

Summit with GASC



Today's agenda | 30 September, 2024

- 8:30 - 9:00AM **Schools and Delegate Registration**
-Advisors check in to receive nametags and floor tickets.
- 9:00 - 9:10AM **Seating of Delegates**
-House of Representatives Chamber for student delegates with floor tickets.
-Seating in the gallery for adult delegates and all other student delegates.
- 9:15 - 10:00AM **Opening Session**
- 10:00 - 10:15AM **Photo Break**
- 10:20 - 11:00AM **Workshop Rotation I**
- Kate Garnes
 - Anjali Verma
- 11:00 - 11:40AM **Workshop Rotation II**
- Dr. Jason Edwards
 - Ammishaddai Grand-Jean
- 11:40 - 12:00PM **Closing Session**
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Your notes:

Workshop Presenters

Kate Garnes

Say What?!? How The Words We Say And Don't Say Can Affect The Way We Lead

All humans everywhere ultimately want three things: to be seen, heard, and understood. When one of those things is missing, that's when people start to become not so friendly. When accepting a leadership role, it is so important to know how to treat those you are leading with respect, humility and kindness. In this interactive workshop, Kate shows the importance of recognizing how to see, hear, and understand others, even when it's not easy. Students will leave with hands-on activities to take back to their communities to help create an engaging and safe environment where everyone feels seen, heard, and understood.



Anjali Verma

Work2BeWell - Taking Care of Yourself

Mental health advocacy is incredibly important to me because I want teens, especially, to understand the value of their voices and know that they are never alone. Self-care is more than bubble baths and pedicures - it's about taking care of yourself so you can be the best leader you can be and avoid burnout. We will learn about the 8 different types of self-care and ways you can incorporate new ideas into your routine! You will also learn about all the free Work2BeWell resources available to you and your school.



Dr. Jason Edwards

Passion to Impact: Leveraging Your Why to Take Your School to the Next Level

Students will reflect on their personal motivations for joining their school's student council. This workshop will guide participants through identifying their core values and passions and how these can be harnessed to drive meaningful change. By the end, students will begin brainstorming actionable ideas to address key issues within their school, with the goal of creating a more inclusive and supportive environment for all.



Ammishaddai Grand-Jean

Leadership in Action: Building Influence, Inspiring Change

Ready to take your leadership to the next level? In this session, you'll learn how to build influence, communicate your vision, and make a real impact in your school and community. Drawing from my experiences as a U.S. Senate Page and a University Student Government President, I'll share practical tips for gaining trust, inspiring others, and taking action. Whether you're looking to solve problems or lead with purpose, this workshop will give you the tools you need to create positive change right now. Don't miss out on the chance to level up your leadership game!

