



Breakout Sessions • 11:15 a.m. - 12 p.m. | 5 - 5:45 p.m. PT

The following sessions will be offered in each breakout session block.



Lauren Utley

Kappa Alpha Theta
Associate Director for
Training & Volunteer
Management, EO Staff

Walking the Tightrope: Balancing Leadership & Self-Care

Snoqualmie One

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.



Ari Rodriguez

Eta Alpha-Pepperdine
Fraternity Director:
Member Development

Leading with Integrity: Becoming a Leader Worth Following

Snoqualmie Two

Being a leader is more than completing tasks and making decisions. As the title suggests, it's about leading people. If you're not careful, you can get wrapped up in checking off your to do list of tasks and forget that there's a whole group of people looking to you to lead them. In this session, we will discuss one of the most important leadership traits you can have: integrity. By the end of the session, you will move from the starting point of being "just the leader" to being a leader that is capable of leading out of a place of integrity, and ultimately being the type of leader that others want to follow.





Jacquelyn Wall

Pi Beta Phi
Assistant Director for
Education & Consultants,
EO Staff

We're in it Together: Centering Friendship & Connection

Seattle One

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 and discuss ways you can prioritize meaningful connections as a leader, amongst your team and center friendship as an organizational priority.



Lanna Whitlock

Gamma Phi Beta
Chapter Services Manager,
Gamma Phi Beta

Filling Your Emotional Bank Account

Seattle Two

Relationships are key to our roles as leaders. During this session, you will have the opportunity to learn more about their 'love language' and understand how to best utilize it when developing and growing relationships with those in their chapter and beyond. The emotional bank account allows for an opportunity to relationship build and paired with the love language model, this is an opportunity to develop both personally and professionally.



Hannah Haulsee

Delta Pi-Southern
Mississippi
Assistant Director for
Growth & Development,
EO Staff

Conflict, Communication & Confidence

Seattle Three

Franklin D. Roosevelt said, "A smooth sea never made a skilled sailor." Despite our best efforts, there will be times when conflict arises. During this session, we will discuss the value to be found in conflict, develop communication strategies for navigating conflict and gain confidence in your ability to approach difficult conversations. Participants will leave the session with the tools to make an action plan to address a specific circumstance.