Experience Leadership
Time Limit: 60 minutes
Audience: Freshman & Sophomores

Leadership BSU - This workshop is one of the initial leadership workshops offered to students. Students will have an opportunity to practice public speaking and interviewing skills as well as engage in self-discovery and awareness activities.

Public Speaking
Time Limit: 90 minutes
Audience: Freshman, Sophomores, Juniors & Seniors

It's How You Say It - During this workshop students will practice skills such as, connecting with their audience, turning nervousness into energy, creating an elevator speech, impromptu speaking, posture and gesture techniques, and making a lasting impression.

Recognizing Your Leadership Styles
Time Limit: 90 minutes
Audience: Juniors & Seniors

Know Thyself - Students will explore the topics of leadership, leader style, types of leaders, as well as participate in personality tests to gain knowledge of self and learn strategies on how to apply that knowledge in life skills.

Social Media Etiquette
Time Limit: 45 minutes
Audience: Freshman, Sophomores, Juniors & Seniors

Do you use Instagram? Twitter? Snap chat? Group Me? Face Book or other social media? How many followers do you have? Do you use social media to promote your brand? This workshop will heighten awareness of the positive uses for social media as well as offer tips for avoiding so many social media mistakes.
Self-Discovery, Personal Values Assessment, Your Legacy

Time Limit: 90 minutes

Audience: Freshman & Sophomores

This workshop offers an opportunity for students to engage in self reflection, explore their beliefs, and participate in activities that will assist them to move towards self-awareness, personal growth and leaving a legacy.

Embracing Diversity

Time Limit: 60 minutes

Audience: Freshman, Sophomores, Juniors & Seniors

It's a Different World - This workshop allows students to explore individual differences, learn about communicating across generations, celebrate diversity in today's global society, and learn strategies to effectively work within multicultural teams.

Social Change:

Time Limit: 75 minutes

Audience: Freshman, Sophomores, Juniors & Seniors

What's Going On? Let's Get Involved! - Students will learn leadership practices for social change and develop collaborative skills to move from vision to action.

Polished, Poised, Professional :

Time Limit: 90 minutes

Audience: Juniors & Seniors

How To Be - Students will learn techniques for professionalism such as body language, handshake, the power of professional dress, first impressions, eye contact and posture.

*Additional workshops are available and customized to meet your specific group needs. To request a consultation for your student group contact Sharon Glaster (301)860-3809 sglaster@bowiestate.edu .