

ALPHA GAMMA RHO & SIGMA ALPHA



ALL IN

Intentional. Innovative. Intense.

LEADERSHIP SEMINARS

Event Information

ATTIRE



FRIDAY: BUSINESS CASUAL

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



SATURDAY: BUSINESS ATTIRE

Coat and tie, dress suits

CONNECT



Tag us & Tweet us! Tweet live from the 2024 AGR and Sigma Alpha Leadership Seminars. Use hashtags: #AGRSALS24 #ALLINLS. 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 2024 Leadership Seminars after the event. Your participation will help us improve future events.



Add Alpha Gamma Rho on Instagram! Username: **alphagammarhoHQ**
Add Sigma Alpha on Snapchat! Username: **sigmaalphasorority**

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.

RED - Kansas City, MO

BLUE- Reno, NV

GREEN - Nashville, TN

GOLD- Philadelphia, PA

Aknowledgements & Thank You!

WANT TO BE A FACILITATOR IN 2025?

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 August 1, 2024!

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!

FRIDAY SCHEDULE

12:00 - 1:30 PM

Registration

Seattle Pre-Function Hermitage Lobby
Whitney Peak Pre-Function Salon Pre-Function

1:30 - 2:20 PM

Be ALL IN - Opening Session

Monterey/Seattle Hermitage D
Whitney Peak 1 Salon 3-4

2:30 - 3:30 PM

Advisers & Alumni Session

Seattle 1 Hermitage D Pre-Function Salon 3-4

Breakout Session I

ALL IN-tentional Listening- Hannah

KC Theatre Hermitage A Whitney Peak 1 Salon 1

Crash Course in Confidence- Carleigh

Overland Park Hermitage B Whitney Peak 2 Liberty 1

Commit to Your Future- Clark

Tucson Hermitage E Whitney Peak 3 Liberty 2

Forge Your Success: Master Personal Accountability- Will

Phoenix Hermitage F Wheeler-Relay Salon 2

3:45- 4:45 PM

Breakout Session II

TALL IN-tentional Listening- Hannah

KC Theatre Hermitage A Whitney Peak 1 Salon 1

Crash Course in Confidence- Carleigh

Overland Park Hermitage B Whitney Peak 2 Liberty 1

Commit to Your Future- Clark

Tucson Hermitage E Whitney Peak 3 Liberty 2

Forge Your Success: Master Personal Accountability- Will

Phoenix Hermitage F Wheeler-Relay Salon 2

5:00- 6:00 PM

AGR & Sigma Alpha Special Sessions I

AGR: Overland Park Hermitage D Whitney Peak 1 Salon 1

SA: Monterey Hermitage E-F Whitney Peak 3 Salon 1

6:30- 7:30 PM

Dinner

Monterey/Seattle Hermitage C Mt. Rose Salon 5-8

7:30- 8:30 PM

ALL IN Authenticity

Monterey/Seattle Hermitage D
Whitney Peak 1 Salon 3-4

FRIDAY SCHEDULE

Session Descriptions

Opening Session

Being ALL IN means committing 100% to your goals, your team, and your development. In this session, discover what it looks like to be all in this weekend and after. Consider the impact of being intentional, innovative, and intense has when you are ALL IN.

Breakout Sessions

ALL IN-tentional Listening - Hannah

Often we listen to respond, not to understand. Enhance your ability to understand another's perspective and effectively communicate your own. Effectively communicate through intentional listening.

Crash Course in Confidence - Carleigh

It is hard to be ALL IN, when you don't totally feel like you belong. In this session we will explore the intersection of leadership and imposter syndrome. Discover practical strategies to recognize and overcome self-doubt, fostering the confidence essential for effective leadership.

Commit to Your Future - Clark

Prepare attendees for the workforce through the NACE (National Association of Colleges and Employers) Core Competencies, focusing on Career & Self-Development. Learn to proactively develop oneself and one's career through continual personal and professional learning, awareness of one's strengths and weaknesses, navigation of career opportunities, and networking to build relationships in and out of one's organization.

Forge Your Success: Master Personal Accountability- Will

A strong sense of accountability will not only provide meaningful tools for personal success but will also help individuals have greater satisfaction from their achievements by recognizing the value in the virtue of accountability.

Learn about the different forms of accountability and deflection and how it can be implemented into your own life.

AGR & Sigma Alpha Special Sessions

AGR and Sigma Alpha Sessions will be held separately.

Learn more about your respective organization's programs, policies and initiatives. Use this opportunity to engage with and network with members of AGR or Sigma Alpha in two dedicated member sessions on Friday and Saturday.

Dinner

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

ALL IN Authenticity

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 ourselves in social settings.

SATURDAY SCHEDULE

7:30- 8:30 AM

Breakfast

Monterey/Seattle Hermitage C Mt. Rose Salon 5-8

8:45 - 11:00 AM

AGR & Sigma Alpha Special Sessions II

AGR: Overland Park Hermitage D Whitney Peak 1 Salon 3-4
SA: Monterey Hermitage E-F Whitney Peak 3 Salon 1

11:30 AM- 1:00 PM

Awards Luncheon

Presentation of AGR Grand President's Award and
Sigma Alpha's Spirit of Ruth Award
Monterey/Seattle Hermitage C Mt. Rose Salon 5-8

1:15- 2:15 PM Breakout Sessions III

ALL IN-tense Conversations - Hannah

KC Theatre Hermitage A Whitney Peak 1 Salon 1

Break Through the Burnout Cycle - Carleigh

Overland Park Hermitage B Whitney Peak 2 Liberty 1

Be 100%: The Professional Approach - Clark

Tucson Hermitage E Whitney Peak 3 Liberty 2

Unlocking Opportunities - Will

Phoenix Hermitage F Wheeler-Relay Salon 2

2:25- 3:25 PM

Breakout Session IV

ALL IN-tense Conversations - Hannah

KC Theatre Hermitage A Whitney Peak 1 Salon 1

Break Through the Burnout Cycle - Carleigh

Overland Park Hermitage B Whitney Peak 2 Liberty 1

Be 100%: The Professional Approach - Clark

Tucson Hermitage E Whitney Peak 3 Liberty 2

Unlocking Opportunities - Will

Phoenix Hermitage F Wheeler-Relay Salon 2

3:30 - 4:30 PM

ALL IN This Together

Action Planning & Closing Session

Monterey/Seattle Hermitage D

Whitney Peak 1 Salon 3-4

SATURDAY SCHEDULE

Session Descriptions

Breakout Sessions

ALL IN-tense Conversations - Hannah

Step up in the face of intense conversations. Expand your methods of approach when stakes and emotions are high to overcome adversity.

Break Through the Burnout Cycle - Carleigh

Do you ever feel like you have given everything you have as a leader, a student, or a professional? Me too. In this session we'll explore practical strategies to combat burnout by cultivating healthier habits. Delve into the science of habit formation and discover how small, intentional changes can make a significant impact on your well-being.

Be 100%: The Professional Approach - Clark

Representing yourself and your organization requires navigating ethics and societal norms. To be 100% in your professional life requires awareness of your presence in all environments. Use this session as a means to develop your professional standing and identify the way you want to be viewed in your career.

Unlocking Opportunities - Will

Those we surround ourselves with have much to do with how far we get in ultimately reaching our goals. We see this as clearly evident through recruitment in our respective organizations, but it is also vital to seek out professional connections that push us to be better or help provide perspective.

ALL IN This Together

Action Planning & Closing Session

You've experienced how intentionality, intensity, and innovation fosters an ALL IN mindset. What is the next step? How do you take these skills and develop an ALL IN (mentality/culture?) for yourself and your chapter?