



Breakout Session #1 • 11:15 - 12 p.m. ET



Kollin Fitzpatrick

Pi Kappa Alpha
Assistant Director of Health
& Wellness, EO Staff

Walking the Tightrope: Balancing Leadership & Self-Care

Union A

Do you feel overwhelmed by your responsibilities and competing identities? This session will explore how to find balance through five self-care strategies that encompass all eight areas of the Delta Gamma health and wellness wheel. Participants will also set goals for their leadership term to help them find balance between their leadership and their personal well-being.



Taylor Mierendorf

Delta Kappa-South Florida
Education Administrative
Coordinator, EO Staff

Putting the "I" in Leadership: Understanding Yourself Through Leadership Development

Union B

This session will aim to help you explore your personal identities, leadership strengths and reflect on your lived experiences to better understand your leadership capabilities. Through small and large group discussion, reflection prompts and introspective activities, you will gain an understanding of how to hone in on your leadership style how this can be applied to your leadership position.



Baelee Wehlburg

Theta Beta-Case
Senior Site Coordinator,
College Now

Equitable; Not Equal

Union C

An overview of the college access field and how making post-secondary education more achievable and accessible for all students directly benefits your organizational efforts in belonging, equity, inclusion and diversity (BEID). A grassroots approach to creating positive change on collegiate campuses and positioning your organization as a powerful force for college accessibility.

Breakout Session #1 Continued • 11:15 - 12 p.m. ET



Leslie Pedigo

Gamma Nu-North Texas
Learning and Development
Manager, Lambda Chi Alpha

The Art of Giving and Receiving Feedback

Union D

This session will focus on methods for giving and receiving feedback, which is a very important piece of leading a team and communicating with others. It will highlight the importance of learning from one another and using your role as an opportunity to improve your leadership style and chapter. Ideas will be shared on how to receive feedback with humility and how to create action steps based on feedback shared. This session will provide tangible ways you can improve the way you work with team members in your organization and beyond.



Renee DuBois

Gamma Phi Beta
Associate Director for
Student Organizations
& Fraternity and Sorority
Involvement, Stetson
University

You Are A Rockstar!

Union E

Stepping into a leadership role can be scary especially when you have self-doubt going into the position. Sometimes we do not think we are good enough for the position even though we are told that you are a rockstar. This session will dive into what imposter syndrome is and how it can effect us as leaders. We will explore what it looks like to have imposter syndrome, the mental toll it can have on you as a leader and leave you with tangible ways to work through it to be the rockstar that you are.



**Anchor
Academy**

Breakout Sessions
February 10-12, 2023 • Columbus, Ohio



Breakout Session #2 • 5 - 5:45 p.m. ET



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Pi Kappa Alpha
Assistant Director of Health
& Wellness, EO Staff

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Breakout Session #2 Continued • 5 - 5:45 p.m. ET



Taylor Harris

Phi Mu
Graduate Assistant for
Fraternity and Sorority Life,
Texas Tech University

Selling Your Sorority Experience

Union D

As sorority women, we hold the power to shape the narrative of fraternity and sorority life - so what's stopping us? In this session, we will identify best practices to market the sorority experience online, with potential new members, the future job market and the world. We will analyze strategies in selling our stories productively and gain tools to help inform the impactful narrative of your experience.



Dylan Rowell

Zeta Gamma-Richmond
Community Relations &
Engagement Specialist,
EO Staff

We're in it Together: Centering Friendship & Connection

Union E

Have you ever been in a spot where it felt like group morale in your organization was low? Or felt a looming sense of disconnection amongst your team? In this session, we will explore the power of fostering a sense of belonging by discussing ways you can prioritize meaningful connections as a leader, amongst your team and center friendship as an organizational priority.



Athena Cole

Theta Alpha-Cal Poly,
San Luis Obispo
Collegiate Development
Consultant, EO Staff



Haleigh Swenfurth

Eta Kappa-NC State
Fraternity and Sorority
Life Coordinator,
North Carolina State
University

Unpacking Dialogue vs. Debate

Fairfield

This session will allow you to participate in discussion and engaging activities to enhance your dialogue communication skills. In your leadership positions you may be faced with situations that cause for difficult conversations or confrontation of concerning behaviors. Dialogue allows us to strive to better understand and, at times, challenge each other's perspectives and insights within these moments. After this session, you will have a stronger understanding of how to use dialogue and debate within your leadership role and everyday life.

