



Welcome to iNSPIRE 24!

This experience is designed to introduce students to the foundations of leadership through the [Brave Experience](#). All workshops are related to leadership and centered around one of the four domains of the [Brave Experience](#): Learning, Belonging, Community, and Well-Being. Each workshop will meet one of the learning objectives of the domains and connect to how this supports leadership growth and development.

Brave Experience Learning Objectives:

- Learning: Support student development and success through engagement in transformative educational experiences in and beyond the discipline that encourage a self-motivated pursuit of knowledge.
- Belonging: Cultivate a sense of inclusion through active engagement and participation in initiatives that support relationship development, engagement in learning and discourse, and the exploration of pathways that help in achieving personal and career aspirations.
- Community: Engage with others in the mutually beneficial exchange of knowledge and resources to create and strengthen supportive and collaborative environments on and off campus.
- Well-Being: Encourage students to identify, develop, and practice healthy habits that promote a sustainable balance of one's mental, physical, and emotional wellness.

SCHEDULE: SATURDAY, JANUARY 20, 2024

8:30 A.M. Continental Breakfast/Welcome | University Center Annex

9:00 A.M. Workshops Begin | Chavis Student Center

9:00 A.M.-9:50 A.M.- Belonging Workshops

10 A.M.-10:50 A.M.- Community Workshops

11 A.M.-11:50 A.M.- Well-Being Workshops

12:00 P.M. Lunch | University Center Annex

12:30 P.M. Keynote Address: Sandy Jacobs, Director for Community Engagement | University Center Annex



9:00 A.M. - 9:50 A.M. Belonging Sessions



Inclusive Language into Inclusive Action: Reframing Allyship

Presenter: Cherish Williams | Chavis Student Center Room 213

Cultivate a sense of inclusion through active engagement and participation in initiatives that support relationship development, engagement in learning and discourse, and the exploration of pathways that help in achieving personal and career aspirations.

Enhancing Intellectual Humility Through Dialogue

Presenter: Cara Martin | Chavis Student Center Room 208

Dialogues occur in our everyday life, but as our climate becomes more and more polarized, it's crucial to learn how to enter these conversations with humility and intentionality. In this workshop, participants will discuss the importance of intellectual humility in a world where everyone thinks they're right. Participants will learn how to have deliberative dialogues and find common ground to connect across differences.

Building Belonging with Inclusive Programming

Presenter: Sam Hauser | Chavis Student Center Room 251

One question we don't ask ourselves enough as leaders is "How can I help to create a sense of belonging for others?" In this workshop, we will discuss how diversity, equity, and inclusion contribute to a sense of belonging and how a strong sense of belonging sustains the well-being of our students, faculty and staff. Additionally, we will share some best practices for creating inclusive programming and work together to reshape identified programming through an inclusive and equitable lens.

10:00 A.M. - 10:50 A.M. Community Sessions



Leading by Example: Servant Leadership in Action

Presenters: Katie Aguilar Manueles & Kacia Grant

Chavis Student Center Room 213

Hey there, future leaders! Are you ready to dive into a leadership style that's all about caring, supporting, and making a difference? Join us in "Leading by Example: Servant Leadership in Action" and get ready for an adventure in leadership that's like no other. In this session, you will learn how to become an engaged citizen and define key characteristics of a servant leader.



How Does Leadership Affect Community

Presenters: Jaya Jackson, Cherish Williams, and Mackenzie Eller

Chavis Student Center Room 208

This workshop will consist of four main points: communication, collaboration, compassion, and connection. Each of these points will explain how being a leader not only affects your community but creates a welcoming environment. This workshop will also consist of an icebreaker that will help the audience understand what being a community is.

The Power of Community: Navigating the Community Domain of the Brave Experience

Presenter: Sandy Jacobs | Chavis Student Center Room 251

Welcome to our workshop exploring the Community Domain of the Brave Experience! Join us in understanding the significance of community engagement, connection, and active participation at UNCP and our community. As you begin your journey, remember that engaging with the community enhances your college life and contributes to the vibrancy of UNCP. Let's build connections, embrace diversity, and create a community reflecting the values of the Brave Experience.

11:00 A.M. - 11:50 A.M. Well-Being Sessions

The Impact of Well-Being

Presenters: Chrisynda Samuel, Paula Mukau, and David Pridgen

Chavis Student Center Room 213



Participants will learn how to identify emotions and thoughts that can negatively impact their well-being as well as their Brave Experience and leadership development. Participants will gain deeper knowledge as to how these emotions and thoughts impact their well-being. Participants will gain skills that can help change these harmful emotions and thoughts in a way that promotes a well-being that positively strengthens their Brave Experience and leadership development.



Establishing a Positive Networking Environment Using Fitness Groups

Presenter: Eja Hagwood, Michael Passamuntu, and Sanea Tinsley

Chavis Student Center Room 208

Participants will be able to learn how a fitness class can establish a positive networking environment. Exercising with others can create a bond with everyone in that class. Fitness classes can connect to the Brave Experience because they focus on your physical and mental well-being. Come learn the value of fitness!

Overcoming Imposter Syndrome in Student Leadership Roles

Presenter: Dr. Kyle Smith | Chavis Student Center Room 251

In this session, we will discuss the phenomenon of imposter syndrome, which is the condition of feeling anxious and not confident in your ability to lead your peers and others. Leaders experiencing this phenomenon may feel that they are a "fraud" or a "phony" when they are actually very capable of achieving success. We will discuss what it means to be a student leader, how to identify imposter syndrome, and how to overcome it so that you allow yourself to experience the internal fulfillment you deserve.

12:30 P.M. - 1:00 P.M. Keynote Learning Session

Seizing the Moment: Leading Now is More Valuable than Leading Later

Keynote: Sandy Jacobs | University Center Annex



Mr. Sandy Jacobs is the Director for Community and Civic Engagement at the University of North Carolina Pembroke. He is the recent recipient of prestigious accolades such as The Spirit of Democracy Award and the North Carolina Governor's Award of Excellence in Public Service. With nearly a decade of dedicated service at UNCP, Sandy brings a wealth of experience and a passion for community engagement. Sandy will share invaluable insights on the significance of leading in the present moment, rather than waiting for the opportune time. His journey serves as a compelling narrative, highlighting the transformative power of taking initiative—a lesson learned firsthand during his college years.