

# LEADERSHIP & PERSONAL GROWTH

Brought to you by our Leadership, Education and Development Program (L.E.A.D.)

## Career Closet Modeling Fete

1/21 – Model Outreach

1/28 – First pop-up of the spring semester: The Treasure Hunt!

The Career Closet keeps growing and growing! With donations coming in frequently, expect some more pop-up shops in the spring semester with some excellent finds that include both women and men's wear, jewelry, shoes, and more. On January 21st, students will be modeling outfits from the closet and walking around to advertise this fantastic resource that is complimentary to all Mercer students.

## Adulting 101

1/26 from 12:00pm - 1:00pm in SC104

The next Adulting 101 class focuses on the pros and cons of credit cards. Learn how fees can snowball if you aren't paying attention. We will review different types of credit, how interest rates work, and how credit scores can affect your big purchases later on.

## Treasure Hunt Pop-up

1/28 from 12:00pm - 2:00pm

Ahoy Mustangs! Do you like looking for hidden treasures? Make sure to visit the Career Closet's first pop-up shop of the new year. You never know what you'll find by browsing the collection as new items are donated all the time.

## Therapeutic Thursdays

On 2/5, 2/19, 3/12, 3/26 & 4/2 we will be offering some relaxing crafting events for you to unwind and enjoy. We all need some time to just relax in the company of others, so put that phone down and come to SC104 at 12noon on the advertised days! We will partake in vision boards, painting and some mixed-media artistry to name a few examples. All supplies are generously provided by SL&L.

## Nutrition Event

3/25 from 12:00pm - 1:00pm in SC104

For us to function at the peak of our abilities, it is important that we treat our body as our temple. We are what we eat! Learn the benefits of plant-based / vegan nutrition with Mary Ann Cavallaro, Nurse, Author and Animal Lover. Enjoy (plant based) cuisine by the Lady & the Shallot restaurant. We hope you join us for this amazing seminar and for some samples of beautifully prepared food that will nourish your mind, body, and soul. You don't need to be a vegan or vegetarian, as this is the perfect opportunity to see what this type of cooking has to offer.

## Motivational Mondays

Every Monday morning starting on 1/26 Instagram Live

Joe Rivera from "Reforge Your Life" is back with even more inspirational tips about becoming the best leader you can be. While many people just say "do the work", how many of us know what that actually means? Well Joe does, and he spells out exactly what needs to be done for you to take agency in your life - which means actively making choices, taking actions, and shaping your own direction instead of feeling like life is just happening around you. This gives you control, empowerment, and ownership over your outcomes and thoughts.

