

2025 UNCOVER YOUR ESSENCE

8:30 AM - 3:30 PM

FUN & KNOWLEDGE STATION

SALON

10:00 AM

OPENING WITH HON. LEAH MARTIN &
VARIOUS ARTISTS

BALLROOM

11:00 AM

MORNING EMPOWERMENT SESSION

- SUCCEEDING AS A STUDENT-ATHLETE 501
- PREP FOR POST-SECONDARY 506
- BE THE CHANGE 503
- TOOLS FOR THE FUTURE 504
- CREATIVE FUTURE BALLROOM

11:45 AM

LUNCH

BALLROOM

12:45 PM

AFTERNOON EMPOWERMENT SESSION

- FROM PASSION TO PURPOSE 501
- BIPOC BLOSSOMS 504
- TODAY'S INNOVATORS 506
- SILENCING YOUR INNER CRITIC BALLROOM
- BRIGHTER FUTURE 503

1:30 PM - 2:30 PM

DANCE PARTY

BALLROOM