

UBC Student Leadership Conference 2020

Delegate Information Package

Leadership (un)bound



THE UNIVERSITY OF BRITISH COLUMBIA

Tentative Schedule

So what does the day of the SLC actually look like? Provided is the schedule so you can plan accordingly.

Time	Session
9:00 – 10:17	Opening Ceremony
10:30 – 11:20	Panels
11:30 – 12:20	Workshops & Living Libraries
12:30 – 1:20	Lunch
1:30 – 2:20	Workshops & Living Libraries
2:30 – 3:30	Featured Presenters
3:30 – 5:00	Closing Event

About this Stream

Leadership (un)bound - In this stream, you are encouraged to leverage your experience and values to discover what sparks passion in your leadership. You will learn about campus opportunities and meet incredible UBC leaders to support this journey.

Is this Stream for Me?

This stream was developed for students who are hoping to get into leadership at UBC, and to develop their networks and hear stories to support this. Additionally, this stream is for any student leader who primarily wants to embrace new ways of being involved at UBC.

Jason Quach

Featured Presenter

I'm a marketer by trade and storyteller at heart. My current job title is Marketing Automation Manager at SAP, and I have previously worked at Hootsuite and RED Academy. As a UBC Kinesiology graduate, I started my career journey with opportunities with UBC Orientations, Collegia, and the Kinesiology Undergraduate Society. Am so grateful for my time at UBC as each experience pushes you forward and gifts you with transferable skills that'll open future doors.



Living Libraries

Kathy Kinloch, President of BCIT

Bio and Headshot coming soon...

Sean Bindra

Bullied from a young age, Sean Bindra is a passionate community member who is motivated to give back by organizing various not-for-profit community initiatives. His life philosophy is to spread love and happiness. Whether this is through a simple interaction, performing a dance routine, organizing numerous Anti-Bullying Flash Mobs, or even dressing up as Superman and giving the gift of joy out in the community, Sean is driven by his desire to motivate others and to spread love. Sean is the Founder and Event Director of the annual "Anti-Bullying Flash Mob" event. Since beginning in 2014, more than 6,000 youth have participated in these "Anti-Bullying Flash Mob" events. Additionally, Police Officers from the Surrey RCMP, along with numerous players from the BC Lions Football Team, have learnt the dance routines over the years and have performed alongside the youth. This annual non-profit Anti-Bullying community initiative has received support from the community, as well as from prominent individuals: Prime Minister Justin Trudeau, The Honourable Harjit Singh Sajjan (Minister of National Defence), BC Premier John Horgan, Surrey Mayor Doug McCallum, and from Shiamak Davar who is a dance choreographer of multiple Bollywood films. Sean is excited for his presentation in which he hopes to inspire the attendees through his life story, and by sharing his personal philosophy of spreading love and happiness.



Panel

Conversations with Campus Leaders

Alexandra Lambert

Alexandra is currently a third year at UBC majoring in International Relations. Her previous leadership involvements as a Residence Advisor in Place Vanier and as an Assistant Director for UBC Recreation Intramurals, has led to her current role as Program Developer for the Intramurals program. Through her experiences, she has found that fostering one on one relationships is truly the best way to integrate herself and others, as well as support a community of 120 student volunteers.

Outside of classes and Intramurals, Alexandra loves to challenge herself and ran her first half marathon back in October. She also enjoys spending time outside, and her favorite spot is at the top of the Blackcomb bowl in Whistler.



Jake Medeiros

Jake is a current 5th-year BSc student in Chemical Biology and Residence Coordinator of Nootka House in Totem Park. He has lived in residence throughout his degree as a Residence Advisor in Totem Park and Place Vanier Residences, and has hosted many events centered around student involvement/outreach such as Coffee House and Let's Talk About Mental Health.

Jake has also been involved with The Breakfast Club at UBC since its inception in 2016, and loves all forms of physical activity including running, hiking, swimming, and most recently kickboxing. Outside of Residence Life, Jake is also a TA and an avid cook!



Reina Fernandez

My name is Reina and I am a third year student at UBC double majoring in International Relations and Sociology. I had the privilege to be part of the Jump Start program twice, as Orientation Leader and Senior Orientation Leader. Both experiences helped me strengthen my leadership skills as well as my cultural awareness. Having the opportunity to engage with people from all around the world encouraged my personal and professional growth.

Another leadership position that has aided my professional development is my current role as Coordinator for Communications and Public Affairs at the BC Council for International Cooperation (BCCIC). Partaking in such projects has proven to be extremely beneficial and I am excited to promote these type of experiences for other students.



I am Sarvenaz Oloomi, a second-year psychology undergrad in the faculty of Arts and a Collegia Advisor. I am also involved with the UBC Mental Awareness Club as a communications coordinator and volunteer with the UBC Yoga Club. To me, mental health and self-care are important and personal topics that I try to engage with every day and help others in as well. I try to also balance involvement and work alongside keeping a good academic standard. One of my biggest passions is music. I have been singing since I was little but in choirs since high school. I have had school awards for music and for being involved in leadership in music but the biggest was winning the Top Senior Jazz Vocalist at the International Surrey Jazz Festival. In short, I love to socialize with people and help others as much as I can with my experiences.

Sarvenaz Oloomi



Tara Gholamian

Tara is a 3rd year Cellular, Anatomical, and Physiological Sciences Student here at UBC. Her leadership journey started due to her passion for helping others, and a drive to include equity in her leadership. Her most memorable experiences at UBC come from acting as a Science Orientation Leader, Aboriginal Experience Student Leader, Multiple Sclerosis Club Executive, Period Conference Executive, and a Biology Teaching Assistant. Most notably, as an Equity Ambassador with UBC Peer Programs, she raised awareness concerning issues of social justice and worked to make minority student groups have a voice through various workshops and discussions. Currently, she is the Training Team Leader of the UBC First Aid Student Team where she practices harm reduction to make the UBC campus safer for staff, students, and community members. She is continually excited to learn from other student leader's experiences and to be a part of their leadership journey!



Dorothy Fu

Dorothy is a third-year commerce student studying Operations and Logistics and is proud of her involvement with the Financial Wellness Peers (FWP). Her interest in financial wellness first developed in high school, but it really took a forefront when she moved to UBC and started living on her own. After joining the FWP team at the end of her first year, Dorothy hopes to continue to help improve financial literacy in students and empower them to take control of their personal financial situations.

Outside of academics, Dorothy is a self-proclaimed baker (it doesn't always end well!) and is always on the lookout for fun and interesting recipes.



Workshops

Please note that you are allowed to choose workshops outside of your stream.

A Better World, By Girls: Meaningful youth partnerships to create change

Presenter: Diamond Isinger, Provincial Commissioner, Girl Guides of Canada, with BC youth co-presenters

The Girl Guides of Canada is focused on creating A Better World, By Girls through empowering programs, reaching 18,000 current members across BC.

With 100+ years of history, GGC strives to make a difference in the lives of girls and women and contribute to a better world – but Girl Guides knows that outcomes are strongest for girls when girls themselves can define what their better world looks like and act upon it, supported by adult catalysts.

In this session, BC Girl Guides will lead participants through interactive activities that explore effective tactics for listening to girls/youth, strategies to amplify their voices, and ideas to collaborate with youth to create change.

Following this workshop, university students and young professionals can become enthusiastic catalysts for youth empowerment. Knowledge gained will be an asset in studies, work, or volunteerism involving youth, community action, and/or corporate social responsibility, and would look terrific on any CV.

Sustainable Solutions for Single Use Plastics

Presenter: Maneezhay Hasmi and Mikhail Antyukhov, Engineers without Borders

A solution from an engineering perspective, with a focus on manufacturing methods, material selection and cost perspective, will be explored. The discussion will lead to mapping a more holistic solution system to explore the different stakeholders and how they impact this issue. Attendees will be given a stakeholder to represent, with background on their perspective of the issue. There will be a short discussion to gauge how all stakeholders feel about the engineering solution. We hope to make the point that while solutions can be approached from a single perspective, it requires collaboration between a multitude of stakeholders to form a long-term, impactful solution.

Adulthood (Un)filtered

Presenter: Vince Lok

Students work hard to graduate at the end of their program. Between the walk across the stage and settling into employment, students suddenly find themselves "adulthood." Before the transition into independent adulthood, take the opportunity to hear about what that's like from a UBC alum who had been enrolled in school for 23 consecutive years and is now finally (gingerly) embracing (accepting) the immersion into adult life. In this workshop, explore four questions that can guide you through a fulfilling journey after graduation.

The Power of Being A Student

Presenter: Aidan O'Callahan, Multidisciplinary Undergraduate
Research Projects in Health

Take this workshop if you are willing to challenge yourself and critically think about your unique positioning and potential in and outside academia. Propel and reshape your leadership skills by learning how to network in an (un)filtered way and rediscover the importance of an academic niche. Participate as a student leader in guided activities and learn about how you might be able to tackle problems with multidisciplinary solutions!

Creating Safer Spaces: Tools for Party and Event Planning

Presenter: Ariana Barer, Educator, SVPRO & Amanda Unruh, Health
Promotion Specialist

This workshop is an opportunity for student leaders to critically reflect on and consider our social event and party environments and develop strategies to take a proactive role in the cultural shift toward creating safer spaces that reduce harms and contribute to a culture of consent. This workshop will also cover resources available in the UBC community to support student leaders working to create safer spaces.

Participants will:

- Discuss event organizers' responsibilities to guests and how leadership teams can have clear plans and responses to address problematic behaviour at parties and events.
- Identify the broader social context that normalizes and perpetuates sexual violence and the impact this can have on our social spaces.
- Practice and apply bystander intervention skills for a variety of situations.

EXCELerate your breath

Presenter: Hassan Packir, First Year Experience Coordinator

Do you have a slight to moderate fear of Microsoft Excel (Spreadsheetphobia™)? Does the thought of Excel bring feelings of nausea/dismay? Tired of rhetorical questions?

Learn how to use Excel in a meaningful/practical way. This session will cover several functions of Excel and allow you to practice those techniques with real word examples.

- Topics will include:
- Conditional Formatting
- Complex Formulas
- Pivot Tables.

Any level of experience is welcome, but this session is designed to those who have little experience with Excel.

Any materials that delegates might need to bring (laptop?):

- A laptop running windows or macOS with Excel (any version) installed.

Creating Deeper Connections: Understand Yourself to Understand Others

Presenter: Mio Tomisawa, Student Support Specialist

We live in a world where we have to interact with people - whether as leaders, students, team members and in your work place, you can never work truly alone. One of the key hacks to become a better leader and effectively interact with the people around you is to understand yourself and in turn, understand others. In this interactive workshop, you'll learn key personality traits & values which effect your leadership style, understand and assess your current personality landscape and find the ways you can thrive in any social environment.

Spinning Sugar into Gold: (un)derstanding and (re)defining Leadership

Presenter: Grant Phillips-Hing

The purpose of this workshop is to redesign and redefine the way in which we associate with the concept of leadership. Leadership tends to be placed on a pedestal of unattainability, which keeps us from recognizing our attributes and strengthening them. Spinning Sugar into Gold will give you an opportunity to reflect on your experiences with leadership so far and analyze it through multiple lenses including filters which inform your leadership, how the goals you have for your leadership can be redesigned and applied in a more introspective manner. This workshop will also provide a chance to reflect on experiences of the past and find sweet moments of leadership that may not have initially recognized. Finally, we will work to conceptualize leadership with a more tangible and realizable definition that is more recognizant of factors that influence and mold it.