

Leading with SOAL Fall 2024 Schedule

Vibe and Thrive: Embracing Identity, Inclusivity and Diversity

Date: Tuesday, September 17

Time: 1 - 2 pm

Location: Cottonwood Suite I

Topic: Curious about how your one-of-a-kind mix of social identities colors your daily life and interactions? You'll learn the basics of inclusive language, diversity, and how intersecting identities impact your life and those around you. This is part one of a two-part series, with the next session diving into how our identities influence power, privilege, and systemic inequities.

Track Experience: Personal Development

SO&L x WEAVE Presents: WEAVE Got You

Date: Monday, September 30

Time: 3:30 - 5 pm

Location: Pacific Suite III

Topic: Want to learn how to support survivors and raise awareness for intimate partner violence? Join us to meet WEAVE and the Confidential Advocate Team at Sac State, and deepen your understanding of Domestic Violence Awareness Month. We'll also dive into your role as a mandated reporter, offering trauma-informed strategies to handle disclosures and empower survivors.

Track Experience: Personal Development

What? Like It's Hard? Planning & Organizing Events for your Club/Org.

Date: Wednesday, October 2

Time: 12 - 1 pm

Location: Pacific Suite I

Topic: Join us for this fun, interactive workshop where you'll learn the ins and outs of planning and organizing events for your organization. Learn tips and tricks, boost your leadership skills, and make your next event a hit!

Track Experience: Organizational Development

SO&L x PRIDE Presents: Rainbow Ally Training

Date: Tuesday, October 8

Time: 12 - 1 pm

Location: Green & Gold Room

Topic: Want to become a stronger ally and learn about the experiences of LGBTQIA+ students? In this interactive session, you'll learn about LGBTQ+ identities, gender-inclusive language, and how to be a supportive ally. We'll also cover allyship accountability, promoting safety, and key laws impacting queer and gender-diverse students.

Track Experience: Personal Development

Do We Have a Problem? Conflict Management for People Who Hate Conflict

Date: Wednesday, October 16

Time: 12 - 1 pm

Location: Foothill Suite

Topic: Struggling with tough conversations or avoiding conflict altogether? This workshop is for you! Learn simple, stress-free strategies to handle disagreements with confidence, communicate effectively, and resolve issues without the drama.

Track Experience: Personal Development

Be Better Have My Money: Handling your Club/Org. Funds Like a Boss

Date: Thursday, October 24

Time: 1 - 2 pm

Location: Green & Gold Room

Topic: Join us for an essential workshop where you'll learn how to handle money effectively, budget wisely, and understand campus policies like a pro. Get the skills you need to keep your club's funds in order and your events thriving!

Track Experience: Organizational Development

Passing of the Torch: Transitioning New Leadership into your Club/Org.

Date: Wednesday, November 13

Time: 12 - 1 pm

Location: Foothill Suite

Topic: Ready to pass the baton without missing a step? In this workshop you'll learn how to transition new leaders into your club/organization seamlessly, boosting morale, and setting up your board for success. Make leadership changes a breeze and keep your club thriving!

Track Experience: Organizational Development

Beat the Burnout Bootcamp

Date: Monday, November 18

Time: 2 - 3 pm

Location: Cottowood Suite II

Topic: Feeling overwhelmed and drained? Join us for a rejuvenating workshop where you'll learn practical strategies to combat burnout, manage stress, and restore your energy. Discover how to thrive academically and personally, and reclaim your balance!

Track Experience: Personal Development

You Can Sit With Us: Planning an Intentional and Inclusive Recruitment

Date: Tuesday, December 3

Time: 4 - 5 pm

Location: Cottonwood Suite I

Topic: Learn how to design intentional, inclusive gatherings that attract and engage a diverse range of students. Unlock the secrets to successful recruitment and create events that everyone will want to be a part of!

Track Experience: Organizational Development

Slay Your Day: Mastering the Art of Time Management

Date: Thursday, December 5

Time: 11 am - 12 pm

Location: Green & Gold Room

Topic: Struggling to juggle classes, activities, and social life? Join us to uncover time management secrets that will help you balance it all, boost your productivity, and make the most of every day. Get ready to take control and thrive academically and personally!

Track Experience: Personal Development