

# The GOLDen Word

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*Geneseo  
Organization  
for  
Leadership  
Development*

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## *GOLD Mentors Team Up in Big Victory: by Dave Rose*

On Saturday morning, while most of the students on the Geneseo campus were still fast asleep, GOLD's best were gathered in the College Union's Hunt Room for what would be a great teambuilding experience. By 9 a.m., Jim Cain, presenter and well-known team builder, jumped right into an exciting first task: build a WNBA player out of plastic sticks and connectors in groups of four; and whoever's is the tallest, wins. This not only woke us up a bit, but got us working together to accomplish a common goal. This teambuilding idea was the underlying theme that Cain was attempting to demonstrate to us mentors.

Dr. Tom Matthews, director of GOLD, is good friends with Cain and invited him to Geneseo to do one of his famous teambuilding workshops, first with the GOLD mentors and then with fellow students. Cain was very effective in communicating his point and never seemed to hesitate in his presentation, which lasted from 9 a.m. -12 p.m.

Cain introduced many new icebreakers and teambuilding activities that could and have been used by student leaders in organizations. For instance, he used raccoon circles (located in the GOLD office and available for loan) effectively for a variety of activities. One of which had a person wrap circles around his finger while he spoke about his interests and experiences. As a result, we found out that we were less nervous in speaking to our small group, since the continual wrapping distracted us from our presentation.

After a shower of more quick activities for us to learn and use, Cain took us outside for a breath of fresh air. There we all formed a large circle, each of us holding onto one piece of string. Next, Cain told one of us to somehow form the shape that he showed them. Shapes such as a square and triangle were pretty easy to manipulate and easy for the person directing to explain to us. However, we met our match when the shape was a house, where none of the lines could cross. This took some insight and discussion on the part of us mentors. But after strategizing and working together as a whole, we formed the house. In fact, Cain said that it was the fastest any group had ever worked together.

We are extremely appreciative that Mr. Cain could come to Geneseo and share his fantastic teambuilding activities with us. Be on the lookout for when he comes again to do another GOLD workshop! We look forward to teaming up once again with Cain to score another victory. For now, we can all benefit from his great ideas and learn that an individual is only as good as the team he plays on.

**Be sure to stop by the GOLD office and have the mentor on staff introduce you to the wealth of resources available for you and your group**

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## Beat the Stress: by Karen Deemer

Effective leaders win the battle over stress. They beat it down by strategically fighting against it. Check out these stress-busters to help you win your battle against stress. Afterwards, you might brainstorm ideas on your own. After all, stress doesn't have to rule your life, so stomp it out!

I start with the premise that the function of leadership is to produce more leaders, not more followers.  
--Ralph Nader

- ◆ Work off stress with exercise.
- ◆ Eat a healthy snack.
- ◆ Lie flat. Breathe Deeply. Rest.
- ◆ Reflect on your beliefs and values.
- ◆ Re-determine your priorities.
- ◆ Talk with a counselor.
- ◆ Talk with a friend.
- ◆ Journal your feelings.
- ◆ Choose an attitude of confidence.
- ◆ Take one day at a time.
- ◆ Plan ahead by breaking down large projects

## New Additions to the GOLD Leadership Program

By Anne Sheehan

*“Leadership and learning are indispensable to each other.”*

*--John F. Kennedy, speech prepared for delivery in Dallas the day of his assassination, November 22, 1963*

Making a difference as a leader does not necessarily have to do with elections, positions, delegation, and legislation. Often, personal development and influence can be the most effective sources of change, and GOLD has provided two new certification programs to aid you in your efforts to better your surroundings through leadership. These new programs address volunteerism, social justice, and cultural competency. They are called the Sapphire and Opal Certificates, respectively.

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## Inside Story Headline

Sign up for workshops at  
[Http://Gold.Geneseo.edu/~gold/](http://Gold.Geneseo.edu/~gold/)

One form of leadership is “servant leadership,” through which a person acts for change by working toward a goal through volunteer efforts instead of delegation and planning. A servant leader tends to the needs of others in order to better their situation. In order to lead in such a way, a person must have a vision shaped by the necessities of the situation that he or she is trying to alleviate, as well as sizeable knowledge of the regulations and techniques essential to this field.

The Sapphire Certificate addresses these subjects by exploring the different avenues and purposes of volunteerism. With workshops such as Civic Leadership, Social Change Model, and Ethical Leadership, you’ll learn about the issues volunteers are faced with, and how to accomplish positive change. Several other workshops are available to further inform you about the specifics of carrying out your aspirations. These include Rights and Responsibilities of Volunteers and Conflict Resolution. Every workshop has something interesting to offer that will serve you regardless of the path of leadership you take.

Cultural Competency is a necessity for every person, regardless of his or her leadership status. In order to relate effectively with people, understand where other people are coming from and act justly; a knowledge and awareness of cultural issues is essential. The workshops in the Opal Certificate serve the purpose of educating students about the cultural issues present in society today. Regardless of your ethnicity, upbringing, environment, chosen career field, or leadership aspirations, you have something to learn about when it comes to cultural competency. This certificate is available to help you learn and teach others about the multifaceted subject of diversity. These two new certification programs are a beneficial addition to the already extensive repertoire of GOLD, and you are urged to participate in some of the workshops. You have nothing to lose and everything to gain from expanding your awareness and focusing your vision for change in the world. Come and see what activism through volunteering and cultural competency are all about!

*“If you want to know the temperature of your organization, put a thermometer in the leader's mouth.”*

*--Rick Warren*

Cultural Competency is a necessity for every person, regardless of his or her leadership status

# Stop into the GOLD office for all that it has to offer!

- Movie – We have a large collection of movies on leadership and overcoming challenges
- Team building tools—raccoon circles, ropes, and other activities to foster strong team skills
- Book Review – leadership book reviews done by GOLD mentors
- Quick tip– brochures created by GOLD mentors on various topics such as: Group work, presentation skills, conflict resolution, etc.
- Resources regarding the Co-Curricular Transcript  
A “how-to” guide on creating a Co-Curricular transcript
- Leadership Library Award-winning books on leadership and other topics.



Contact Information:  
College Union Room 113  
X5884

Email: [GOLD@geneseo.edu](mailto:GOLD@geneseo.edu)

## Don't miss out on these upcoming GOLD workshops!!

**Learn Your Personality Type: The Myers-Briggs Type Indicator** (Silver)

Monday, November 17, 2003, 4:30 pm - 6:30 pm

Location: MacVittie College Union Ballroom Lounge

**Listening Skills\* (Certificate Requirement)** (Bronze) \*Required Workshop

Tuesday, November 18, 2003, 12:45 pm - 1:45 pm

Location: MacVittie College Union Hunt Room

**Risk Factor Reduction: Recipe for a Healthier Life** (Bronze)

Tuesday, November 18, 2003, 12:45 pm - 1:45 pm

Location: MacVittie College Union 322/323

**Taking the Next Steps\* (Certificate Requirement)** (Opal) \*Required Workshop

Thursday, November 20, 2003, 12:45 pm - 1:45 pm

Location: MacVittie College Union 322/323

**Leadership Concepts\* (Certificate Requirement)** (Bronze) \*Required Workshop

Thursday, November 20, 2003, 12:45 pm - 1:45 pm

Location: MacVittie College Union Hunt Room

**Leadership with Vision** (Gold)

Thursday, November 20, 2003, 12:45 pm - 1:45 pm

Location: MacVittie College Union Ballroom Lounge

\*Please note that opal and sapphire certificates **MUST** be completed within the same academic year, unlike the bronze, silver, or gold certificates that have no deadline.

\*\*As always, journals must be submitted in order to receive credit for attending.