Motivation and Branding  
**Wednesday, February 5 • 4:00 - 5:00 p.m. • William Walker Room, Iosue Student Union**

Motivation is the catalyst for decisions on what to wear, where to live, who your social connections are, and which company to work for. Learn styles of motivation, why balance is needed, and how it cultivates your brand.

*Presented by: Jonathan Lopes, Assistant Director, Career Development*

Leading through Difficult Conversations  
**Thursday, February 13 • 4:00 - 5:00 p.m. • William Walker Room, Iosue Student Union**

One of the challenges of being in a leadership role is sometimes having to be the “bad guy” and lay down the law when things aren’t going right. Join us as we explore practical strategies to increase your comfort level with these difficult conversations. This session will cover: setting expectations and limits, the crucial importance of preparing for tough conversations in advance, and guidelines for giving feedback.

*Presented by: Holly Morreels, Title IX Coordinator, Human Resources*

Mental Health on Campus: A Dialogue  
**Wednesday, February 19 • 5:30 - 7:00 p.m. • William Walker Room, Iosue Student Union**

Mental illness is a national crisis. The college population is particularly vulnerable, with one-third of first-year students reporting mental health issues. Participants of this presentation can expect an open and honest discussion on this highly misunderstood, and all too often ignored topic. Our speaker addresses this important issue through her message of hope, recovery, education, and inspiration.

*Presented by: Donna Glass Evens, Mental Health Motivational Speaker*

Spartan Rock Talk  
**Wednesday, February 26 • 4:00 - 6:00 p.m. • WPAC**

Spartan Rock Talks are hosted by Student Senate each semester as an opportunity for the YCP student body to come together to address issues on campus.

*Hosted by: YCP Student Senate*

Discovering Leadership Identity Through the Enneagram  
**Thursday, March 19 • 4:00 - 5:00 p.m. • William Walker Room, Iosue Student Union**

We are all unique individuals who have a specific skillset to offer the world in and out of leadership positions. Join Ashton as we dive deeper into the Enneagram, a personality-typing system aimed to show you the motivations behind why you do the things that you do.

*Presented by: Ashton Whitmoyer, MA, Certified Enneagram Coach, Adjunct Faculty Member*

Leadership Builds: Role Modeling Men of Leadership  
**Wednesday, March 25 • 4:00 - 5:30 p.m. • Yorkview Hall, Willman Business Center**

Society tells a dominant story about masculinity; what’s expected and what makes a man “a man.” However, this narrative is not the only one. Leadership is a process centered around people and change. This session will explore healthy masculinity, leadership, and how they build upon each other.

*Presented by: YCP Engaging Men Taskforce*

Social Media Savvy  
**Thursday, April 2 • 5:30 - 6:30 p.m. • Weinstock Lecture Hall, Willman Business Center**

We live in a digital world where professional and social circles collide. Learn what it takes to develop self-branding online. This session will also explore social media wellness to set limits and to enjoy learning from those little moments in life.

*Presented by: Alexander Gibson, Adjunct Faculty Member*

How to Decrease Unconscious Bias  
**Thursday, April 23 • 4:00 - 5:00 p.m. • William Walker Room, Iosue Student Union**

No matter how much we might not want to admit it, unconscious biases influence a vast majority of our decisions and behaviors. Unfortunately, many of these biases do more harm than good. While it may be impossible to completely eradicate biases, we can take steps to reduce our reliance on generalizations and stereotypes. Join us as we discover our unconscious biases and how to limit their influence in our everyday life.

*Presented by: Ines Ramirez, Assistant Director of Intercultural Student Life and International Student Support, Intercultural Student Life and Global Programming*