



2021 SESSION GUIDE BOOK

DATE: Friday, February 5, 2021

TIME: 10AM - 4:15 PM

LOCATION: Zoom (online)

**Please ensure you have the most up to date version of Zoom installed!*

REGISTRATION DATE: Wednesday, February 3

Brought to you by the Office of Student Community & Leadership Development in collaboration with Alumni Engagement, Career Education & Development, and LA&PS Colleges in the Faculty of Liberal Arts & Professional Studies.

10:00 - 10:10am	Welcome <i>Urshian Khalid, Student Leadership & Development Coordinator</i>
10:10 - 10:50am	Keynote <i>Maneesha Gupta (JD '17), Lawyer & Speaker</i>
10:50 - 11:00am	Break
11:00 - 11:50am	Concurrent Session 1 Building a Brand on Instagram <i>Tanya Sharif, Katelyn Conferido, Student Success Mentors, Vanier College</i> Personality & Career Choice <i>Roma Kozinska, Career Counsellor, Career Education & Development Center</i> Job Search and Networking Strategies <i>Surina Sohal, Employer & Alumni Liaison, Career Education & Development</i>
11:50 - 12:10pm	Go grab your lunch & bring it right back for the next session!
12:10 - 12:55pm	Alumni Speed-Mentoring Session (Lunch & Learn)
1:00 - 1:50pm	Concurrent Session 2 How to Manage a Team in an Online World** <i>Jedd Kenedy, Rosie Giannone, Muhammad Ahsan, Student Success Mentors, McLaughlin College</i> What Can I Do with My Degree? <i>Jeanne Decoteau, Career Counsellor, Career Education & Development</i>
1:50 - 2:00pm	Break
2:00 - 2:50pm	Concurrent Session 3 How to Effectively Use LinkedIn <i>Saranjeet Kaur, Career Educator, Career Education & Development</i> From Strangers to Professional Connections: The Art of Networking <i>Arnav Munshi, Insha Rajwani, Student Success Mentors, LAPS</i>
2:50 - 3:00pm	Break
3:00 - 3:50pm	Concurrent Session 4 Setting Healthy Boundaries During a Pandemic: The New "Self-Care" <i>Laksha Shah, Samridhi Bansal, YU Explore Coordinator and Student Success Mentor, Vanier College</i> Interview Preparation <i>Dali Cera, Career Educator, Career Education & Development</i>
4 pm	Closing Remarks <i>Urshian Khalid, Student Leadership & Development Coordinator</i>

WELCOME AND EVENT INTRODUCTIONS.

What to Expect

The Winter Leadership Summit is specifically designed to SPARK the leadership potential of both continuing students and those who are graduating. With multiple sessions to choose from, our hope is that participants come away from the day feeling confident in their ability to transition successfully into a new year, a new job, or whatever opportunities best align with their interests.

Bolster your learning while engaging with other students, faculty, and professional staff. Launch into your future!

If you have any questions or concerns please contact Urshian Khalid by email at urshkhal@yorku.ca

HOST & ORGANIZER

URSHIAN KHALID

Student Community Leadership
Development, Leadership Coordinator



Urshian Khalid is a higher education professional and leadership educator deeply committed to student success and wellness. Her passion for social justice, education and leadership development led her to York University, where she works to build and support students' leadership capacity, community engagement and social impact on and off campus. When Urshian is not focusing on creating space for student leaders to maximize their impact through disruptive change, intention and connection, she is advocating for mental health, active living and practicing various martial arts, CrossFit, and Yoga. Urshian completed a specialized honours in Kinesiology & Health Sciences from York University, with a concurrent Bachelors of Education. After becoming certified with the Ontario College of Teachers, she went on to complete her Masters in Education, with a graduate diploma in Urban Environments.

KEYNOTE: #FUTUREFORWARD LIVING, LEARNING, & EARNING -- LEADERSHIP & THE FUTURE OF WORK.

Maneesha Gupta rose from a difficult childhood to becoming a self-made influential lawyer. With no ties to the legal world, she relied on her values to thrive in several prestigious Bay Street jobs. In this session, Maneesha shares compelling stories from what she's learned about money, leadership, life as a lawyer and being an entrepreneur. See how

Maneesha overcomes adversity, makes bold decisions, and evolves a mental health & mindfulness brand. Learn how to lead with impact and create a power network from a young visionary leader and adopt field-tested tactics for achieving better outcomes in any interaction. Start building resilience and living life with optimism.

**Zoom Session Link:
10:10 - 10:50 AM**

https://yorku.zoom.us/webinar/register/WN_hAyYe5SuS_y4LiH2Ge03qg

Moderated by the office of Alumni Engagement



MANEESHA GUPTA

SPARK Keynote Winter 2021,
Lawyer, & Speaker

Maneesha Gupta is a Bay Street trained lawyer based in Toronto, Canada. Maneesha practices in all aspects of intellectual property, advertising and technology law. She is also the Founder of Mindful Lawyer Canada (MLC), a mindfulness and wellness solution for the legal profession. MLC has developed on-demand, real-time mental health support services, legal community classes, on-demand mindfulness workshops and tailored meditation training for busy professionals. Aside from law, Maneesha is a

speaker and has given lectures at universities and colleges across Ontario, and presented in panel events at the Law Society of Ontario and Toronto Region Board of Trade. She is the Vice-Chair of the Ontario Bar Association's Law Practice Management section, an organization serving 16,000 lawyers, judges and members. Maneesha is an active board member within the legal profession. She regularly advocates for the advancement of women, inclusion and access to justice.

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HOW TO MARKET YOURSELF IN A DIGITAL WORLD.

This workshop provides student leaders with an introduction to various tools and techniques that can be used to manage a personal/organizational brand and market yourself in a digital world. This session will offer students an opportunity to learn how to generate an organized content creation plan, establish an eye-catching aesthetic, and tailor social media content to convey information and engage a targeted audience. This presentation will also provide insight on how to use tools on Instagram, and other platforms such as Canva and UNUM, to level up your organizational or personal brand,

and help you target a specific audience. This workshop is intended to help participants curate content in a COVID world, and elevate their social media engagement on platforms like Instagram and IGTV.

“Participants will learn how to create an organized content creation plan. Participants will learn how to establish and curate content for an eye-catching aesthetic. Participants will learn how to tailor social media content to convey information to a specific audience, and reach a wider student audience.”

**Zoom Session Link:
11:00 - 11:50 AM**

**[https://yorku.zoom.us/meeting/register/
tJMpdemgrzMjGNBERbHiLPtmyW5Lto2klcX](https://yorku.zoom.us/meeting/register/tJMpdemgrzMjGNBERbHiLPtmyW5Lto2klcX)**

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SESSION SPEAKERS

TANYA SHARIF

Student Success Mentors, Vanier College



Tanya Sharif is a 3rd year student in the Commerce program and is specializing in Management. Her dedication to supporting students has led her to become a Student Success Mentor for the past two years where she has equipped herself with various new leadership skills such as active listening, problem solving, and teamwork. Not to mention, her second year as an elected student representative in the 'Committee on Student Academic Petitions and Appeals' where she promotes fair treatment and advocates on the behalf of York students. In her spare time, Tanya volunteers and supports refugee families who come from various war-torn countries by helping integrate them to the Canadian community. Upon graduation, Tanya is dedicated to supporting communities living in poverty and/or impacted by natural disasters. Tanya looks forward to sharing her newly-learned skills with her fellow York students!

KATELYN CONFERIDO

Student Success Mentors, Vanier College



Katelyn Conferido is a 4th year student in the Children, Childhood and Youth program. During her three years as a Student Success Mentor at Vanier College, Katelyn's passion for helping other students and cultivating a supportive community has only grown. She has developed a variety of skills in her position, such as her leadership and communication skills, and she is excited to share what she has learned with other student leaders. As a student, Katelyn has been the recipient of the Dean's Award for Academic Excellence and, most recently, an honorable mention in the Liberal Arts & Professional Studies Writing Prize. In addition to being a Peer Mentor Leader, Katelyn also serves as the Vice President of the Children, Childhood and Youth Student Association. Upon graduation this year, Katelyn hopes to pursue further education and a career in teaching.

PERSONALITY & CAREER CHOICE.

Are you wondering how your personality type may influence your career choices? This webinar will provide you with an introduction to the Myers Briggs Type Indicator (MBTI), one of the most widely used assessment tools, and you will discover how learning about your personality type can help guide you with your career decision making.

"Participants will be able to better understand the role of personality preferences in a process of career decision making, understand how team interactions are influenced by individual preferences, and recognize how to communicate and work electively with others."

**Zoom Session Link:
11:00 - 11:50 AM**

**[https://yorku.zoom.us/meeting/register/
tJlscuypqjwpGNfXfffxIsteeBhRkvKv2Te](https://yorku.zoom.us/meeting/register/tJlscuypqjwpGNfXfffxIsteeBhRkvKv2Te)**
V

SESSION SPEAKER



ROMA KOZINSKA

Career Counsellor, Career Education & Development Center

Roma is a true believer that in life, and in one's professional career, the ability to identify and make connections between what we want and what is possible to achieve is essential. She has learned through her own experiences that one's career path could be easily compared to a jungle gym full of many challenges and success stories. Since her first job as a School Counsellor, she tried to stay true

to her passion and desire to help people. That led to her second Master's Degree in Educational Psychology at McGill University. She has more than 15 years of steadily-advancing experience in educational institutions. As a Career Counselor at York University she supports students and alumni to foster an understanding of their personal attributes, abilities, and values, helping them to identify their future career paths.

JOB SEARCH AND NETWORKING STRATEGIES.

Looking for a job, especially during a pandemic, can get difficult. Join us for this webinar to find out how to uncover and create career opportunities by learning how employers fill job openings. Learn how to uncover hidden opportunities and build relationships that maximize your job search efforts.

“Learn how to create a job search strategy that includes an understanding of the hidden job market and ways to pursue opportunities that are not immediately apparent. Identify different strategies on how to build professional relationships for maximizing your job search efforts.”

**Zoom Session Link:
11:00 - 11:50 AM**

**[https://yorku.zoom.us/meeting/register/
tJMoceGorDsiGtxaIDZqMI1nHMhnwKZIMB7
f](https://yorku.zoom.us/meeting/register/tJMoceGorDsiGtxaIDZqMI1nHMhnwKZIMB7f)**

SESSION SPEAKER



Surina Sohal is a career development professional who graduated from York in 2011. In her current role as the Employer and Alumni Liaison at the Career Education and

SURINA SOHAL

Employer & Alumni Liaison, Career Education & Development

Development Centre, Surina coordinates the T.A.S.T.E Mentoring Program and the Career Conversation Series with various campus and external partners.

LUNCH AND LEARN

In this lunchtime round table mentoring session, you will meet with experienced alumni leaders from a variety of career paths who will inspire you with details of their own journeys building resilience and managing personal and professional transitions during times of upheaval.

Practice your networking skills, learn what makes a great leader and understand how you can continue to excel during uncertain times at this lunch time mentoring session. Attendees are encouraged to enjoy lunch during this event.

LUNCHTIME ALUMNI MENTORING ROUNDTABLE

<https://www.yorku.ca/alumniandfriends/about-us/york-university-alumni-board/>

Zoom Session Link:

GRAB YOUR LUNCH 11:50 - 12:10 PM
SPEED-MENTORING 12:10 - 12:55 PM

https://yorku.zoom.us/meeting/register/tJl-uc-yhqDssGtCbhoXgDDtjQ7EmjSurl_Oj

Moderated by the office of Alumni Engagement

HOW TO MANAGE A TEAM IN AN ONLINE WORLD.

This workshop aims to help individuals understand the value of teamwork, and learn how to facilitate collaborative spaces through an online world. This session will teach students how to implement project management tools in a virtual setting using Slack, and WhatsApp. Participants will learn how to strategize individual strengths and skills within a team of people, and learn how to lead and motivate a team to achieve a common goal. This workshop is ideal for students in leadership positions looking to

enhance their people management skills in online spaces. "Participants will gain the tools and skills to build collaborative relationships with team members without having met in real life. Participants will gain the skills to establish team goals, set team expectations and set accountability checks. Participants will learn how to establish clear communication within a team to manage multiple projects and priorities effectively."

**Zoom Session Link:
1:00 - 1:50 PM**

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JEDD KENEDY

Student Success Mentors,
McLaughlin College

Jedd is a third year Philosophy major and Political Science minor. He has been involved with the McLaughlin College Peer Mentors Network for two years now. In his first year with the network, he was a Peer Leader, providing support and campus resources to incoming first year students while being involved in the process of event planning and event execution with the network's leadership team. In his second year with the network, Jedd began working as the Coordinator where he is responsible for managing and collaborating with the central leadership

team on various events and programming. While the shift online has changed the way the network operates, Jedd and his team has adapted to the new landscape and continues to deliver fun events and vital services to students through online platforms. During this training session on how to manage a team in an online world, Jedd hopes to teach students how to stay engaged and connected as well as how to overcome obstacles through creative and innovative thinking.

SECONDARY SPEAKERS

ROSIE GIANNONE

Student Success Mentors, McLaughlin



Rosie is a 3rd year Law & Society student, minoring in Art History. She has been involved with the McLaughlin College Peer Mentors Network for two years now. In her first year with the network, she volunteered as a Peer Mentor, providing first-year Law & Society students with information on how to access academic resources, engage in college activities and maintain their emotional well-being while in university. In her second year with the network, Rosie began working as a Peer Leader where she continues to guide a group of first-year students, in addition to overseeing an awesome group of volunteer Peer Mentors and playing a more active role in event planning, administration and innovating the network's structure. During this training session on how to manage a team in an online world, Rosie hopes to teach students how to encourage group participation using apps that facilitate communication, including Slack.

MUHAMMAD AHSAN

Student Success Mentors, McLaughlin



Muhammad is a 4th year Political Science student who has been involved with the Peer Mentor Network for three years. He has also worked around McLaughlin College and helped with arranging numerous events. In his second year, Muhammad became a Peer Mentor after he joined the Peer Mentor Network, he worked with first year LAPS students to help them with their academic and social lives. Muhammad continued this work in his third year, and also got involved with event coordination and organization at McLaughlin College. Now, Muhammad is a Peer Leader, he still helps a group of first year students, but also overlooks a cohort of Peer Mentors and assists them with their tasks as well.

WHAT CAN I DO, WITH MY DEGREE?

Not sure what career options your degree might lead to? Attend this webinar to learn how the skills you are developing in your degree, and the experiences you are gaining while at York, will help build a strong foundation for your future. You'll learn about the most important factors in making career decisions (hint - your degree is only one of many) and about the numerous transferable skills you are gaining. In addition, you'll learn to navigate several career exploration websites that will help you explore your options. Altogether, this webinar will give you a start in answering the

most important question of all: What do you really WANT to do with your career and your life?

Understand that their degree does not limit their career choice, and that knowing who they are and what they want will help them make the best career choice. Learn that they develop many transferable skills in any degree that they can take with them anywhere they want to go. Be able to identify and navigate at least 3 key websites for career exploration.

**Zoom Session Link:
1:00 - 1:50 PM**

<https://yorku.zoom.us/meeting/register/tJwsce-oqTkvHtOm-m0pkKCMQt2apcl6ZnAPc>



JEANNE DECOTEAU

Career Education and
Development Centre

Jeanne is a Career Counsellor at York's Career Education and Development Centre, where she found her work home almost 15 years ago. She holds a Bachelor of Arts in Sociology and Psychology and a Bachelor of Education from Queen's; a Career and Work Counsellor Diploma from George Brown College; a Master's in Counselling Psychology from the University of

Toronto, and is a Canadian Certified Counsellor. After struggling to find her own career fit, Jeanne found her passion in helping university students who are grappling with finding theirs. She loves connecting with students, hearing their stories, and helping them move forward with confidence, to create career success on their own terms.

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HOW TO EFFECTIVELY USE LINKEDIN.

You will be able to identify reasons for using the LinkedIn platform. You will be able to learn how to create an effective LinkedIn profile. You will be able to gain tips to leverage various LinkedIn features. You will be able to gain a better insight about how to build a strong professional network, and how to

effectively get engaged on the LinkedIn platform. Participants will be able to identify the steps to create an effective LinkedIn profile. Participants will be able to recognize important LinkedIn features. Participants will be able to apply strategies to get engaged on the LinkedIn platform.

**Zoom Session Link:
2:00 - 2:50 PM**

<https://yorku.zoom.us/meeting/register/tJOvceGgpzkqH9JfW4gCZdyucqgNjDXv2Pt0>

SESSION SPEAKER



SARANJEET KAUR

Career Education & Development Centre

A career professional with around 6 years of combined experience providing career, co-op placement and employment advising to students in a fast-paced post-secondary environ-

ment. In my current position as a Career Educator at York, I educate students with the best of strategies and insights on how to navigate the world of work.

STRANGERS TO PROFESSIONAL CONNECTIONS: THE ART OF NETWORKING.

This workshop will consist of 3 sections that aim to provide students with the tools to engage with professionals, recruiters or persons of interest with confidence. We start off by highlighting the importance of configuring your experiences and weaving a story that can pique the listener's interest. This will be followed by an elevator pitch, where students have an allotted time to talk about themselves with the intention of leaving the listener intrigued to willingly accept a follow up conversation. Lastly, this will be followed by a quick social media walk-through on how to navigate LinkedIn invites and chat emails, which can

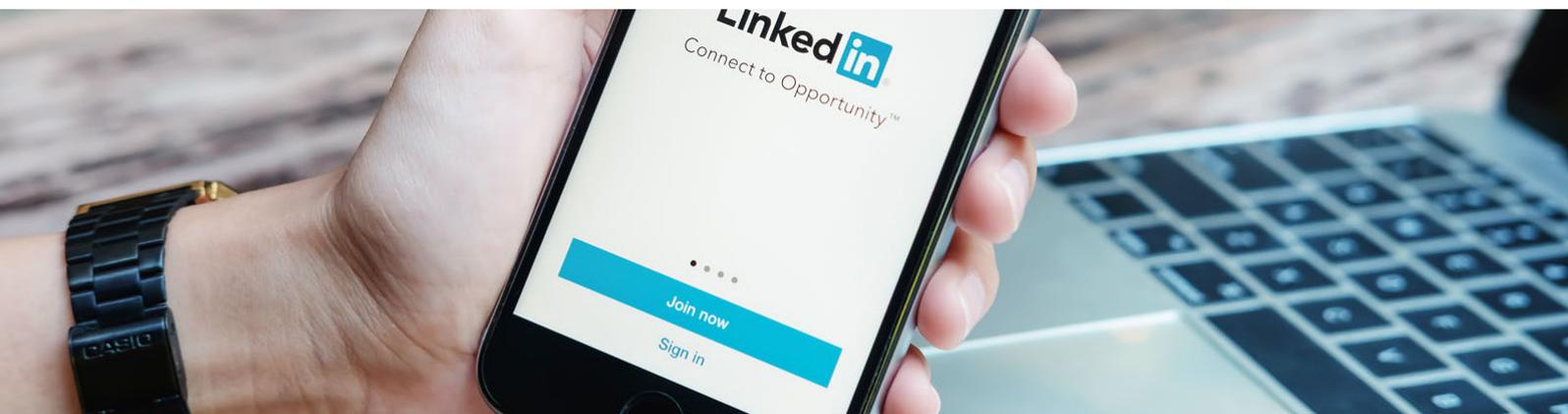
ultimately help build the foundation for a lasting professional relationship and one that could potentially translate to opportunity.

“Participants will be able to confidently initiate and uphold communication with recruiters or persons of interest within their desired field. Participants will take the first step to mastering the art of selling oneself by effectively communicating who they are and how have they grown from each experience. Participants will be able to tackle the question, ‘How do I make my next LinkedIn invite into a long-lasting professional connection?’ “

**Zoom Session Link:
2:00 - 2:50 PM**

**[https://yorku.zoom.us/meeting/register/
tJEkcemgqDItGNURG7uztSyZzEXU-EwD1P-](https://yorku.zoom.us/meeting/register/tJEkcemgqDItGNURG7uztSyZzEXU-EwD1P-)**

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SESSION SPEAKERS

ARNAV MUNSHI

Student Success Mentors, LAPS



Peer Mentor Coordinator and the Director of Academics & External Affairs at Vanier College, Arnav Munshi is a 3rd year Finance student from Dubai, United Arab Emirates. From the start of his time at York University, Arnav has been extensively involved across campus whilst also striving to meet his academic goals. His most notable achievements include speaking at the York Orientation Day to promote the Peer Mentor Cohort program to over 500 incoming students as well as sourcing the first student app within Vanier College aimed at helping create community. Although Arnav is passionate about endeavours that involve strategy and a high level of external communication, his love for food overshadows just about everything.

INSHA RAJWANI

Student Success Mentors, LAPS



Insha Rajwani comes from Mumbai, India and is a third year Financial and Business Economics major. She currently serves as a Vanier Peer Mentor leader, Event Planning associate at EDA and Business Development Intern at RAIS Consulting. Throughout her time at York, Insha has been significantly involved within the York community demonstrating her commitment to improve her communication and leadership skills to become a strategic business leader. Successfully gaining \$5000 in corporate sponsorship as the VP of Case competition at ESA and being actively involved in developing and facilitating the volunteer training curriculum for over 50 students are some of her most commendable achievements to date. She's a passionate dancer, a calligraphy enthusiast and someone who keeps interest in learning about new languages and cultures. She aspires to pursue a career in consulting with a focus on strategy.

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SETTING HEALTHY BOUNDARIES DURING A GLOBAL PANDEMIC.

The current global pandemic has challenged many of us to venture beyond our comfort zone to adapt to the evolving demands of virtual learning and work-from-home. Working from home has often meant a blurring of working and living spaces, obscured working, academic and resting hours, as well as increased work-loads. Through this workshop, participants can engage in a discussion around the importance of healthy boundary setting especially within the current context, learn how to establish, maintain and re-assert boundaries in an online context as a student learning from home and/or as a student leader working from home, as well as clearly communicate boundaries. This workshop will also allow participants to

begin to rethink and redefine traditional ideas of boundaries by reflecting on their learnings and experiences from last semester in contrast to what they take away from this workshop.

“Participants will be able to describe ways in which boundary setting can be beneficial in their role as a student learner/leader. Participants will be able to re-frame traditional ideas of boundaries within a COVID/ online setting. Participants will be able to gain practical skills to maintain and strengthen boundaries in an online context across their various roles. Participants will be able to communicate and reinforce their boundaries to others.”

**Zoom Session Link:
3:00 - 3:50 PM**

https://yorku.zoom.us/meeting/register/tJwlfumupjgtHdWP2sY-oerlWbZ5ep_bVzb8



SESSION SPEAKERS

LAKSHA SHAH

Student Success Mentor, Vanier College



Laksha (she/her pronouns) is a 4th year post-degree Social Work student pursuing a minor in Human Rights and Equity Studies. Her post-secondary career thus far includes attendance at McMaster University where she earned her Honours BA in Sociology, followed by an SSW-IR Diploma from Seneca College. She is actively invested in the York community as she is currently the YU Explore Coordinator at Vanier College, the President of the Social Work Students Association, as well as a student representative on a number of standing committees within LA&PS. Laksha is passionate about leadership, community building, advocacy, and student engagement. Throughout her co-curricular engagement at York University, as a student leader her focus has remained on improving the overall student experience as well as advocating for the unique needs of the student body in post-secondary.

SAMRIDHI BANSAL

Student Success Mentor, Vanier College



Samridhi Bansal is (she/her pronouns) a 3rd year Bachelor of Commerce major. She is specializing in finance and is currently the Peer Mentor Leader at Vanier College for the Undeclared Major portfolio. During her time here she has enjoyed curating workshops and tasks accustomed to undeclared major students. Her aim throughout has been to help improve the university experience for incoming students. She is passionate about getting involved around campus through clubs and networking with student bodies that help maintain the academic and social balance between university and personal life.

INTERVIEW PREPERATION.

Approach your next interview or networking event with increased confidence. Learn how you can influence the first impression you make and show your best self while answering employers' questions. Identify types of interview questions, including informational, behavioural, and situational questions and learn the benefits of using a Situation-Task-Action-Result (STAR) response for specific interview questions. Obtain essential tips on preparing for interviews and developing the skills needed to approach different types of interviews.

"Participants will understand the purpose of interviews and how first impressions influence the decision-making process. Participants will identify types of interview questions (informational, behavioural, and situational) and the benefits of using a Situation-Task-Action-Result (STAR) response for specific interview questions. Participants will obtain essential tips on preparing for interviews and developing the skills needed to approach different types of interviews."

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3:00 - 3:50 PM**

**[https://yorku.zoom.us/meeting/register/
tJwrc-Gtpz0oE91PZLs1QXJjyy6UgNO0sLPA](https://yorku.zoom.us/meeting/register/tJwrc-Gtpz0oE91PZLs1QXJjyy6UgNO0sLPA)**

SESSION SPEAKER



DALI CERA

Career Educator,
Career Education & Development

SPARK CLOSING REMARKS.

Cap the day off with some final reflection and action items on what it means to leverage disruption, and make the most of this remote year. Gain insight on transition leadership

skills that every student, and young professional, should work to build as we look towards the future.

**Zoom Session Link:
3:50 - 4:00 PM**

**[https://yorku.zoom.us/j/91041029204?
pwd=SW1Ma01YOT-VQWndINEQwMDZQc2pmUT09](https://yorku.zoom.us/j/91041029204?pwd=SW1Ma01YOT-VQWndINEQwMDZQc2pmUT09)**

SESSION SPEAKER

URSHIAN KHALID

Student Community Leadership
Development, Leadership Coordinator



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