EVENT PROGRAM

11:30 am  Check-In  
West Ballroom

11:30 am  Morning Refreshments  
East Ballroom

12:25 pm  Welcome & Opening  
Center Ballroom

12:30 pm  Keynote Speaker - Tianna Fae Soto  
West Ballroom

1:40 - 2:30 pm  Summit Sessions

**Tianna Soto - Embodying Wellness In College**  
*(East Ballroom)*

During the session, students will have the opportunity to explore: A brief history and science behind the positive psychology movement and how it can help college students thrive, not just survive. The five core elements of psychological well-being (PERMA) and how each element can lead to long-term happiness. How practices like gratitude, mindfulness, reverse bucket lists, and character strengths can boost confidence, happiness, and resilience over the long term. How to uncover meaning in everyday life and start living passionately with purpose.

**Vision**  
*(Senate Chambers)*

Where is your organization headed? Join us to explore creative and engaging ways to build buy-in from your members when setting a strategic vision.

**Events & Planning**  
*(Family Room)*

Looking to plan an event/program for the upcoming semester, but don’t know where to start? Don’t worry our friends in the Union Events office & ASTEC services are here to help. Join us as we walk through the necessary steps to make your next event/program a success.

**Media: The Way To Reach Your Peers**  
*(West Ballroom)*

Have you ever wondered how to tell other students about your upcoming events, meetings or student organization as a whole? “Media: The Way to Reach Your Peers” will focus on ways to create content in multiple areas, and cover different advertising options available to student orgs including: digital boards, table tents, weekly event postings, and more.
ASUW Funding Board Process (East Ballroom)
We will discuss the process of creating an event on UW Connect, process of requesting funding for ASUW, and how ASUW can help your event be successful. Student Organizations can apply for funding with ASUW to go to conferences, competitions, and events.

Care Comes From Within (Senate Chambers)
Care comes in many forms. When it comes to your student organization, creating a culture of care for yourself, other officers, and members, can establish a solid foundation for your org to sit on. This session will provide you with strategies and tools to build this foundation as well as how to navigate challenges between people when they arise— all from the lens of care and its many components.

Students Leading Students (West Ballroom)
Join us for exciting student leader panel, as we connect with three talented UW Student Leaders and discuss their experiences when it comes to their leadership journey.

Event Submission Process (Family Room)
Need help submitting your event for approval? Are you requesting ASUW Funding, having Catering or wanting to marketing your event via of the Digital Boards in Wyoming Union? Or need to make update to a currently approved event, in this session we’ll walkthrough those options and more!

Conflict Resolution (Senate Chambers)
Gain an understanding of restorative approaches to community building through discussion and application. With restorative practices, we use tools of holding space for building community through facilitated conversation, which also provide us with skills to navigate challenges and find meaningful and transformative ways to address harms as they arise.

How To Plan A FUN-tastic Event! (East Ballroom)
Wanting to elevate your event but don’t know where to start? From movie screenings, events at the park, to campus events; Learn the FUNdamentals of planning, marketing, and creating an unforgettable experience for participants. Learn about resources and collaborations for more inclusive programming.

Recruiting (West Ballroom)
Recruiting is the lifeblood of our organizations. Come to learn tips/tricks for successful recruitment at UW and explore what free resources are available to your club.

Lived Experiences Matter (Family Room)
In this session, we’ll take a look at how our lived experiences impact our leadership style and work on crafting your personal definition of leadership.

Summit Sessions
2:40 - 3:25 pm
Care Comes From Within (Senate Chambers)

3:30 - 4:00 pm
Snack Break

4:00 - 4:30 pm
Summit Sessions