As women we hold many leadership roles in many areas of our lives which can seem overwhelming and stressful on a day-to-day basis. While we may think we are all superwomen and “can do it all,” here are some tips to finding balance and strength to be successful in all your leadership positions.

Work-Life Balance
The concept of work-life balance is prioritizing work (career, school, ambition) and life (friends and family, personal health and development, leisure time). It is important to balance your time and energy so you don’t compromise one priority for another. Start by evaluating all your priorities (don’t forget “you time”) and establish

LeaderShape
May 9 - 14th, 2011

Designed for students who have a passion for service and want to be civic-minded leaders, it starts with a week of leadership development and is followed by programming and support throughout an academic year. Students will not only develop visions, but learn to be visionary, and discover how to apply their skills and passions back on their campus.
*Student Groups of the Month*

**ASUU Senate**

- **JANUARY** -

**Nominated by: Tami Beck**

The ASUU Senate has passed 124 bills, compared to the 66 bills that were passed by the January meeting the previous year. They have doubled the amount of bills passed! This means that the Senators are going above and beyond to reach out to the students within their colleges and making sure that students are aware of this funding that is available to them so they can spread the word about how great the University of Utah is at the many conferences that they attend or present at. From funding these types of events, we are providing opportunities for students that they may not have otherwise been able to have. They not only have been reaching out to many students and Student Advisory Committees (SAC), but they have been working hard to make sure that there are events within their colleges bringing unity amongst them and their peers. Many of the Senators are not only representing their colleges in the Senate, but are involved with many other student groups on campus and reach out to the community through service. The Senators are wise with how the money is spent and are aware of the students on our campus. They keep a positive attitude about all the meetings that they attend and represent the student body well!

Want more information on how to nominate a student group you think has contributed significantly to our campus or your organization?
Visit [www.sa.utah.edu/leadership](http://www.sa.utah.edu/leadership)

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**SHIFT - Secular Humanism, Inquiry, and Freethought**

- **FEBRUARY** -

**Nominated by: Elaine Ball**

SHIFT put on an amazing lecture series celebrating Darwin Day 2011. The entire week leading up to February 12, science professors and scholars presented their research to groups of hundreds of attendees. All the lectures were free and open to the public, the turn-out numbers were great, and the work put into organizing the series was phenomenal. By providing free, educational, science and research-related lectures, SHIFT positively celebrated Darwin Day, an international celebration of reason and science. Their efforts were highlighted in the Salt Lake Tribune, City Weekly, and the Utah Chronicle. In addition to the weekly meetings SHIFT holds and the Community Service events they promote, this lecture series brought great attention to the group's efforts and all they are doing for the campus community. The group has been winning awards ever since their beginnings in May of 2009, and their excellent efforts this February went above and beyond once again.
Laura Alvarez
- JANUARY -
Nomination forms are due the last day of the month and can be submitted online at www.sa.utah.edu/leadership.

Laura is a great student leader in the Hispanic Business Student Association (HBSA). After joining for one semester she has become the new National Representative for the group and keeps in contact with the president of the National Hispanic Professional Organization. And helps the group in any way that she can. She contributes to the school in any way that she can. One of her roles in the school is to be editor and Chief of the newspaper Venceremos.

What sets Laura a part from the other students is that she has found a great passion for helping raise awareness about autism. Last year she helped coordinate the very first conference in Spanish about autism. The conference was a great success. She was able to find sponsors for all the supplies need for the conference. With this conference she was able to help parents cope with their children with autism. This year she is doing another conference and you can see her dedication as she finds different ways to find the funding and the help to provide this help for parents again. She spoke at one of the Hispanic Chamber of Commerce events to raise the awareness among our Latino community leaders. Laura is a great candidate because there are not a lot of people who give their time to a unique cause such as autism.

Nominated by: Rosalia Villegas

Ben Ham
- MARCH -
Nominated by: Nicole Ledford

Ben is a new site leader to the Alternative Spring Break program leading the Point Reyes trip. Ben's work has made the ASB experience directly available to more students.

This is Ben's first year as a Bennion Center student leader, and he has shown great enthusiasm and growth over the course of the year. This past month, that growth really showed as he stepped up to the challenge of increasing his trip. He has been a fearless leader and will continue to grow and surprise us with his abilities and enthusiasm. As a new student leader this year, Ben has learned and grown a lot. Ben has taken on the great challenge of taking a whole extra van's worth of people for his trip this spring break to Point Reyes California. This means he has increased his trip by 50%, and is not taking 16 students along with him to serve and learn about environmental restoration. This challenge is usually only given to a trip that has a returning leader who has done ASB before and feels comfortable taking more students.

However, even as a new leader, we trust Ben to take on this challenge and are excited to see how he turns this into an opportunity to augment the experience each student has on their ASB trip.

With the high demand for ASB participation this year, Ben was flexible and willing to take on the challenge of taking extra student participants on his trip. He is offering more students the ability to participate in this experience!

Shane Tran
- FEBRUARY -
Nominated by: Kim Hoang

Shane is involved in the Asian Student Association and takes responsibility for any project that he is assigned to and makes sure it is completed. He is really friendly and loves to meet new people. No matter what is going on, you will always find a smile on his face. He is kind - hearted and a sincere person. He is an honest leader. Shane showed initiative to provide strategies to help overcome challenges in our student group and has shown a strong desire to achieve goals he sets for himself. He is not a person to easily give up. Shane deserves this recognition because he knows how to balance being a leader and a student at the same time.
Like a cup that runneth over, a full bucket gives us a positive outlook and renewed energy. Every drop in that bucket makes us stronger and more optimistic.” These two sentences summarize the main message of How Full Is Your Bucket?, by Tom Rath and Donald O. Clifton, Ph.D. in a clear manner. This book provides us with ideas and tools for creating a positive atmosphere in everyday life. If we fill people’s buckets through positive encouragement, it will in turn fill our own buckets. Our full buckets will help us be more productive, have more fun in the workplace, be engaged with others, have better relationships and have a happier life. The book provides us with five strategies for increasing positivity. These strategies can be used in the workplace and everyday life. They are great guidelines to keep in mind and to implement in all we do. Rath and Clifton have included a lot of research throughout the text that is very interesting to consider. The scientific research helps visualize the impact of “bucket filling.” How Full Is Your Bucket? has a lot of great information that can be applied to different student leader positions.

The profound Kylie West once said, “when we use our dippers to fill other buckets, we build them up and make them feel happy and confident. When we fill others’ buckets, we fill our own as well.” I find that this is a great piece of advice. As student leaders, we need to take the time to work on our “bucket” as a team, but we also need to take the time to work on the buckets of the individuals on the team. This will help us build strong bonds and relationships with each other. Leaders should continually be doing this. Our teams of student leaders will spend a lot of time together so it is crucial that we continually put drops into each other’s buckets. We can do this through giving compliments and positive reinforcement.

As teams of student leaders we should utilize the five strategies listed. The first one, prevent bucket dipping is very important. This strategy ties into the theory about the Dipper and the Bucket. We need to be conscious of what we do and say because we don’t want to take drops out of peoples’ buckets. That would...
be detrimental. Showing negativity will be harmful to yourself and those around you. If we are positive and optimistic, others on the team and those we encounter will share in that positive outlook and everyone’s buckets will receive drops of encouragement.

Shine a light on what is right is the second strategy. This strategy tells us that we should focus on good things that people do and not focus all our attention on the bad things that they do. By acknowledging the positives, buckets will be filled and people will want to improve on lesser areas. This section also talks about starting a chain reaction. If each of us fills someone’s bucket, they will want to reciprocate the action and fill others’ as well.

Strategy three, make best friends, gives advice about relationships at work. We should strive to make great friendships in the work place. This will lead to more productivity and a more meaningful experience. We should also have great relationships outside the workplace to keep balance. These relationships are built through positive interactions. As student leaders, we will build really strong friendships on our teams. These relationships will create great memories and great experiences throughout. We can help this process by telling each other how much they mean to us and how important their work is for the team and the big picture. We need to be catalysts for each other to continue to build trust and positive relationships. We are each other’s support systems and encouragers. We also need to be catalysts for those we encounter. We have the opportunity to help others have a positive experience.

Give unexpectedly is strategy four. This is my favorite strategy. We can seek out opportunities to give gifts, whether it’s tangible or not. This will add drops to their buckets as well as ours. By going out of our way, we can renew the energy of those on our teams, as well as the those we work with and improve their day. This will go a long way and that person will want to share their gift by showing a positive attitude. This positive attitude will affect those around them as well, and cause a chain reaction.

The last strategy, reverse the golden rule is just as important as the other four. “Do unto others as they would have you do unto them.” This is a powerful statement. As a team, we should carry this with us at all times. We need to remember that filling buckets is an individualized process. There is not a generic way to fill buckets. To encourage others, we need to provide them with drops that are meaningful to them. Something may be meaningful to one person, but not to another.

“What we recognize in others helps them shape their identity and their future accomplishments.” This quote applies well to orientation. By building those individual relationships, we can more effectively fill each other’s buckets.
some strategies to help you strike a healthier balance.

**Find Your Voice**
What you have to say (your thoughts, opinions, ideas) are important and should be heard. At times, using your voice to speak your mind can be challenging or scary. Being a leader means developing a stronger voice to help advocate for yourself and others, no matter how scary or challenging it may seem. The more you express and believe in yourself and what you have to say, the stronger your voice becomes.

**Be A Model**
As a female leader many people look up to you as a role model so remember to always be the leader you strive to be on and off campus. It is important that the values and ideals you believe be demonstrated in all areas of your life.

**Learn to Say No**
Taking on more responsibility can be a very positive step in developing leadership skills but it can also lead to taking on too much, feeling overwhelmed, and feeling burnt out. Knowing how to set boundaries and say “no” can feel scary or disappointing at times but people will respect you for being honest. Remember that you can’t do it all and no one expects you too.

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**Congratulations to the following students on their completion of the Leadership Studies Minor:**

- Sarah Day
- Chauntlet Hansen
- Clint Hugie
- Mikaela Mokofisi
- Michelle Mueller
- Armin Nazarinia
- Alejandria Garcia
- Cameron Vakilian
- Bryce Williams
- Lindsay Williams

**Declaration of Leadership Minor**

Visit the Leadership Development Office, suite 280 in the Union, or visit us at: [www.ugs.utah.edu/leadershipminor](http://www.ugs.utah.edu/leadershipminor).

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Have comments, questions, story ideas or events to share? Feel free to contact us at: [leadership@sa.utah.edu](mailto:leadership@sa.utah.edu).