

UP

2022
**LEADERSHIP
& PROFESSIONAL
DEVELOPMENT
CONFERENCE**

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**KENNESAW STATE
UNIVERSITY**

CO-HOSTED BY CAREER PLANNING
& DEVELOPMENT AND STUDENT
LEADERSHIP & SERVICE

**RECHARGE.
RESTART.
REBOOT.**

FEBRUARY 11-12, 2022

KEYNOTE SPEAKER

JEFFREY THORPE

Jeffrey Thorpe is a Georgia native from Brunswick, Georgia, and currently resides in Atlanta. He graduated from Georgia Southern University in 2011 with his Bachelor of Arts in Political Science and International Studies and in 2013 with his Master's in Public Administration.

After graduation, Jeffrey worked in the private sector for a transportation spend management company as a general ledger coder working for national and international corporations like Alcon, WAI Global and Starbucks North America. After leaving the private sector, Jeffrey began a career with the State of Georgia in 2016. Currently, he serves as the Judicial Caseload Data Manager for the Judicial Council/Administrative Office of the Courts. In this role, he manages the Office of Research and Data Analysis (ORDA) staff while supporting multiple judicial subcommittees and judicial stakeholders. He guides the processes that determine statewide judgeships and circuit boundary requests, oversees the Alternative Dispute Resolution program's reporting process, serves as the International Liaison for the office and provides subject matter training to all trial courts clerks and judges.

Jeffrey volunteers for National Model United Nations (NMUN) in his spare time and has done so since 2014. Currently, he is the Secretary-General for the NMUN conference in New York City. Additionally, he's been an active rugby player since 2017 for the Atlanta Bucks Rugby Football Club, Inc. The Bucks is Georgia's only gay and inclusive rugby team, and Jeffrey serves as the club's President and Team Manager.



KEYNOTE SPEAKER

BLAKE EASON

Blake Eason is a Journalist, Producer and On-Air Personality with a passion for telling stories and starting conversations. He currently sits behind the desk and out in the field for WRBL in Columbus, Georgia, serving as a weekday morning news anchor and producer.

After earning a degree in Journalism and Emerging Media at Kennesaw State University, Blake started at the nationally syndicated radio show, The Bert Show. Within a few months, he moved from a behind-the-scenes intern to an on-air personality and producer. Blake is credited for creating and producing segments including “Backseat Blake,” an on-air trivia segment played with his frequent Uber and Lyft drivers, and “Lunch Break with Blake,” where he, a self-proclaimed picky eater, tried new foods suggested by listeners.

In 2019, he took on the role of hosting special events at some of the staples of Atlanta’s social scene, including The Roof at Ponce City Market and Live! at the Battery Atlanta, with more than 1,000 people in attendance at each event. It’s his quick improv skills, the ability to go off-script when needed and his attentiveness to the audience that make him an incredible host.

He left The Bert Show in 2020 to pursue a career in television news and journalism. As a host, Blake has taken the stage across the Southeast to lead major live events and productions.

Being from a small town in the South has taught Blake always to be grateful, stay grounded and find a way to include sweet tea with every meal and “y’all” in every conversation.



Blake is an expert in music and loves discovering new bands and artists. His playlist could include anything from Drake and Justin Bieber to Luke Bryan and Beyoncé and everything in between. His love for music even dates back to when he was young and dreamed of becoming a rapper. (You definitely won’t regret Googling it!)

More than anything, Blake has a passion for sharing stories that matter — the kind of stories that start conversations, bring people joy and maybe even change the way we see the world.

AGENDA

DAY ONE: FEBRUARY 11, 2022

careers.kennesaw.edu/conference

12:00-12:10 PM

CONFERENCE WELCOME

Location: Zoom Main Room

Presented by the Conference Committee

As we open the 2022 UP Leadership & Professional Development Conference, we will review the schedule and provide an overview of the conference.

12:10-1:20 PM

KEYNOTE

LESSONS LEARNED

Location: Zoom Main Room

*Presented by **Jeffrey Thorpe**, Judicial Caseload Data Manager, Judicial Council/Administrative Office of the Courts*

1:20-1:30 PM

BREAK

CHOOSE FROM THE FOLLOWING BREAKOUT SESSIONS:

1:30-2:30 PM

BREAKOUT SESSION 1A

TALK WITH ME NOT AT ME

Location: Zoom Breakout Room 1A

*Presented by **Austin Heller**, Junior, KSU*

1:30-2:30 PM

BREAKOUT SESSION 1B

WRITTEN IN THE STARS: CHARTING YOUR RELATIONSHIP WITH LEADERSHIP

Location: Zoom Breakout Room 1B

*Presented by **Nicholas Trotter**, Program Coordinator, New Student Programs, KSU & **Alexandra Mastorakis**, Enrollment Advisor, Noodle*

1:30-2:30 PM

BREAKOUT SESSION 1C

LIBERAL ARTS MYTHBUSTING: YES, YOU ARE EMPLOYABLE

Location: Zoom Breakout Room 1C

*Presented by **Matthew Waller**, Undergraduate Advisor and Lecturer of Geography, KSU & **Christine Jacobs**, Academic Advisor, RCHSS, KSU*

2:30-2:40 PM

BREAK

CHOOSE FROM THE FOLLOWING BREAKOUT SESSIONS (CONTINUED ON NEXT PAGE):

2:40-3:40 PM

BREAKOUT SESSION 2A

CODE-SWITCHING LIKE A PROFESSIONAL: KNOWING YOURSELF AND YOUR AUDIENCE

Location: Zoom Breakout Room 2A

*Presented by **Dr. Sabine Smith**, German Studies Program Coordinator and Professor of German, KSU*

AGENDA *(Continued)*

DAY ONE: FEBRUARY 11, 2022

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CHOOSE FROM THE FOLLOWING BREAKOUT SESSIONS (CONTINUED FROM PREVIOUS PAGE):

2:40-3:40 PM

BREAKOUT SESSION 2B
MINDFULNESS AT WORK

Location: Zoom Breakout Room 2B

*Presented by **Karlia Brown**, Alumna, KSU*

2:40-3:40 PM

BREAKOUT SESSION 2C
DEFINING AND PROMOTING YOUR LEADERSHIP IMAGE

Location: Zoom Breakout Room 2C

*Presented by **Diane Winslow**, Senior Recruiting Specialist, MEDITECH*

3:40-3:50 PM

BREAK

CHOOSE FROM THE FOLLOWING BREAKOUT SESSIONS:

3:50-4:50 PM

BREAKOUT SESSION 3A
THE 5 PILLARS OF PROFESSIONALISM

Location: Zoom Breakout Room 3A

*Presented by **Jessica McLeod**, Program Coordinator, Student Affairs, KSU*

3:50-4:50 PM

BREAKOUT SESSION 3B
GROWTH MINDSET AND ITS INFLUENCE ON CAREER COMPETENCE

Location: Zoom Breakout Room 3B

*Presented by **Dr. Daniel Niederjohn**, Faculty Athletic Representative and Associate Professor of Psychology, KSU*

3:50-4:50 PM

BREAKOUT SESSION 3C
THAT'S RIGHT WHERE YOU NEED TO BE

Location: Zoom Breakout Room 3C

*Presented by **Macey Roache**, Graduate Student, KSU*

4:50-5:00 PM

BREAK

5:00-6:00 PM

OPEN NETWORKING
PRACTICE WHAT YOU LEARN: PUT YOUR NETWORKING SKILLS TO USE

Location: Zoom Breakout Rooms

Career connections can happen in a flash! Join this session to network with attending professionals and learn about exciting career opportunities.

AGENDA

DAY TWO: FEBRUARY 12, 2022

careers.kennesaw.edu/conference

9:30-9:40 AM

CONFERENCE WELCOME

Location: Prillaman Hall, Room 1000

Presented by the Conference Committee

Continuing into Day 2, we will review the schedule and provide an overview of the conference.

9:40-10:50 AM

KEYNOTE

GETTING BACK UP

Location: Prillaman Hall, Room 1000

*Presented by **Blake Eason**, Weekday Morning Anchor, WRBL*

10:50-11:00 AM

BREAK

11:00-11:30 AM

BREAKOUT SESSION 4: ALUMNI PANEL

WISDOM FROM OWLS WHO HAVE LEFT THE NEST

Location: Prillaman Hall, Room 1000

Presented by:

***Dr. DeShanna K. Brown**, Communication (2003), Higher Education Consultant for the Division of Advancement, Elizabeth City State University*

***Quinn Green**, MBA (2021), Associate Broker, Century 21 Connect Realty*

***Nicole Lawson**, Human Services (2001) & MPA (2002), Northwest Regional Director, United Way of Greater Atlanta*

***Brooks Payne**, Music Education (2018), Residential Territory Manager, ServiceTitan*

***Jessica Reyes**, Computational and Applied Mathematics (2020), Data Scientist, Equifax*

11:30 AM-1:00 PM

LUNCH BREAK / OPEN NETWORKING

Lunch Location: The Commons, Second Floor

Open Networking Location: Indoor Plaza in Prillaman Hall

Career connections can happen in a flash! Stop by the open networking location to speak with attending professionals and learn about exciting career opportunities.

1:00-1:10 PM

BREAK

CHOOSE FROM THE FOLLOWING BREAKOUT SESSIONS:

1:10-2:10 PM

BREAKOUT SESSION 5A

LEAD FROM WHERE YOU ARE

Location: Prillaman Hall, Room 1103

*Presented by **Carrie Roeger**, Part-Time Instructor of Construction Management, KSU*

1:10-2:10 PM

BREAKOUT SESSION 5B

THE KEYS TO CRITICAL AND DYNAMIC THINKING

Location: Prillaman Hall, Room 1105

*Presented by **Keith Scott**, Deputy General Counsel and Chief Litigation Officer, Motrex, LLC*

1:10-2:10 PM

BREAKOUT SESSION 5C

RE-ENGAGING YOUR COMMUNITY

Location: Prillaman Hall, Room 2204

*Presented by **Melanie Bando**, Senior, KSU*

DAY TWO AGENDA IS CONTINUED ON THE NEXT PAGE.

AGENDA *(Continued)*

DAY TWO: FEBRUARY 12, 2022

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2:10-2:20 PM

BREAK

CHOOSE FROM THE FOLLOWING BREAKOUT SESSIONS:

2:20-3:20 PM

BREAKOUT SESSION 6A

FEEL GOOD, LOOK GOOD, WORK GOOD

Location: Prillaman Hall, Room 1105

*Presented by **Rhodis Eason**, CRO and Lead Designer, Sidohr, LLC*

2:20-3:20 PM

BREAKOUT SESSION 6B

**INTERPERSONAL COMMUNICATION: WHO ARE YOU AND WHY ARE YOU HERE?
INTRODUCTIONS AND ELEVATOR PITCHES**

Location: Prillaman Hall, Room 2202

*Presented by **Dr. Lara Smith-Sitton**, Coordinator of Undergraduate Programs and Associate Professor of English, KSU*

2:20-3:20 PM

BREAKOUT SESSION 6C

SELF-CARE YOUR WAY TO SUCCESS

Location: Prillaman Hall, Room 2204

*Presented by **Nora Rayfield**, Junior, KSU*

3:20-3:30 PM

BREAK

3:30-4:00 PM

CLOSING & RAFFLE

Location: Prillaman Hall, Room 1000

Presented by the Conference Committee

LEARN MORE ABOUT OUR EXCITING KEYNOTES & BREAKOUT SESSIONS ON THE NEXT PAGES.

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KEYNOTE SESSIONS



LESSONS LEARNED

*Presented by **Jeffrey Thorpe**, Judicial Caseload Data Manager,
Judicial Council/Administrative Office of the Courts*

Taking on leadership roles is an opportunity for you to learn valuable lessons. These lessons learned will help shape your professional future and help you reach your goals. In this incredibly motivational session, Jeffrey Thorpe will provide an anecdotal approach to leadership. From holding the position of Secretary-General for the National Model United Nations, to holding the position of President and Team Manager of the Atlanta Bucks Rugby Football Club, Inc., all while serving as the Judicial Caseload Data Manager for the Judicial Council/Administrative Office of the Courts, Jeffrey Thorpe knows how to take on leadership roles. Often described as a busy body, Jeffrey offers a collection of lessons learned from decades of leadership positions. He will discuss how these lessons have benefited him and their value on his experiences. You will leave with an understanding of how leadership can create positive outcomes in your professional career.



GETTING BACK UP

*Presented by **Blake Eason**, Weekday Morning Anchor, WRBL*

Imagine this: you are a KSU student with your whole life ahead of you — then a worldwide pandemic hits. What do you do when life hits you hard and turns your world upside down? One of Blake Eason's many passions is creative storytelling. He will cover his journey from his time at Kennesaw State University, graduation, the pandemic and a career change — and the lessons he learned along the way. He will share the value internships, networking and leadership have on his life and incorporate humor throughout.

BREAKOUT SESSIONS

DAY ONE: BREAKOUT SESSION 1A

TALK WITH ME NOT AT ME

Location: Zoom Breakout Room 1A

*Presented by **Austin Heller, Junior, KSU***

This session will go over ways to be an effective leader and why it is important to gain an understanding of all perspectives of ideas or thoughts you may come across as a leader. The presenter will discuss how to create a habit of active listening and how to reflect on thoughts, ideas and opinions of others.

DAY ONE: BREAKOUT SESSION 1B

WRITTEN IN THE STARS: CHARTING YOUR RELATIONSHIP WITH LEADERSHIP

Location: Zoom Breakout Room 1B

*Presented by **Nicholas Trotter, Program Coordinator, New Student Programs, KSU & Alexandra Mastorakis, Enrollment Advisor, Noodle***

Self-awareness is a major part of developing one's identity as a leader and teammate. Using the guiding analogy of natal charts and the zodiac, the participants will dive into the relationship between self-assessment and self-awareness. In addition, this session will explore how they relate to the development of one's personal leadership philosophy. You will be able to connect your own self-assessment to your leadership and professional development.

DAY ONE: BREAKOUT SESSION 1C

LIBERAL ARTS MYTHBUSTING: YES, YOU ARE EMPLOYABLE

Location: Zoom Breakout Room 1C

*Presented by **Matthew Waller, Undergraduate Advisor and Lecturer of Geography, KSU & Christine Jacobs, Academic Advisor, RCHSS, KSU***

Parents and students may think that majors in the Humanities and Social Sciences aren't able to get (good) jobs. We want to counter that narrative with practical tips to help students be ready for the job market. This session will take a deeper look at how to use your soft skills and other qualifications based on courses you have taken to your advantage during your career search.

DAY ONE: BREAKOUT SESSION 2A

CODE-SWITCHING LIKE A PROFESSIONAL: KNOWING YOURSELF AND YOUR AUDIENCE

Location: Zoom Breakout Room 2A

*Presented by **Dr. Sabine Smith, German Studies Program Coordinator and Professor of German, KSU***

In this interactive session, participants are introduced to different leadership and communication styles based on Chapman (2019) "5 Languages of Appreciation in the Workplace" and Christfort & Vickberg (2018) "Business Chemistry." Participants will complete a brief self-assessment on workplace preferences, discuss the merits of developing competency in multiple work styles and apply knowledge of seemingly incompatible approaches to problem-solving and task completion in connection with real-world challenges.

DAY ONE: BREAKOUT SESSION 2B

MINDFULNESS AT WORK

Location: Zoom Breakout Room 2B

*Presented by **Karlia Brown, Alumna, KSU***

When was the last time you felt stressed, anxious or overwhelmed in the workplace or leadership roles? Mindfulness can help you deal with daily stressors and it can be beneficial in the workplace. It can make you more productive and increase your satisfaction at work, but most importantly, it helps you be present in the moment and enjoy life for "what it is." In this session, the presenter will discuss how to be more mindful at work, the benefits of being aware of our thoughts and emotions and bringing a sense of peace into the workplace.

BREAKOUT SESSIONS (continued)

DAY ONE: BREAKOUT SESSION 2C

DEFINING AND PROMOTING YOUR LEADERSHIP IMAGE

Location: Zoom Breakout Room 2C

Presented by **Diane Winslow**, Senior Recruiting Specialist, MEDITECH

Did you know that you can be a leader without the "leadership" title? This session aims to debunk the leadership myths of position, destination and influence. We will discuss how to identify strategies and techniques to effectively lead yourself. You will analyze the importance and benefits of leading up. Participants will be able to recognize that peer relationships are critical to career satisfaction. You will learn how to apply the strategies discussed to design a personal leadership action plan.

DAY ONE: BREAKOUT SESSION 3A

THE 5 PILLARS OF PROFESSIONALISM

Location: Zoom Breakout Room 3A

Presented by **Jessica McLeod**, Program Coordinator, Student Affairs, KSU

Presenting yourself professionally is a key component of being a leader and is a skill that you can take into your next career step and beyond. This session will dive into the 5 Pillars of Professionalism: Being able to communicate in an effective, detailed and respectful manner; Having a collected presentation; Being present and fully invested in whatever you are doing; Being aware of how your actions affect others; Having a heart of fire and a mind of ice. Participants will learn what each pillar means to be able to identify their areas of strength, areas of growth and how to apply them in their leadership roles.

DAY ONE: BREAKOUT SESSION 3B

GROWTH MINDSET AND ITS INFLUENCE ON CAREER COMPETENCE

Location: Zoom Breakout Room 3B

Presented by **Dr. Daniel Niederjohn**, Faculty Athletic Representative and Associate Professor of Psychology, KSU

Research has shown that a growth mindset, compared to a fixed, is critical in helping people strive towards their goals. The pathway to one's career is fraught with challenges and some level of failure. If we can help our students and alumni recognize these failures as stepping stones and reframe challenges as opportunities to grow, we can help build successful leaders. This session will focus on using growth mindset techniques and how to see the value in applying them in academic and occupational settings.

DAY ONE: BREAKOUT SESSION 3C

THAT'S RIGHT WHERE YOU NEED TO BE

Location: Zoom Breakout Room 3C

Presented by **Macey Roache**, Graduate Student, KSU

Unsure where you'll go after graduation? That's okay, none of us usually do! Being open to change in uncertainty is an imperative part of developing into a new position or positions after college. Allow me to share a few experiences that helped mold me into a coachable student, employee and person.

DAY TWO: BREAKOUT SESSION 5A

LEAD FROM WHERE YOU ARE

Location: Prillaman Hall, Room 1103

Presented by **Carrie Roeger**, Part-Time Instructor of Construction Management, KSU

Did you know even if you don't hold a leadership position, you are still capable of being a leader in your current role? Leadership happens in all positions. In this session, you will learn how to be a leader in your current occupational or professional role. Participants will see that they do not need a specific title or responsibilities to lead. They will learn how to connect a diverse group of people in a variety of positions within an organization. They will walk away knowing that their leadership journey can start immediately.

BREAKOUT SESSIONS (continued)

DAY TWO: BREAKOUT SESSION 5B

THE KEYS TO CRITICAL AND DYNAMIC THINKING

Location: Prillaman Hall, Room 1105

Presented by Keith Scott, Deputy General Counsel and Chief Litigation Officer, Motrex, LLC

Children don't think critically and dynamically; adults can and should, but many of them don't. When you make your way into the world, will you distinguish yourself by thinking critically and dynamically, or will you disappear into the crowd? This session will highlight examples of critical and dynamic thinking, defining what it means and illustrating its importance.

DAY TWO: BREAKOUT SESSION 5C

RE-ENGAGING YOUR COMMUNITY

Location: Prillaman Hall, Room 2204

Presented by Melanie Bando, Senior, KSU

As we recharge, restart and reboot our world from the pandemic, students need to know how to get re-engaged with their communities while remaining safe. Re-engaging with their communities through service, social awareness and much more can provide tremendous opportunities. Participants will create a game plan for taking action to help others.

DAY TWO: BREAKOUT SESSION 6A

FEEL GOOD, LOOK GOOD, WORK GOOD

Location: Prillaman Hall, Room 1105

Presented by Rhodis Eason, CRO and Lead Designer, Sidohr, LLC

In this session, we will cover the importance of intrapersonal development and how it directly correlates to how we show up and dwell within the workspace. Attendees will learn about the key components of developing resiliency, how persistence is the key that will unlock doors and the importance of developing SMART Goals that are reasonably attainable within their line of work.

DAY TWO: BREAKOUT SESSION 6B

INTERPERSONAL COMMUNICATION: WHO ARE YOU AND WHY ARE YOU HERE?

INTRODUCTIONS AND ELEVATOR PITCHES

Location: Prillaman Hall, Room 2202

Presented by Dr. Lara Smith-Sitton, Coordinator of Undergraduate Programs and Associate Professor of English, KSU

The National Association of Colleges and Employers and the Council for Advancement of Standards in Higher Education concur that students need to develop strong interpersonal communication skills for career success. This session, recognizing that networking leads to as much as 85% of jobs and career advancement opportunities, will focus on how to advance current skills and develop new, meaningful communication practices. Participants will learn how to prepare to meet other professionals in a range of settings and craft elevator pitches for many purposes that will enable them to be better prepared to share their strengths, build strong connections and articulate their unique abilities.

DAY TWO: BREAKOUT SESSION 6C

SELF-CARE YOUR WAY TO SUCCESS

Location: Prillaman Hall, Room 2204

Presented by Nora Rayfield, Junior, KSU

During the beginning of the COVID-19 pandemic, many students were forced to stay home while our country was in a state of emergency. During this time, many students were afforded the opportunity to be more mindful of their healthy habits. Now that students have begun to transition into their "new normal" lives, they can sometimes feel like there is too much on their plate. This session's purpose is to help students figure out how to balance their lives so that they can Self-Care Their Way To Success.

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Certain companies make a commitment to our students, and their contributions fund activities that enhance the opportunities of our students. We would like to thank the following companies for their support.

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