

2021 NEW HAMPSHIRE STUDENT LEADERSHIP VIRTUAL SPEAKER SERIES



**LIFE OF AN
ATHLETE**
A Program of NHIAA

The NHIAA, NHADA, and Life of an Athlete have been working together to provide additional learning opportunities for students and adults in NHIAA member schools. We will be offering a Virtual Speaker Series beginning in February and running through April!

Speakers will provide an interactive virtual environment for students and adults to listen and ask questions. Topics that will be presented include: defining leadership, mental health, making good decisions, alcohol & substance misuse, goal setting, nutrition. & more!

Registration will be required and spots are limited! More information on this is forthcoming.

Date	Topic	Presenter	Time
Mon, February 1	Alcohol & Substance Misuse	SoRock & Tim Lena	2:30pm - 4:00pm
Mon, February 8	The Power Shuffle	Anna-Marie DiPasquale	3:00pm - 4:00pm
Tues, February 9	The Power Shuffle	Anna-Marie DiPasquale	3:00pm - 4:00pm
Wed, February 15	Defining Leadership	Deb Hult	1:30pm - 2:30pm
Tues, February 23	Courage & Collaboration	Deb Hult	10:00am - 11:00am
Mon, March 1	Mental Health	Ivy Watts	3:00pm - 4:00pm
Tues, March 2	Nutrition	Marcia Nelson	3:00pm - 4:00pm
Thurs, March 11	Empathy & Gratitude	Deb Hult	2:00pm - 3:00pm
Mon, March 15	Time Management	Jones Loflin	3:00pm - 4:00pm
Wed, March 24	Making Good Decisions	Darnelle Bosquet-Fleurival & Panelists	3:00pm - 4:00pm
Tues, March 30	Coaches: DYK...?	Student Leadership Committee	7:00pm - 8:00pm
Mon, April 5	Goal Setting	Omari Pearson	3:00pm - 4:00pm
Tues, April 13	Resiliency	Deb Hult	1:30pm - 2:30pm
Wed, April 21	The Power Shuffle	Anna-Marie DiPasquale	3:00pm - 4:00pm
Thurs, April 22	The Power Shuffle	Anna-Marie DiPasquale	3:00pm - 4:00pm