



THE MEDALLION PROGRAM

FALL 2024 WORKSHOPS



**SCAN HERE TO
ENROLL IN THE
MEDALLION
PROGRAM!**

AUGUST

8/26 Stop, Drop, and Roll: Identifying and Addressing Burnout
8/27 Understanding Leadership (Level 1 Opener)

SEPTEMBER

9/3 Toward A More Perfect Union: Social Responsibility & Justice
9/9 "The Vibes Are Off": Real World Tips for Conflict Management
9/10 Building Time Management Habits & Strategies
9/16 Motivating The Middle
9/17 Intro to Public Speaking & Presentations
9/20 Rochester Mayor and UofR alum Malik Evans
9/23 Interfaith Literacy for 21st Century Leadership
9/24 The Practices of Leadership (Level 2 Opener)
9/27 Suicide Prevention Workshop
9/30 Identifying Your Values
9/30 In This Moment: Book Launch and Panel Discussion

OCTOBER

10/1 Real Colors
10/4 The Power of Yet
10/7 Athletics and Holistic Health
10/8 Strategies for Leading Effective Meetings
10/10 Deliberative Dialogue: How Should We Encourage and Safeguard Voting?
10/21 Power to the People: Understanding and Navigating Systems
10/22 Empowering Leadership: Level 3 Projects Panel Discussion and Interactive Workshop
10/25 Morado: The Color of Bruises, The Color of Resistance
10/28 The Power of Global Competency: Empathy, Tolerance, and Respect
10/29 Leadership for the Modern Age: How Humility and Authenticity Foster Positive Company Culture

NOVEMBER

11/4 Communication in Leadership
11/5 Effective Networking for Personal and Professional Development
11/11 Conflicts Is Life
11/12 Event Planning and Promotion
11/15 Deliberative Dialogue: A House Divided. What Would We Have to Give Up to Get the Political System We Want
11/18 Commitment: What Keeps You Motivated
11/19 Nonviolent Communication
11/22 Active Listening
11/22 Introduction to Personal Branding and Networking
11/25 You Have The Power! Changing Your Community through Political Engagement and Activism
11/26 Dosing Empathy in Healthcare



**Check out our CCC
Events Page & our
Medallion Monthly
Newsletter for more
workshops and credit
opportunities added
throughout the semester!**

The gold workshops are an alumni or special guest speaker!

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