

A blue silhouette of the state of Minnesota is on the left. To its right are four stylized human figures of varying heights, with their arms raised in a celebratory gesture.

# Together in Partnership

# MSHSL

STATEWIDE

# LEADERSHIP

CONFERENCE

The MSHSL logo is a circular emblem with a gold border. Inside the circle, there is a blue silhouette of the state of Minnesota. The text "MINNESOTA" is at the top, "ARTS" is at the top right, "ATHLETICS" is at the bottom right, and "ACADEMICS" is at the bottom left. In the center of the circle, the letters "MSHSL" are written in a bold, gold font.

**Wednesday, December 6, 2023**

**St. Paul RiverCentre**

# Conference Schedule



Time	Event	Room
8:30-9:00	<b>Registration</b>	Ballroom Concourse
9:00-9:10	<b>Welcome</b> – <i>Erich Martens, Executive Director</i>	Ballroom B, C, D
9:10-9:40	<b>Opening Keynote Address</b> – <i>Esera Tuaolo</i>	Ballroom B, C, D
9:45-10:25	<b>Breakout Session Rotation #1</b>	
	<b>Student Group #1</b> <i>Mental Health &amp; Managing Adversity</i>	Meeting Rooms 7-9
	<b>Student Group #2</b> <i>Life Beyond High School</i>	Meeting Rooms 4-6
	<b>Student Group #3</b> <i>Strategies for Building Better Relationships</i>	Meeting Rooms 1-3
	<b>Student Group #4</b> <i>Speak Up!</i>	Ballroom A
	<b>Adult Session #1</b> <i>Mitigating Coach Burnout</i>	Ballroom B, C, D
10:35-11:15	<b>Breakout Session Rotation #2</b>	
	<b>Student Group #4</b> <i>Mental Health &amp; Managing Adversity</i>	Meeting Rooms 7-9
	<b>Student Group #1</b> <i>Life Beyond High School</i>	Meeting Rooms 4-6
	<b>Student Group #2</b> <i>Strategies for Building Better Relationships</i>	Meeting Rooms 1-3
	<b>Student Group #3</b> <i>Speak Up!</i>	Ballroom A
	<b>Adult Session #2</b> <i>Speak Up!</i>	Ballroom B, C, D
11:25-12:05	<b>Breakout Session Rotation #3</b>	
	<b>Student Group #3</b> <i>Mental Health &amp; Managing Adversity</i>	Meeting Rooms 7-9
	<b>Student Group #4</b> <i>Life Beyond High School</i>	Meeting Rooms 4-6
	<b>Student Group #1</b> <i>Strategies for Building Better Relationships</i>	Meeting Rooms 1-3
	<b>Student Group #2</b> <i>Speak Up!</i>	Ballroom A
	<b>Adult Session #3</b> <i>Innocent Project</i>	Ballroom B, C, D
12:05-12:50	<b>Lunch w/ T-Shirt Exchange</b> – <i>Moderator: Omari Pearson</i>	
1:00-1:40	<b>Breakout Session Rotation #4</b>	
	<b>Student Group #2</b> <i>Mental Health &amp; Managing Adversity</i>	Meeting Rooms 7-9
	<b>Student Group #3</b> <i>Life Beyond High School</i>	Meeting Rooms 4-6
	<b>Student Group #4</b> <i>Strategies for Building Better Relationships</i>	Meeting Rooms 1-3
	<b>Student Group #1</b> <i>Speak Up!</i>	Ballroom A
	<b>Adult Session #4</b> <i>Networking / Business / Personal Time</i>	Ballroom B, C, D
1:40-2:00	<b>Closing Keynote Address</b> – <i>Omari Pearson</i>	Ballroom B, C, D

# Session Summaries



## Presenter **Esera Tuaolo**

### **Topic: *Hate is Wrong & Speak Up.***

**Keynote for all attendees:** Esera shares his story and what he hopes athletes, coaches, activity administrators, and other students do and say to be inclusive and accepting of each other so students can show up authentically. Esera will also perform his version of *Rise Up*.

## Presenters **Seema Pothini and Kenneth Essay**

### **Title: *Speak Up! No More "Next Time"***

**For adults AND student-athletes:** This workshop provides concrete tools & strategies for supporting youth and adults to speak up immediately and effectively when hate, bias or derogatory comments occur in school or at events. Participants will leave feeling inspired and prepared to respond immediately and effectively when an injustice is witnessed or shared, instead of waiting for the next time to do something.

## Presenter **Premier Sports Psychology**



### **Title: *"Teambuilding/Leadership"***

**For student-athletes:** Great teams are anchored by teammates that work together toward a common goal. Learn to lead together and support teammates of all walks of life.

### **Title: *"Mental Health and Overcoming Adversity"***

**For student-athletes:** We all have mental health. Equip yourself to respond with resilience when adversity hits both on and off the field.

### **Title: *"Coach Mental Health and Burnout"***

**For adults:** Coaches in today's world wear many hats. Effectively manage your well-being through the ups and downs both in and out of season.

## Presenters **Matt Brandt and Robert Mestas**

### **Title: *Innocent Project – "Dynamic Connections to Boost Meaning and Performance"***

**For adults:** Our teams and groups are made up of diverse individuals who are motivated to join us for a variety of reasons; it is our job to take these diverse motivations and experiences and create one team/one group that accounts for and validates these different motivations. This session will illustrate how Innocent Technologies' methodology provides a way to unite diverse motivations and build a shared culture in which all participants find meaning and connection.

## Presenter **Omari Pearson, Passion to Purpose**

### **Title: *"Life Beyond Activities and School"***

**For student-athletes:** What is Goal & Mind Mapping? It breaks down one's goals into smaller parts or smaller steps that allow one to discover and align their actions with desired goals. This session will focus on Goal & Mind Mapping for students' post-secondary planning and career goals. We will outline steps to ensure student-athletes and activity participants are dreaming and not fantasizing about their goals and dreams.

### **Title: *Closing Keynote Address – A Call to Action***

**Keynote for all attendees:** In his closing address, Omari will tie together the new learning and skills from the conference, the MSHSL Behavior Expectations and put out a call-to-action for attendees to create a legacy of kindness, respect and inclusion in their own community and through interscholastic competition.

