9:30 AM - CHECK-IN BEGINS

10:00 AM - WELCOME SESSION

10:25 AM - BREAKOUT SESSION #1: Modeling Your Ritual and Values-Based Leadership (Carly Zerr, LSC); Frenemies: Healthy Female Relationships (Alyssa Rollins & Dayna Wolfe, LSC); Shaping What's Good (OMSA Peer Educators); and Healthy Gamecock (Michael Crowley, Student Health Services)

11:25 AM - BREAKOUT SESSION #2: Mentorship (Lauren Haynes, LSC) Self-Care (Lacie Rhoden, LSC); Sorority Women, Privilege, & Philanthropy (Ambra Hoitt, LSC); Networking (Haven Spanyer, Career Center); and Healthy Relationships (Carli Mercer, FSL)

12:20 PM - LUNCH & KEYNOTE SPEAKER
Kate Wehby, Being Confidently Imperfect

2:30 PM - BREAKOUT SESSION #3
Supporting Sisters with Mental Health Concerns (Lauren Haynes and Shelby Gillis, LSC); Holistic Wellness (Kate Wehby); Introverted Leadership (Lacie Rhoden, LSC); and Get Smart About Credit (Rachel Sinoway, Student Success Center)

3:30 PM - CLOSING SESSION