Advisor Summit 2019
Mindfulness & Leadership in Student Organizations

Check In and Registration 8:15 am – 8:30 am

Breakfast and Community Building 8:30 am – 8:45 am

Welcome and Keynote Speaker 8:45 am – 9:15 am

Session 1: Mindfulness and Leadership Practices for Advisors 9:20 am – 10:20 am
  ❖ Clarifying, Developing, and Articulating Your Own Advising Philosophy
  ❖ Ask An Advisor: Sharing Self-Care Strategies

Session 2: Supporting Individual Students with Mindfulness and Leadership 10:25 am – 11:25 am
  ❖ Creating and Using an Individual Coaching Model with Different Fraternity & Sorority Life Chapters
  ❖ Supporting Students in Learning and Engaging in Help-Seeking Behaviors

Lunch 11:25 am – 12:25 pm

Session 3: Developing Mindfulness & Leadership within Student Groups & Organizations 12:30 pm – 1:30 pm
  ❖ Reconceptualizing Trainings for Groups to Focus on Intentional Leadership Development Rather than Policies and Procedures
  ❖ Addressing Implicit Bias and Identity Politics Within Student Groups and Organizations

Session 4: Changing the Mindfulness and Leadership Culture at Northwestern 1:35 pm – 2:35 pm
  ❖ What Can We Learn from the Data? Examining Student Culture Through the MSL and Campus Climate Surveys
  ❖ Centering Student Voices: What Do Students Need and Want?

Closing, Assessment, and Gifts 2:40 pm - 3:00 pm