

ALPHA GAMMA RHO & SIGMA ALPHA

EXPLORE

2023 LEADERSHIP SEMINARS



GUIDE



Event Information

ATTIRE



FRIDAY: BUSINESS CASUAL

Dress slacks/khakis and a collared shirt or polo shirt. It will not be acceptable to wear jeans, sweatshirts, t-shirts or caps. Show your Chapter/University pride by wearing Greek Letters and/or school name and colors!



SATURDAY: BUSINESS ATTIRE

Coat and tie, dress suits

CONNECT



Tag us & Tweet us! Tweet live from the 2023 AGR and Sigma Alpha Leadership Seminars. Use hashtags: #AGRSALS23 #EXPLORE. Are you following @sigmaalpha and @alphagammarho? Make sure to tag us & tweet us while you're here!



Please take a few minutes to complete a short survey about the 2023 Leadership Seminars after the event. Your participation will help us improve future events.



Add Alpha Gamma Rho on Snapchat! Username: **alphagammarhohq**
Add Sigma Alpha on Snapchat! Username: **sigmaalpha78**

FIND YOUR COLOR

Assigned rooms are color coded based on the seminar location. View the colors at the bottom of each page to see which rooms your session is located in.

ORANGE - Kansas City, MO

RED- Indianapolis, IN

GREEN - Richmond, VA

BLUE - Denver, CO

Aknowledgements and Thank You!

WANT TO BE A FACILITATOR IN 2024?

Alpha Gamma Rho and Sigma Alpha Sorority join together each year to hold four regional Leadership Seminars. We are looking for AGR Brothers and SA Sisters who are highly energetic, have experience in group facilitation, and have drive to help attendees realize their full potential as a leader.

Apply to be a Facilitator by July 1, 2023!

For more information contact:
Alpha Gamma Rho at agr@alphagammarho.org
Sigma Alpha at sorority@sigmaalpha.org

On Behalf of Alpha Gamma Rho and Sigma Alpha, a special thank you to **Taylor Nash** as this year's Leadership Seminar Curriculum Consultant. Thank you for providing guidance to our Facilitators to make the Leadership Seminars a success!



FEB. 3-4 | Kansas City, MO

FEB. 10-11 | Richmond, VA

FEB. 17-18 | Indianapolis, IN

Feb. 24-25 | Denver, CO



EXPLORE

FRIDAY SCHEDULE

12:00 - 1:30 PM	Registration Shawnee Foyer River City Pre-Function Grand Central Station Foyer Second Floor Foyer
1:30 - 2:20 PM	Explore Your Path - Opening Session Shawnee A Gerhart & Rhoads Grand Central Station Peek-A-Boo Ballroom
2:30 - 3:30 PM	Advisers & Alumni Session Salon B Gerhart Haymarket Station A Kick the Can Housemothers/House Directors: Salon C Grand Central Station
	Breakout Sessions I
	Trekking Through Social Confidence - Jerry Kansa A Miller Victoria Station A Paper
	Own Your Path Everyday - Kellie Kansa B Salon A Victoria Station B Rock
	Exploring Your Brand - Shelby Kansa C Salon B Victoria Station C Scissors
	Exploring Your Network - Dustin Kansa D Amethyst Victoria Station D Keep Away
3:45- 4:45 PM	Breakout Session II
	Trekking Through Social Confidence- Jerry Kansa A Miller Victoria Station A Paper
	Own Your Path Everyday- Kellie Kansa B Salon A Victoria Station B Rock
	Exploring Your Brand- Shelby Kansa C Salon B Victoria Station C Scissors
	Exploring Your Network- Dustin Kansa D Amethyst Victoria Station D Keep Away
5:00- 6:00 PM	High Stakes Decision Making AGR: Shawnee A Gerhart Grand Central Station Peek-A-Boo SA: Kansa B Salon A Victoria Station A/B Scissors
6:15- 7:30 PM	Dinner Shawnee B Salon C Illinois Ballroom Marco Polo
7:30- 8:30 PM	Exploring Your True Colors Shawnee A Gerhart & Rhoads Grand Central Station Peek-A-Boo Ballroom

FRIDAY SCHEDULE

Session Descriptons

Opening Session

Learn from the journeys of impactful explorers and how their expectations are like the lives we live. Set goals for ourselves and identify objectives. Get to know other participants and prepare for an exciting weekend of Exploring our Path!

Breakout Sessions

Trekking Through Social Confidence- Jerry

As young adults, we are presented with countless opportunities to be pushed out of our comfort zones, discover our self-esteem and confidence levels, and develop our personal images to see where we intertwine amongst our communities. Through this session, you will learn about yourself as a leader and individual while understanding the importance of social confidence to be successful in all endeavors you explore in your life.

Own Your Path Everyday- Kellie

As leaders, we all need to manage our time effectively to make the most of the time we have available to us in our busy schedules. This session is all about fitting the most into your days and weeks, and categorizing your commitments to identify where your priorities lie.

Exploring Your Brand- Shelby

As a leader, it's important to know exactly who you are and what you stand for. In this session, we explore what a personal brand is and work together to develop your own brand that you can apply to your life and social media.

Exploring Your Network- Dustin

Exploring our path to becoming better leaders and achieving our goals is far easier with friends. In the "Explore your Network" session we will discuss what it takes to broaden our network to accomplish our professional goals.

High Stakes Decison Making

Develop a stronger understanding of your respective organization's risk management policies and practices through a hands-on learning session.
AGR and Sigma Alpha Sessions will be held seperately.

Dinner

Enjoy a meal full of conversation with alumni, Corporate Partners and other collegiate members.

Exploring Your True Colors

Personalities differ greatly but it takes all of us to make the world go around. In this session, we will take another look at our personalities and how we can truly represent our best, authentic selves in social settings.



EXPLORE

SATURDAY SCHEDULE

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Session Descriptions

7:30- 8:30 AM **Breakfast**
 Shawnee B Salon C Illinois Ballroom Marco Polo

8:45 - 11:00 AM **AGR/ Sigma Alpha Special Sessions**
 AGR: Shawnee A Gerhart Grand Central Station Peek-A-Boo
 SA: Kansa B Salon A Victoria Station A/B Scissors

11:30 AM- 1:00 PM **Awards Luncheon**
 Presentation of AGR Grand President's Award and
 Sigma Alpha's Spirit of Ruth Award
 Shawnee B Salon C Illinois Ballroom Marco Polo

1:15- 2:15 PM **Breakout Sessions III**
Exploring Conflict Resolution - Jerry
 Kansa A Miller Victoria Station A Paper
The Innovation Journey - Kellie
 Kansa B Salon A Victoria Station B Rock
Exploration of Event Planning - Shelby
 Kansa C Salon B Victoria Station C Scissors
Explore Your Role on a Team – Dustin
 Kansa D Amethyst Victoria Station D Keep Away

2:25- 3:25 PM **Breakout Session IV**
Exploring Conflict Resolution- Jerry
 Kansa A Miller Victoria Station A Paper
The Innovation Journey- Kellie
 Kansa B Salon A Victoria Station B Rock
Exploration of Event Planning- Shelby
 Kansa C Salon B Victoria Station C Scissors
Explore Your Role on a Team- Dustin
 Kansa D Amethyst Victoria Station D Keep Away

3:30 - 4:30 PM **Define Your Exploration & Start Your Journey**
 Action Planning & Closing Session
**Participants will start in Breakout Rooms and end in General Session room listed below*
 Shawnee A Gerhart & Rhoads
 Grand Central Station Peek-A-Boo Ballroom

Breakout Sessions

Exploring Conflict Resolution- Jerry
 Leaders are faced with conflict throughout life. In today's session, we will navigate conflict resolution by discovering the importance of personality types and how they play a role, as well as identification and steps to de-escalate and resolve issues.

The Innovation Journey- Kellie
 Being an innovator is an important step on the journey towards personal growth and towards being an effective leader in your industry. In this session, we will unpack the process of innovation and apply the concepts to personal and professional scenarios.

Exploration of Event Planning- Shelby
 Everyone has to plan an event at some point in their life. Whether it be a birthday party, business meeting, recruitment event, or philanthropy function, you will be faced with the opportunity to put your event planning skills to the test. Join us for this workshop where you will explore your personal strengths and weaknesses in event planning and learn how to plan the perfect event.

Explore Your Role on a Team- Dustin
 "Many hands make light work" is a phrase predicated on showcasing the ability of teamwork to make achieving goals more attainable. In the "Explore your role on a Team" session we will discuss what makes a successful team and how to use that knowledge to enhance the current teams you are a part of and assist in getting your future teams off to a great start.

Define Your Exploration & Start Your Journey Action Planning & Closing Session

As the Leadership Seminar wraps up, take what you learned this weekend and establish a plan. Both as individuals and with your chapters you will have dedicated time to define what you can accomplish moving forward using the skills and information learned this weekend.

