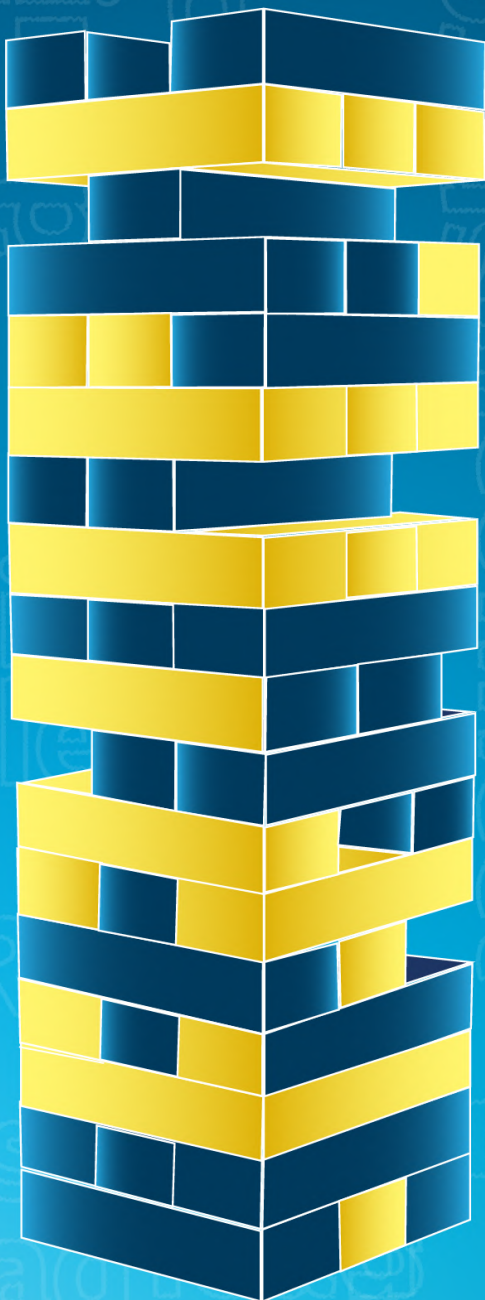


# BUILDING YOUR FOUNDATION



**2023 UNDERGRADUATE  
LEADERSHIP CONFERENCE**

**February 25 2023**  
10 am - 5 pm

**UC Davis**  
Conference Center

The conference is funded  
and made possible by



**UC DAVIS**  
Center for Leadership Learning  
Office of Undergraduate Education

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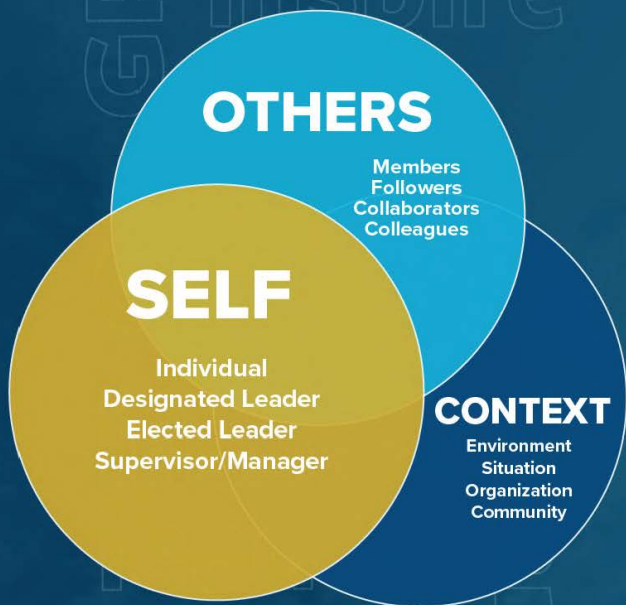
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# Welcome Back!

Welcome to the tenth annual Aggies Leading the Way! Undergraduate Leadership Conference! This annual full-day event is free for all undergraduate students and open to students in all majors. With workshops, keynote speakers, and networking opportunities, the event brings together students interested in leadership and who aim to make a difference in their academic and social communities.

## CLL Mission

The Center for Leadership Learning (CLL) aims to educate and cultivate the next generation of leaders who have a strong sense of self-awareness, can work effectively with others, and who are civically and socially engaged. The CLL strives to meet its mission through a variety of curricular and co-curricular programs which are open to every undergraduate student. The CLL provides undergraduates a unique opportunity to formally learn about leadership and professionalism, while receiving invaluable, hands-on training that will assist them for a lifetime. The CLL welcomes students from all majors, class levels, and degrees of leadership experience who wish to enhance their personal lives and the lives of others.



## What is Leadership?

Leadership is much more than title and position, telling others what to do, or having authority and power. Leadership is about having purpose, both as an individual and as a group, to intentionally make a positive difference. Leadership can only occur when each of the following components are fully functioning together: Self, Others, and Context. The circular figures (see diagram on left) represent the continuous process of growth, learning, and the practice of leadership.

Conference workshops will help students explore one or more of these three components, all of which merge to form a connection that helps guide both formal and informal leaders on their journey to create change.



## Conference Theme

**As students** navigate their undergraduate career, they are often consumed with daily pressures that come with earning a degree. As a result, the value of self-discovery and personal growth can be overlooked, leaving students uncertain about what they can accomplish after graduation.

The 2023 Aggies Leading the Way! Conference theme, **Building Your Foundation**, challenges students to look beyond these pressures and focus on the nature of their values, identity, and purpose. Grounding themselves in these areas, students will move forward with a strong foundation that will last a lifetime.

Through a variety of interactive workshops and activities, the conference aims to help students discover how values establish a solid foundation, how to align actions and decisions to complement larger goals, and how their unique identity aligns with purpose and passion.



**BUILDING YOUR  
FOUNDATION**



# Conference Agenda

**February 25, 2023**  
UC Davis Conference Center

<b>9:30am – 10:00am</b>	<b>CONFERENCE CHECK-IN &amp; CONTINENTAL BREAKFAST</b> Conference Center Lobby
<b>10:00am – 11:00am</b>	<b>CONFERENCE WELCOME</b> Christie Navarro, Director – Center for Leadership Learning Ballrooms A, B, C <b>FEATURED SPEAKER</b> Sandy Holman, Director - The Culture C.O.-O.P. & United in Unity Ballrooms A, B, C
<b>11:10am – 12:10pm</b>	<b>WORKSHOPS – SESSION 1</b> Conference Center Ballrooms A, B & C, Meeting Rooms A & B
<b>12:15pm – 1:00pm</b>	<b>LUNCH</b> Ballrooms and Conference Center Courtyard
<b>1:10pm – 2:10pm</b>	<b>WORKSHOPS – SESSION 2</b> Conference Center Ballrooms A, B & C, Meeting Rooms A & B
<b>2:15pm – 3:15pm</b>	<b>WORKSHOPS – SESSION 3</b> Conference Center Ballrooms A, B & C, Meeting Rooms A & B
<b>3:15pm – 3:30pm</b>	<b>SNACK BREAK</b> Conference Center Lobby
<b>3:30pm – 4:30pm</b>	<b>FEATURED SPEAKER &amp; ACTIVITY</b> Alejandro Vilchez, Principal - AV Consulting Ballrooms A, B, C
<b>4:30pm – 5:00pm</b>	<b>CLOSING REMARKS</b> Christie Navarro, Director - Center for Leadership Learning Ballrooms A, B, C  <b>RAFFLE PRIZES &amp; EVALUATIONS</b> Andrea Martinez Vera, Bailey Petty, Bre Shepherd Berger Center for Leadership Learning Ballrooms A, B, C  <b>CONFERENCE T-SHIRTS</b> Interns - Center for Leadership Learning Conference Center Lobby

*Morning Featured Speaker*

# Sandy Holman (she/her)



**Director - The Culture  
C.O.-O.P. & United in Unity**

**10:15am – 10:50am**

***Ballrooms A, B, C***

**Sandy Holman** has presented to thousands of youths, adults, organizations, and institutions on a variety of topics such as transforming systems, inequitable structures, dismantling racism and supremacy ideology and practices, the achievement gap, P-16 education, literacy, resiliency, addressing the whole child, and institutional best practices for change. She has placed special attention on the importance of culturally relevant and responsive services and materials, as well as on increasing cultural competence in educational and service-oriented settings for over 35 years.

Sandy received her Bachelor of Arts degree in Psychology from the University of California, Davis and her Master of Science degree in School Counseling with a focus on Education from California State University, Sacramento. She has served on the Board of Directors of local and national agencies serving youth and adults. In addition, Sandy has also received several awards and acknowledgments for her work, presentations, and books.

*Afternoon Featured Speaker*

# Alejandro Vilchez (el/ello)

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**Alejandro Vilchez** (el) is an independent consultant in the field of violence prevention, youth development and community engagement. As trainer and facilitator, he has the ability to capture audiences in a fun yet focused manner, both in English and Spanish.

For over three decades he has served in multiple direct service and leadership roles within non-profit and social services agencies. He is a licensed Restorative Practices trainer and author of “Off 2 Play”, a workshop dedicated to games, icebreakers and group activities. Alejandro is born and bred in the Bay Area, holds degrees in Cross-Cultural Communications and Human Services. He loves baseball, classic Chevys and reading all things C.S. Lewis.

**Principal – AV Consulting**

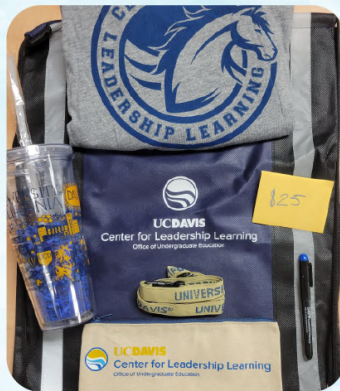
**3:30pm – 4:30pm**

***Ballrooms A, B, C***

# Win Free Stuff, Enter Our Raffle!

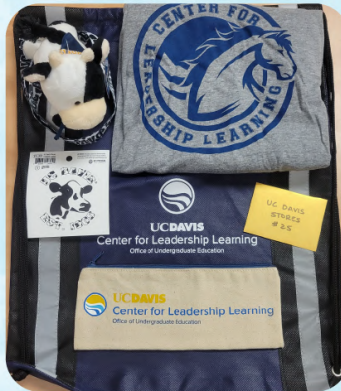
## Runner Up Prize #1

CLL blue drawstring bag  
 CLL pencil case  
 CLL Calligraphy pen  
 UCD lanyard  
 CLL T-shirt  
 \$25 gift card to UCD Store  
 UCD reusable cup



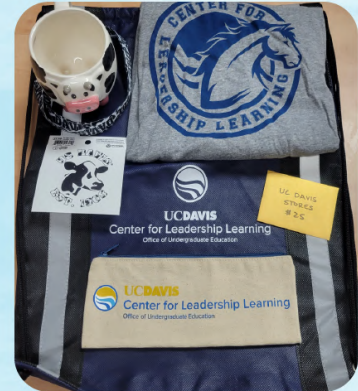
## Runner Up Prize #2

CLL blue drawstring bag  
 CLL pencil case  
 UCD lanyard  
 CLL T-shirt  
 Cow Sticker  
 \$25 gift card to UCD Store  
 Cow Plushie



## Runner Up Prize #3

CLL blue drawstring bag  
 CLL pencil case  
 UCD lanyard  
 CLL T-shirt  
 Cow Sticker  
 \$25 gift card to UCD Store  
 Cow Mug



## Grand Prize!



UCD cow-print drawstring bag  
 CLL blue drawstring bag  
 CLL pencil case  
 CLL Calligraphy pen  
 2 Cow pencils  
 UCD lanyard  
 CLL T-shirt  
 UCD T-shirt  
 2 cow cookies  
 Chocolates  
 UC Davis Cow Plushie  
 \$50 gift card



# session 1

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11:10am - 12:10pm

## **Thrive vs. Survive: Strengthen Your Study System**

**Rachel Bingham & Eva Huang**

### **BALLROOM A**

Let's examine our behaviors and habits to design action plans for strengthening our study system. What's working, what could be working better? Using the Academic Wellness Wheel, participants will engage in self-discovery in the following topic areas: notes/lecture, readings, study strategies, focus & concentration, schedule/calendar, task management, project management, and use of tools & resources. Whether you are a first-year transitioning to our research university and the quarter system, or a fourth year wanting to maximize your last year, these are important skills every Aggie needs to achieve their goals. This is a foundational skillset that will last a lifetime, leaving you better prepared for what comes next.

Attending this workshop will help you: 1) evaluate your current study system, identify growth areas using the Academic Wellness Wheel and 2) identify next steps to strengthen your study system.

## **Foundations for the Future: Building a Career Path**

**Emma Singletary**

### **BALLROOM B**

Creating a career path may seem daunting, and students may feel the need to have everything figured out by the time they choose a major or by the time they graduate - but that simply isn't the case! Career development is a lifelong process and in this interactive session, participants will have the opportunity to begin working on how to identify career related goals and transforming them into SMART goals through a combination of presentation and individual and group activities.

Attending this workshop will help you: 1) define SMART Goals and 2) create at least one SMART goal related to a career.

## **Growth Mindset: Pathway to finding your passion, leading with purpose, and bouncing back from adversity**

**Rebecca Shepherd**

### **BALLROOM C**

Have you ever wondered why some people are not discouraged by setbacks, are motivated to learn and strive to improve themselves, while others are quicker to call it quits when things become challenging because they interpret failure as an indication of incompetence? The answer is a matter of mindset. Stanford University Professor Carol Dweck (1999) identified two types of mindsets that are based on the beliefs about whether intelligence and ability are innate and fixed or whether they can be achieved through effort. With fixed mindset, it is the belief that you either have "what it takes" to do a particular job or you are lacking. This mindset is comprised of limiting beliefs that disconnect you from finding your passion and bouncing back from adversity because it does not view effort as being an essential factor of success. On the other hand, having a growth mindset involves the belief that effort and learning can contribute to success. It is essentially the notion that through motivation and learning, ability and intelligence can be achieved, or at least improved upon. Our mindset influences everyday experiences in profound ways including how much effort we put into achieving a goal, our ability to bounce back from adversity, and our level of subjective well-being (aka. Happiness).

Attending this workshop will help you: 1) compare and contrast fixed mindset with growth mindset as approaches toward school, work, and relationships, and 2) explore the ways in which our mindset impacts our ability to find our passion, lead with purpose, and bounce back from adversity.

# WORKSHOPS

# session 1

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11:10am - 12:10pm

# WORKSHOPS

## **It's Giving Passion?: Describing, analyzing, and interpreting passion**

Ryan Tom

**CONFERENCE ROOM A**

Discover an alternative lens to passion as a "how" instead of a "what". Utilizing an art criticism technique, we'll dissect art examples to uncover patterns of passion and work. We'll reflect on our own lives to better understand what we might be passionate about.

Attending this workshop will help you: 1) define passion in multiple ways and 2) understand passion in context to other leadership concepts such as self-awareness and setting boundaries.

## **Finding Community from the Inside Out**

Leishara Ward

**CONFERENCE ROOM B**

As students transition from college life to whatever comes next, it can be difficult to maintain a positive, hopeful attitude. Feelings of loneliness creep in as our college friends move across the world and our sense of self-worth is tested when our career choices are not as plentiful as we imagined they would be. In this workshop, we will examine factors that can lead us to doubt and isolate ourselves, and then look at strategies for reconnecting - first with self, then with others. We will practice grounding through a mindfulness meditation and discuss how the mental work we do at home affects the way we show up in the world and the experiences we attract to ourselves.

Attending this workshop will help you: 1) Identify tools to recognize individual value and worth, 2) understand the use of energy grounding and practice of meditation, 3) understand the value of storytelling to build new relationships and community, and 4) recognize the benefits of regular mindfulness practices.

# session 2

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1:10pm - 2:10pm

# WORKSHOPS

## **Advocacy 101** **Araceli Moreno & Kasil Willie** **BALLROOM A**

In this workshop, students will gather useful tools that can assist them in advocating for themselves and the communities they are a part of. Are you a student who has felt powerless in a situation because of your “student” status and did not know how to advocate for yourself? Are you a student who would like to learn how to advocate your needs to others? Are you a student who would like to learn how to advocate for your needs and the needs of your community? Then come join us in this interactive and soul-boosting workshop! Because having the confidence to advocate for yourself will lead you to a path of growth, resilience, and give you a boost in self-confidence.

Attending this workshop will help you: 1) be more confident about yourself, 2) create an advocacy toolkit, 3) have a foundation of what it means to advocate for your needs and the needs of your community, 4) build communication skills, and 5) learn about your racial equity lens.

## **Developing Your Personal Brand – Who Do You Want to Be?** **Jen Keller** **BALLROOM B**

Having a personal brand is no longer a choice! Things are identified by their brand, and it is important to give thought to who you want to be and what you want to be known for both personally and professionally. In this session, you will learn the importance of being intentional about developing your personal brand. We will discuss the differences between brand and reputation, the elements to help define your brand, and you will begin the work of crafting your own personal brand statement. We will talk through your vision for yourself, your purpose, your core values, and your passions to help create your customized brand. This session will be highly interactive with both collaborative activities as well as individual reflection time.

Attending this workshop will help you: 1) learn the importance of developing a personal brand, 2) identify the differences between brand and reputation, 3) reflect on vision, purpose, values, and passions, and 4) begin crafting a personal brand statement.

## **Develop Your Mental Fitness to Strengthen Your Foundation** **Erika Reynolds** **BALLROOM C**

Imagine yourself calm, focused, stress free and positive even with all the challenges that are thrown your way. Imagine what you could achieve and the peace of mind this would bring to you. During this session, you will learn how you can re-wire your brain in as little as 6-8 weeks so that you can build new habits and make sustainable change that will positively impact your life well beyond UC Davis. Using the Positive Intelligence Research and framework, you will complete a self-assessment to learn what is getting in the way of your performance and wellbeing and learn techniques so that you can access a clearer and calmer mind anytime, anywhere. This is a must for your personal foundation. Participants are encouraged to have an Internet enabled device (photo, tablet, laptop, etc.) during the session to get the full benefit.

Attending this workshop will help you: 1) understand Positive Intelligence research and framework and how it relates to you as a leader, 2) increase self-awareness by identifying your own saboteurs, 3) learn and practice self-command techniques that you can do anywhere, anytime to reduce stress, improve relationships, decision making, and more, and 4) learn how you can re-wire your brain and change your neural pathways in as little as 6-8 weeks.

# session 2

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1:10pm - 2:10pm

# WORKSHOPS

## **Exploring Your Cultural Values: Foundation and Change**

**Kimberly Bellows**

**CONFERENCE ROOM A**

The groups that we're a part of and the environments that we're in all shape our values, and it's up to us to take the time to pause and reflect on what are our values are so that we can be intentional about how we live them out now and in the future. In this session, we will learn about how culture and cultural groups are related to values, uncover some of your important values and where they came from, and discuss both how these provide a foundation while also acknowledging that our groups – and, therefore, our values – will continue to shift and change as we grow and have new experiences.

Attending this workshop will help you: 1) define cultural values, 2) identify some of your top values from different periods in your life, and 3) explore both how values serve as a foundation for your actions, beliefs, and thoughts and how your values can change and the implications of this.

## **Individual Values to Inform Decision Making**

**Kate Andrup Stephenson**

**CONFERENCE ROOM B**

Knowing your values is an important self-reflective tool to inform decision making. Whether it is deciding how to spend your time, what major to pursue, or what career to try knowing your values can help with your decision-making process. In this workshop you will work through an individual values activity that will help you to identify and define your three core values. Through individual reflection and small group dialogue you will associate those values with how to make decisions in your life. Lastly, you will consider how the practices of emotional intelligence and authenticity can help you feel more comfortable putting your values into practice.

Attending this workshop will help you: 1) identify your top three core values and 2) be able to identify how your values can inform life decisions.

# WORKSHOPS

## session 3

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2:15pm – 3:15pm

### **Embracing the Change Maker in You** **Joanna Siebert & Dev Singh** **BALLROOM A**

We can all be change makers, working to create positive changes that benefit ourselves and others. In this session, you'll consider problems in need of innovative solutions and the changes you most wish to see in the world, as well as challenges you'd like to address to improve your day-to-day life. You will gain experience identifying the challenges you most care to address and developing commitment for tackling them in big, small, or even tiny ways. As an outcome of the session, you'll develop a personal action plan that aligns your values and actions to produce positive results related to an issue that's important to you. In addition, you'll explore how to effectively say "no" in order to say "yes!" to what matters most to you.

Attending this workshop will help you: 1) apply a problem-solving approach to personally identified challenges, 2) explain alignment of personal values and actions to address a significant issue, 3) describe actions and decisions that promote commitment and accountability, and 4) create a change maker action plan.

### **Rediscovering You** **Andrea Martinez Vera & Bailey Petty** **BALLROOM B**

Turn your values into actions! In this workshop, students will have the opportunity to redefine their core values, by exploring intersectionality and their unique identities. In doing this they will find the leader in themselves and carve a path for their future endeavors.

Attending this workshop will help you: 1) discover your intersectionality, 2) identify internal factors that influence you, and discover your core values.

### **Connect, Dream, Create: Beginning with the End in Mind** **Erika Reynolds** **BALLROOM C**

In this interactive workshop participants will create a vision board using the prompt What is the Legacy You Want to Leave. This session is all about dreaming BIG. It is a chance for you to step into your desires, your dreams, and feel into what it will be like when you accomplish these goals. You will be led through a transformative and creative experience and will leave with a visual representation of what YOU want to create in your life and tangible steps to take action towards this goal time and time again as you work towards your dream.

Attending this workshop will help you: 1) create an understanding of the legacy you want to leave in this world using your values and goals, 2) learn the limitations of your thoughts and how to get beyond your analytical mind to create the results you desire in life, 3) explore your dreams and what it feels like to accomplish your dreams, and 4) create a visual representation/vision board of the process to accomplish goals and dreams.

# session 3

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2:15pm – 3:15pm

# WORKSHOPS

## **Ikigai: The Happiness of Being Houng Le CONFERENCE ROOM A**

Ikigai is a Japanese ideology about finding one's purpose and reason. This is exemplified through personal identification of one's "sweet spot" within four interconnected concepts:

Passion: Do what you love  
Profession: Do what you are good at  
Mission: Do what the world needs  
Vocation: Do what you can be paid for

In summary, "Ikigai is what gets you up every morning and keeps you going." In this session and activity, we will explore what students are passionate about, what brings them joy both within and outside of their identities as students, and how that can set the foundation for their future leadership aspirations and plans. As students and as leaders, our purpose, direction, and motivation can often be interrupted by the stress of different life changes and responsibilities. Let's take a moment to highlight your unique life experiences and take steps toward growing into the leader you want to be.

Attending this workshop will help you: 1) define Ikigai in your own words as it relates to your life, 2) identify four components of your Ikigai diagram: Passion, Profession, Mission, and Vocation; and 3) develop SMART goals to implement in the present day that can help you balance your different responsibilities and goals.

## **Taming Your Inner Critic Mitch Austin CONFERENCE ROOM B**

Your inner critic is the voice of the ego. It includes the voices of your tribe, society, family, friends, and foes are all in your head trying to take the wheel of your life to keep you safe. Often people feel stuck, held back, and separated from living the life of their dreams. Learn to recognize when your inner critic is running your life, when it should and shouldn't, and how to turn down the volume of this voice and reconnect with the language of the authentic self.

Attending this workshop will help you: 1) learn to identify automatic negative thoughts known as 'ANTS', 2) discover tools for challenging the critical voice of the inner critic, 3) learn about the seven types of inner critic voices, 4) learn strategies for working with your top inner critic types, and 5) learn how to befriend and partner with your inner critic.

# OUR FACILITATORS

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**Kate Andrup Stephensen (she/her/hers)**  
UC Davis University Honors Program

Kate Andrup Stephensen is the University Honors Program third & fourth-year advisor. Kate has a B.A. in history from Northwestern University and an M.Ed. in Curriculum & Instruction from the University of Virginia. She started her professional career as a teacher before moving into advising at the University of Virginia where she helped start the athletic department's student-athlete leadership development programming. She now serves as the third & fourth-year advisor in the UC Davis University Honors Program where she assists students work towards their UC Davis and post-graduate goals.

**Mitch Austin (he/him/his)**  
Coach, Speaker, and Consultant

Mitch is impactful and insightful coach, speaker, and consultant. His company Speak, Teach, Inspire motivates and empowers people through self-development principles, practices and tools to do their best work and live their best lives. Featured programs include Taming Your Inner Critic Workshop, Rise and Speak Experience and value-based vision & mission consulting. Mitch also does 1-on-1 and group coaching and keynote speaking. Mitch is a licensed coach, a certified master storyteller and a professional with over 20 years of experience providing executive-level management of public and not-for-profit organizations. Mitch has managed a 24 million municipal budget, reorganized, and created departments, and worked on multi-million-dollar capital projects.

**Kimberly Bellows (she/her/hers)**  
UC Davis Global Learning Hub

Kimberly works at UC Davis in the Global Learning Hub as an Intercultural Programs Coordinator. She is passionate about designing and facilitating programs that help students see the world through a globally aware lens. She graduated from UC Davis with a BA in International Relations and a minor in Spanish, and from the Middlebury Institute of International Studies at Monterey with a MA in International Education Management. Fun fact – she lived near a bunch of Game of Thrones filming sites in Northern Ireland, so she's hiked the cliffs of Dragonstone multiple times (and visited the Iron Islands, the King's Road and more)!

**Rachel Bingham (she/her/hers)**  
Office of Educational Opportunity & Enrichment Services

Rachel is the staff coordinator for First-Year Aggie Connections, part of Transitional and Enrichment Programs and Services. She's also a workshop facilitator and Success Coach as part of the Success Coaching & Learning Strategies team. She is passionate about supporting first-year, transfer, and international students as they transition to life at UC Davis and navigate their first year. Rachel has a background in retention programming, student leadership, strengths-based youth development, and working with community college students. She is a first-generation college graduate and an alumna of UC Davis. Personal fun fact: Rachel is a certified Master Food Preserver.

**Eva Huang (she/her/hers)**  
UC Davis Undergraduate Student

Eva is a proactive, curious and hardworking undergraduate student at the University of California, Davis. She is majoring in Communications. She has been actively participating in the Success Coaching Workshops under the Office of Educational Opportunity & Enrichment Services. She is passionate about developing different learning strategies and seeking various campus resources to maximize her personal and academic growth at UC Davis. Eva also participated as an undergraduate student presenter at various research conferences. Personal fun fact: Eva likes to collect Hello Kitty accessories.

**Jen Keller (she/her/hers)**  
The Raley's Companies

Jen Keller is the Director of Learning and Organizational Development for The Raley's Companies. In her current role, she leads the learning function for approximately 20,000 retail store, facility, and corporate team members. She is responsible for developing and executing on the talent development strategies for the organization as well as leading all organizational change management activities. Prior to working at Raley's, Jen was the Associate Director of Management & Leadership programs for UC Davis Continuing and Professional Education. Jen has a BA in Communication Studies, an MA in Organizational Leadership, and is a certified ACC coach through the International Coach Federation. In her spare time, she loves to be out hiking with her dog Sadie and husband Eric.

# OUR FACILITATORS

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## **Huong Le (she/her/hers)**

Center for Student Involvement

Huong was born and raised in San Jose, CA. As the oldest daughter of Vietnamese immigrants, and as a first-generation, low-income student, Huong's experiences and challenges through her undergraduate career inspired her trajectory into student affairs. Huong graduated with her BA in Psychology and minor in Education from UC Santa Cruz and with her MS in Higher Education Counseling and Student Affairs from Cal Poly SLO. When she isn't in the office, Huong is watching Asian dramas, on Discord with friends, or finding new recipes to perfect.

## **Andrea Martinez Vera (she/her/hers)**

Andrea is the daughter of two Mexican immigrants. While attending San Mateo High School and the College of San Mateo Middle College Program, she took part in a multitude of clubs and protests/movements. A few include La Raza Unida, Bridge, Gender Sexualities Alliance (GSA), March for Our Life, March for DACA, and Black Lives Matter. At UC Davis she will be completing a B.S degree in Human Biology and minor(s) in Public Health and Chicana Studies. She is currently working as a Peer Educator with the Center of Leadership Learning, facilitating workshops on leadership topics. She hopes to create a welcoming environment in her workshops.

## **Arceli Moreno (she/her/hers)**

Save California Salmon

Arceli Moreno is a Youth Education Advocate at Save California Salmon. She has a BA in Linguistics from UC Davis and Masters in Education, Instruction and Curriculum Design, from the University of San Diego. Arceli is Hñähñu and an advocate for culturally relevant pedagogy and immigration rights. Personal fun fact: Arceli has 5 fur babies.

## **Bailey Petty (she/her/hers)**

Bailey attended Rio Linda High School where she graduated at the top of her class. While there she pursued her love for leadership and spent 2 years at the forefront of spreading positivity, inclusion, and leadership expertise for all students. She continued to expand her skills when appointed as Senior Class VP. Bailey went on to attend Sierra College and has transferred to UCD to major in Psychology. On top of her busy schedule, she can be found working at the Center for Leadership Learning (CLL) where she continues to inspire others to seek leadership. With the help of coworkers, she facilitates CLL's Leadership Essential Workshops to empower and educate students on the importance of the leader within themselves and how they can use that to influence the community and world for the better

## **Erika Reynolds (she/her/hers)**

Student Housing and Dining Services

Erika has been leading and coaching students, teams, and individuals for over 20 years. Erika is passionate about helping student leaders engage in self-discovery to uncover and leverage their unique gifts and talents. As a student, Erika struggled to identify her passions, gifts, and talents and graduated with a B.F.A. in Interior Design and a minor in Psychology. Although she has not utilized her design degree, this experience led her to her passion of helping others discover their purpose. Erika currently serves as the Assistant Director for Residential Academics in Student Housing and Dining Services where she has worked for over 18 years and owns a private coaching practice. Personal fun fact: Erika has run 5 marathons but struggles to run 3 miles now.



# OUR FACILITATORS

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## **Rebecca Shephard (she/her/hers)**

Faculty Member – College of the Canyons

With an educational background that started at UC Davis, Rebecca is a proud UCD alumnus! While at UC Davis, Rebecca conducted research at the California Primate Research Facility, publishing her first study on dominance hierarchies in squirrel monkeys. Upon graduating with a bachelor's degree in psychology in 1991, Rebecca pursued graduate school at the University of Nebraska, Omaha, where she studied social and mating behaviors in marmosets and tamarins. Having taught at University of Nebraska, Creighton University, Mira Costa College, Palomar College, and obtaining a tenure-track position at College of the Canyons, Rebecca has enjoyed teaching at the college level for 30 years. While her initial field of interest was in the subfield of comparative psychology, in 2012 she branched out into teaching and research in positive psychology. Mentoring a student research group, she conducted research in mindfulness and stereotype threat in coordination with Philip Zimbardo's Heroic Imagination Project. Witnessing her students discussing the research with none other than Phil Zimbardo himself is counted as one of the many highlights in her career, so far. Today, Rebecca is a full-time faculty member and teaches courses in Introductory Psychology, Physiological Psychology, Positive Psychology, and Principles of Learning and Behavior at College of the Canyons, located in Santa Clarita, CA. Personal fun fact: Rebecca's initial research involved training monkeys to urinate in a pan for a food reward, to avoid collecting more invasive blood samples to test hormone levels. This involved potentially getting urinated on and then having to move about the campus and interact with others. Needless to say, research can be a fascinating, albeit not always glamorous, path to pursue.

## **Joanna Siebert, she/her/hers**

Institute for Innovation and Entrepreneurship

Joanna Siebert is Associate Director of the Institute for Innovation and Entrepreneurship at UC Davis. She enjoys empowering students, staff, faculty, and alumni, as well as the broader community, to turn ideas into action and develop innovative solutions to the world's most challenging problems. Her work as an educator and career coach builds upon her experiences studying Sociology at UCLA and earning a Master's in Education / Human Development and Psychology at Harvard. She loves learning about emerging career and education trends and how individuals and teams can appreciate their current strengths while also developing future-focused capabilities. She enjoys hours of entertainment watching her bonded pair of sister kitties, Josie and Olivia, play, snuggle, and explore.

## **Dev Singh (he/him/his)**

UC Davis Undergraduate Student

Dev Singh is a third year undergraduate at UC Davis, majoring in Computer Science and minoring in Managerial Economics. As an Innovation Ambassador at the Mike and Renee Child Institute for Innovation and Entrepreneurship over the last year and a half, Dev has demonstrated his aptitude for leadership and commitment to increasing student engagement in problem solving and creating change. Dev loves to talk with new people and enjoys strengthening the sense of community among students, faculty, staff, and others through innovation and entrepreneurship programs at UC Davis. Dev is very involved on campus, having founded a non profit organization at UC Davis that donates clothing and other items to Empower Yolo, and he is the Vice President of Sigma Nu Fraternity. Personal fun fact: Dev is really good at trivia!

## **Emma Singletary, she/her/hers**

UC Davis Internship and Career Center

Emma is currently a Career Advisor at the UC Davis Internship and Career Center. She recently graduated from California State University (Sac State) with her Master's degree in Counseling with an emphasis in Career Counseling. She is passionate about career development, counseling, and mental health. Her favorite topics to talk about with students are career exploration, resumes, and cover letters since those are often topics students have a lot of stress about and she loves demystifying those topics with them. Emma believes that career development is a lifelong process and is working on creating her dream job.

# OUR FACILITATORS

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## **Ryan Tom, he/him/his**

UCD Alumni, Zoom Video Communications

Ryan graduated from University of California, Davis studying psychology and plant science. He has worked in the specialty food industry, environmental non-profits, and currently serves as a Growth Product Manager for Zoom Video Communications. Throughout Ryan's academic and professional career, he valued leadership development for the impact it has in his own life, others that he interacts with, and the community it builds. Fun personal fact: Ryan used to intern for CLL and is also an alumnus of the CLL certificate programs: Student Leadership Development Program (SLDP) and Diversity Leadership Development Program (DLDP).

## **Leishara Ward, she/her/hers**

California Transportation Commission

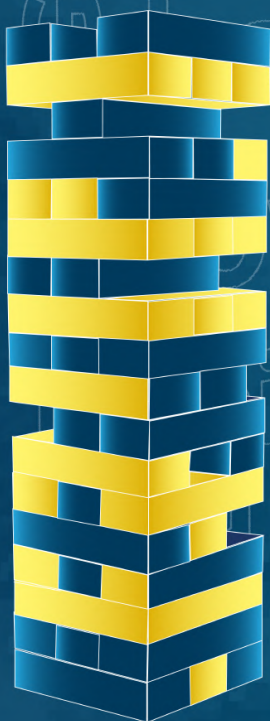
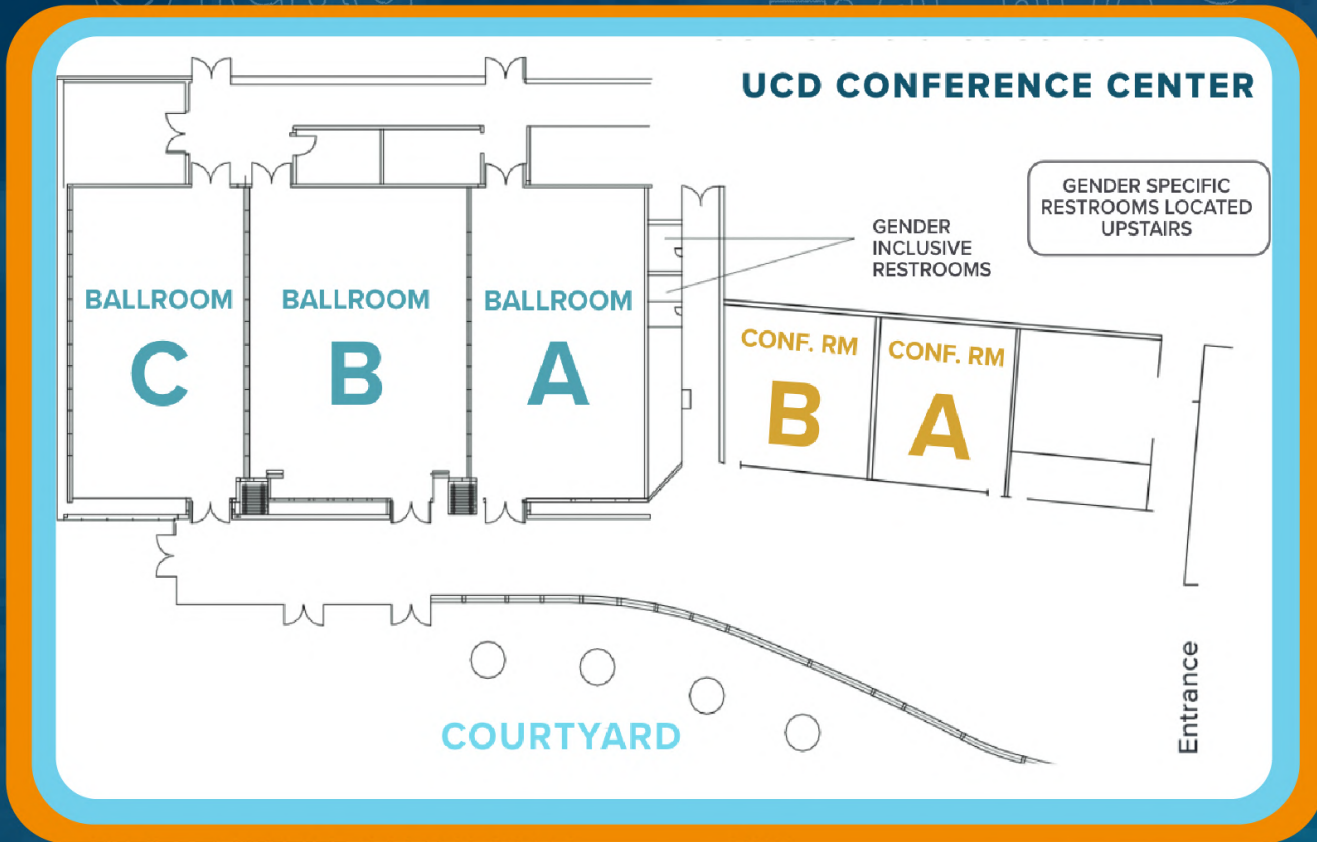
Leishara is a California native and earned her BS in NR Planning from HSU (aka CalPoly Humboldt) before serving as a US Peace Corps Volunteer in Kenya. She stayed an additional year and interviewed refugees on behalf of the US Immigration Service. Upon her return to the US, Leishara did all but the thesis for her MS in Int'l Dev Tech at HSU before beginning her career with Caltrans in 2005. She returned to school in 2014 to earn her MPA from the University of Arizona and was chosen for a highly competitive summer internship with USAID in Dar es Salaam, Tanzania. In 2017, Caltrans called her back and in 2019, she moved to Sacramento to work with CalSTA. Leishara is currently a Program Manager with the CA Transportation Commission and lives in Sacramento with her four teenage children.

## **Kasil Willie, she/her/hers**

Save California Salmon

Kasil Willie is the Staff Attorney at Save California Salmon. She is an enrolled member of Walker River Paiute Tribe, Pomo, and Irish. She has a BA in Environmental Studies from the University of San Francisco and JD with a concentration in Environmental Law from McGeorge School of Law in Sacramento. During her time at USF, Kasil became passionate about environmental justice which led her to pursue a legal degree with a concentration in environmental law.

# Conference Center Facility Map



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