes behaviors such as substance abuse, comfort eating, social isolation, and denial (Deasy et al., 2014). However, inspired by Batman's active approach to challenges, we can adopt a more constructive response. Drawing from Steven Hayes' Acceptance and Commitment Therapy and Marsha Linehan's Dialectical Behavior Therapy (Norcross & Prochaska, 2018), I propose using Batman's response as a model for mindful distress tolerance. In this session, students will challenge the assumption that fearlessness is the goal, and instead advocate for a courageous acceptance of challenges, encouraging students to develop adaptive coping skills that replace escape avoidance and other maladaptive behaviors.

Building Resilient Leaders Through Mental Fitness

Sam Anthony Lucania, *Sam Anthony Speaks* and Steve Wize, *Mental Fitness LLC*

Room: Key Largo A

In the words of the late college basketball coach, John Wooden, "The most powerful leadership tool you have is your own example." Leadership is all about being a role model; however, leadership is earned, not granted. To be a role model that others respect requires self-discipline and resiliency. You can have all the talent in the world, can be assigned a position of leadership, but if you are not true to the responsibilities of that role, you'll never lead a team to its fullest potential. If your character isn't consistent with the role a leadership position demands, people will not follow. Said another way, leadership is about more than just performance, it's about character. Mental fitness helps leaders build their mental self-discipline and resiliency. It helps them develop their character and gives them the tools and guidance to lead by example. Your talk as a leader is only as powerful as the path you walk.

Becoming a Mental Health Warrior

Erin Pompa, *Erin Pompa LLC*

Room: Key Largo BC

During this workshop, we'll explore the universal nature of mental health challenges and the importance of nurturing our mental well-being. Students will learn to define mental health, recognize signs of jeopardy, and develop personalized, practical strategies for daily self-care. Through honest reflection and actionable practices, participants will gain the tools needed to face challenges head-on and build a resilient, thriving mindset. Embrace the journey to becoming a Mental Health Warrior and confidently empower yourself to navigate life's ups and downs.

Understanding Anxiety

Heather Ransom and Sara Nilles Freauf, *Work2BeWell*

Room: Key Largo D

In this session, discover how stress and anxiety, two different emotional responses, can affect you mentally and physically, and what you can do to manage both more efficiently. Explore real-life scenarios with the specialists from Work2BeWell to better understand how to respond to friends or peers experiencing anxiety and discuss ways to support yourself and others in stressful situations. Attendees will also engage in activities to move anxious thinking to realistic thinking and learn how to create a campus/team/sorority/fraternity/dorm/etc. guide to managing anxiety as well.

11:15 am – 12:15 pm

ADVISOR SESSION

Plan the Work, Then Work the Plan

Andy Herrera, *Penn State University*

Room: Florida 5

There are many students who possess a strong desire to get involved and pursue leadership positions. Many do very well due perhaps to innate abilities or role models. Others, however, struggle. This occurs because they may not know how to lead or have clear examples and guidance as to how do so. This presentation provides a concise, clear, and easy to follow concepts related to goal setting, leadership, management, establishing a plan of action, and specific areas to pursue when leading a student organization towards success. These concepts must be presented in an interactive and engaging manner where students can not only have while exploring these ideas, but find them meaningful, practical, and easy to apply and remember.

11:15 am – 12:15 pm

STUDENT WORKSHOPS: LIFE SKILLS

Unlocking Potential: Life Skills and Leadership for Future Success

Jeremiah Brown, *The Lead AAC*

Room: Key West A

This workshop explores the transformative power of the 5 C Framework in unlocking student leadership potential, connecting it to current issues and trends in collegiate leadership. Participants will embark on a journey of self-discovery and skill development, beginning with challenge discovery, where they will identify leadership challenges and uncover their unique purposes, setting the foundation for clarity in career goals that are essential for effective leadership. This workshop then focuses on developing competence in crucial skills like communication, collaboration, and critical thinking through interactive activities and discussions,

building confidence to navigate complex leadership situations. Additionally, it emphasizes the importance of professional networks in supporting leadership growth. By integrating these elements, students will be equipped to navigate their college journey with purpose, overcome challenges, and become influential leaders.

Upgrade My Decisions

Kevin Mecchella, *Youth Speaker*

Room: Key West BC

We can all agree that we want our students to make great decisions. Despite the stress that high school students face, the real problem is the meaning they associate to the choices they are presented with. Yet we can agree that their lives are determined by the decisions they make. This is why we need to teach our students a specific framework in order to understand their choices, make great decisions and build positive patterns in their lives. This workshop takes the audience through the three truths of the teen decision making process. Kevin takes the audience through the mistakes he's made throughout his lifetime, as well as the framework he has uncovered that has turned his life around for the best. Kevin's talk is interactive with numerous short exercises, live music, and student volunteers. His audience will leave feeling inspired to change and empowered to take action.

Awaken Your Potential

Clint Pardoe, *Speaker and Coach*

Room: Key Largo A

Awaken Your Potential provides student leaders with a simple holistic approach to help them live their full potential by integrating today's most popular leadership topics into one life-changing message. This session aims to guide college students in holistic self-care, conscious communication, efficient time management, and taking powerful actions. Many students often neglect these aspects, leading to physical, emotional, mental, and spiritual challenges. Drawing from Ken Wilber's "Integral Life Practice," the session will explore physical health, emotional balance, mental clarity, and spiritual awakening. It will also cover communication techniques to enhance relationships and introduce time management strategies based on the Maker/Manager model. Finally, the session will encourage setting SMART goals to take effective action.

Workplace Dynamics: The Role of Generations in Effective Leadership Communication

Santana Batten, *Draft Career Consulting*

Room: Key Largo BC

This session helps college students entering the workforce understand communication and leadership across generations. It raises awareness of generational differences, prepares them for diverse work environments, enhances their leadership skills, teaches problem-solving and collaboration, and contributes to

their professional development. Overall, it equips students with essential insights and strategies to navigate the complexities of the modern workplace effectively.

Cultivating Tomorrow's Innovators: Leadership Skills for the Digital Age

Pamela Gurley, *Clark and Hill Enterprise*

Room: Key Largo D

This session aims to bridge the gap between leadership and technology, demonstrating how emergent leaders can forge a path within the tech-savvy workspace of the future. It aims to blend the understanding of tech's impact on leadership with actionable insights for aspiring and current leaders to equip them for success in our digital era.

12:30 pm – 1:30 pm

LUNCH

Room: Florida 1-4

1:45 pm – 2:45 pm

ADVISOR SESSION

Meeting Students Where They Are: Engaging Through Intergenerational Communication and Relationship Building

Sam Brown, *Faith and Effort, LLC*

Room: Florida 5

This session empowers college advisors with strategies to connect with students across generational lines. Kicking off with the icebreaker "Intergenerational Clues," participants will decode messages in teams, highlighting the importance of overcoming communication barriers. A key highlight is the "Fab 5"—five strategies for mastering intergenerational communication, providing a practical framework for deeper connections. The second half of the workshop transitions into application. Advisors will be grouped and given student profiles with diverse backgrounds and experiences. Each group will create a comprehensive plan for building and sustaining relationships with these students over their college careers, utilizing the intergenerational communication strategies from the "Fab 5." By the end, participants will be equipped with actionable insights and techniques to foster long-term, impactful relationships that support students' academic and personal growth.

1:45 pm – 2:45 pm

STUDENT WORKSHOPS: COMMUNICATION

Communication with Less Confrontation—Transition How You Listen

Vincent Phipps, *Communication VIP Training & Coaching*

Room: Key West A

Relationships are the new revenue! Communication is not what you throw, but what they catch. Balance feelings with facts. Adapt your communication to the recipient. Modify response to manage conversational flow. Stop treating others how you want to be treated and start treating others the way they want to be treated.

Shine Bright Like a Diamond: 7 Secrets of Successful Public Speaking

Kristel Flynn, *Saint Xavier University*

Room: Key West BC

As a student leader, you will be called upon to communicate your messages effectively to others. You may be asked to present information about getting involved, how to succeed in college, utilizing important resources and many other topics. In this interactive session, you will learn strategies and tips to build your confidence and become an effective speaker. You already stand out from the crowd as a leader – now learn how to shine in your public speaking skills!

Five Voices and Me: Understanding Dominant Voice and Its Impact on Communication

Courtney Lewis, *University of Michigan*

Room: Key Largo A

This session invites students to explore and refine their unique voices through a mix of self-assessment and interactive activities. Participants will identify their communication strengths and weaknesses, learn how their voices mesh with others, and discover strategies for overcoming challenges in team settings. Young leaders will gain insights into their communication styles, understanding how to effectively convey their ideas and lead diverse groups. The session will focus on enhancing communication and collaboration, equipping students with tools to navigate and succeed in any team dynamic.

Leadership Communication: A Contact Sport

Will Baggett, *Emergent Executives LLC*

Room: Key Largo BC

In this powerful workshop, we delve into the heart of leadership, exploring the idea that effective leadership is not a passive endeavor but a dynamic and engaging contact sport. Drawing inspiration from the world of sports where resilience, strategy, and teamwork are paramount, this speech offers valuable insights on how leaders

can navigate the challenges of the corporate arena. Attendees will learn how to develop a winning mindset, build strong and cohesive teams, and lead with impact in an ever-evolving landscape.

Soft Skills Supercharge: Blending Tradition with Innovation

Amanda Best-Noel, *University of the West Indies* and Camille Edwards, *Life Skills Development Lab*

Room: Key Largo D

In today's dynamic world, effective leadership extends beyond traditional skills. It encompasses personal branding, impactful communication, and meaningful mentorship. This workshop dives deeply into these critical aspects, empowering student leaders to unlock their full potential. Leadership research by Wang (2023) and Syed (2023) posited that student leadership often involves a range of related abilities that students possess or require for leadership roles. Student leadership education necessitates the personal and professional development of student leaders to progress global thought. This workshop looks at the 21st-century skills student leaders need to develop themselves and influence from the perspective of student leadership education, synthesizing both leadership theories and practice.

3:00 pm – 4:00 pm

CLOSING KEYNOTE

The Power Within: Building Unshakeable Confidence

Nicki Joiner, *TYS Speakers*

Room: Florida 1-4

Confidence is not an innate, fixed characteristic. It's a skill that can be acquired and improved overtime. Believing in yourself is important, yet we all have moments—days, months, or even years—when we are unsure of our ability to tackle some of life's toughest challenges. During this session, we will discuss what we can do to instill and maintain a high level of confidence so that we can reach our fullest potential.

4:00 pm

ADJOURN

Thank you for a wonderful conference! We hope you take these connections and tools from this weekend and continue to apply them to your leadership and life. Certificates are available at the registration desk.

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HOTEL LAYOUT HILTON ORLANDO

LOBBY LEVEL (L)



LOWER LEVEL (LL)



LOBBY LEVEL (L)

- 1 Self-Parking Garage
- 2 Boardrooms
- 3 Front Desk
- 4 Grand Staircase
- 5 Spencer's for Steaks and Chops
- 6 Main Lobby
- 7 Bell stand, Concierge Desk, Boarding Pass Station
- 8 David's Club
- 9 Lobby Bar
- 10 Main Entrance / Valet Parking
- 11 The 24-hr. Marketplace
- 12 Gift Shop / Destination Essentials
- 13 Lake Meeting Rooms
- 14 UPS Store
- 15 Meeting Planner Office / Registration
- 16 Walkway to Convention Center

LOWER LEVEL (LL)

- 1 Entrance to eforea spa & 24-hr. Fitness Center
- 2 eforea spa
- 3 24-hr. Fitness Center
- 4 Grand Staircase
- 5 The Bistro
- 6 Group Pick-up / Drop-off
- 7 Orlando Ballroom
- 8 Orange Ballroom
- 9 Florida Ballroom
- 10 The Promenade
- 11 Meeting Planner Office / Registration
- 12 Key West
- 13 Key Largo

LOWER LEVEL (LL)

- POOL AND RECREATION**
- A Poolside Cabanas
 - B Basketball Court
 - C Waterslide
 - D Volleyball Court
 - E Lazy River
 - F Tennis Court
 - G Putting Green / Jogging Track
 - H Tropics Pool Bar & Grill
 - I Main Pool
 - J Quiet Pool

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