Twitter Workshop
Twitter is an online social networking tool in which users post 140 character updates (tweets) of what is going on in their lives along with links to things they think are interesting, funny, or useful to their followers (“following” being essentially what “friending” is on other sites). People use twitter in many ways, some as a newsfeed by following prominent people or networks, some as a pseudo-chatroom by limiting their followers and whom they follow to close friends and family, and some as a microblog for updating people about the work they are doing and their personal lives. Attend this session to learn more about Twitter and how you can incorporate this powerful social media tool into your life.

Friday, September 14, 2018
3:00PM to 4:00PM
MT Carmel Campus, Student Center Room 120

Register Here for Twitter Workshop

Instagram Workshop
Instagram is a social networking app made for sharing photos and videos from a smartphone. Similar to Facebook or Twitter, everyone who creates an Instagram account has a profile and a newsfeed. When you post a photo or video on Instagram, it will be displayed on your profile. Other users who follow you will see your posts in their own feed. Likewise, you'll see posts from other users whom you choose to follow. Just like other social networks, you can interact with other users on Instagram by following them, being followed by them, commenting, liking, tagging and private message. This session will provide an overview of how to use Instagram, as well as tips and tricks.

Thursday, September 20, 2018
2:30PM to 4:00PM
York Hill Campus, Rocky Top Student Center Room 311

Register Here for Instagram Workshop

About the facilitator: Jamie DeLoma is the director of live channels at Quinnipiac, where he oversees all university social media, digital signage and digital news and events content. He is an adjunct professor in and a graduate of the School of Communications. Previously, he served as a digital editor at NBC New York and FOX News Channel as well as print and design editor at Hearst Newspapers.

THE HEADBAND EXPERIMENT: How Our Treatment Impacts Others
Individual behaviors and attributes influence group effectiveness. This interactive role play will illustrate this principle and provide participants strategies to handle group differences.

In a participant-based role play, we'll enjoy watching fellow participants engage in a real-life problem-solving exercise right in front of us. The only difference is they will be wearing headbands assigning them various attributes. Afterward, we'll break down reactions and responses to what participants and observers saw and felt during the
activity. Participants will leave understanding their own power to influence the behavior of others at work – and more aware of what brings out their best! Come prepared to participate, observe, and enjoy!

**Tuesday, September 25, 2018**
* 9:30AM to 11:30AM
* MT Carmel Campus, Student Center Room 119

[Register Here for The Headband Experiment](#)

**GET MOTIVATED: Use the Motivation Equation: M= U+S+K**

Need a boost? During this session, you'll participate an interactive activity that will illustrate how you can create an environment that keeps you-- and others around you—motivated. In addition, we'll explore theories of motivation that you can apply at work and in all facets of life. Come to session prepared to move around, laugh a little, and to learn a lot.

**Tuesday, September 25, 2018**
* 2:00PM to 4:00PM
* Mt Carmel Campus, Student Center Room 119

[Register Here for Get Motivated](#)

**THE SPACE BETWEEN: You’ve Got the Power!**

Is your work life busy? Are there initiatives that involve a lot of your time and attention? Let's, look at the ways we respond to what happens to us at work and discuss strategies to strengthen ourselves in order to improve our responses. Through demonstration and discussion, we'll focus on four key areas within which we each possess the strength to face whatever comes our way. In addition, we'll discuss those behaviors that will help us to handle change more effectively. In all cases, we'll seek to remember the most important reasons we come to work and how our efforts, when truly reflected upon, are powerful and have impact beyond what's immediately obvious. Be prepared for some real thinking and sharing.

**Wednesday, September 26, 2018**
* 9:30AM to 11:30AM
* York Hill Campus, Rocky Top Student Center Room 311

[Register Here for The Space Between](#)

**BUSINESS WRITING: Writing for Better Leadership**

In this interactive session, we look at written correspondence and proposal writing as a leadership skill - a way to use effective communication to work more effectively with others. We'll assess our abilities and review techniques that successful writers employ. We'll depart with templates for proposals and reports that will make professional writing easier and more effective.

**Wednesday, September 26, 2018**
* 2:00PM to 4:00PM
* York Hill Campus, Rocky Top Student Center Room 311

[Register Here for Business Writing](#)

About the facilitator: Michael Miller corporate and educational leadership speaker will be facilitating the four workshops listed immediately above. Largely focused on effective communication, inspiration, teambuilding and enhancing self-awareness and group/solo effectiveness, Michael strives to bring his bold, challenging approach and energetic sense of fun to all of his speaking engagements.