

My name is Katherine and on September 15th, I attended a Leadership Conference at Mount Saint Mary's University.

Someone who inspired me to do something different was Dr. Susanne Bennett. She said, "People can live without food, but if you don't sleep for 11 days, you will die". When she said this, it got to me because I'd stay up late for no reason. I am changing habits because if I want to do good at school, I should take care of myself.

I also learned that trust is not a given, you get it instinctively. Amy Wong said, "When somebody talks to you, part of your brain is reading for trust, these parts are known as neuroreceptors."

Something new that I got out of the Personal Leadership Session is that there are three levels to a conversation: Transactional, Positional, and Transformational. I learned to keep a conversation going with other people in the conference. Fun fact, your brain determines whether someone is a friend or a foe in .07 seconds. I guess you can say it was something life changing.

At first, I had no clue on what I wanted to do with my life after high school. After having attended all the sessions, I became more clear on what I wanted to do. The ending session inspired me. It was all about self-care. Personally, I have gone through traumatic experiences, but it isn't just about surviving, it's about overcoming and healing.

Having gone through bad experiences has made me open my eyes. I want to be somebody important, not somebody trivial. I aspire to be an EMT or a psychologist. Even though none of these careers were mentioned in the sessions, they did say do what makes you happy. Do what will benefit you. It was such an amazing experience.