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JAN. 18, 2013 | 012-13

Fitness advocate kicks off Laurier Student Leadership Summit

WATERLOO – ParticipACTION CEO Kelly Murumets will deliver the opening keynote speech at Wilfrid Laurier University's annual Student Leadership Summit on Saturday, Jan. 19.

More than 400 student leaders from Laurier have registered for the day-long leadership conference, which will be held in the Bricker Academic Building on the Waterloo campus from 8:30 a.m. to 4 p.m. The conference aims to enhance the culture of student leadership at Laurier by providing meaningful training and development to students and by strengthening the identity of a "Laurier Leader."

Participants will learn about leadership skills and strategies from a number of successful Laurier alumni. They will also have the chance to participate in a wide range of workshops, discussions and presentations based on a number of themes, from global citizenship to self-awareness, health and wellness, and relationships and teams.

The day begins with a keynote address by Murumets, a Laurier graduate who enjoyed a successful career as a corporate leader before joining ParticipACTION, a national non-profit organization dedicated to encouraging Canadians to get active and lead a healthier life. A committed fitness enthusiast, Murumets walks to work, goes to the gym regularly, enjoys skiing and scuba diving, and has summited Mount Kilimanjaro and Mount Rainier. Among her many honours, Murumets was named one of Canada's Most Powerful Women: Top 100 in 2009; one of the CBC's Ten Most Influential Figures in Sport in 2012; and one of Canada's most influential women in sport by the Canadian Association for the Advancement of Women and Sport and Physical Activity.

The conference wraps up with a closing keynote talk by Cal Newport, an assistant professor of Computer Science at Georgetown University and the author of four books on how to systematically cultivate success in school and the working world. His latest book, *So Good They Can't Ignore You*, is a contrarian look at career advice, which argues that "follow your passion" is the single most damaging idea in modern career thinking.

The conference also includes presentations from a number of featured Laurier alumni presenters with a range of professional backgrounds, from entrepreneurship to career guidance.

For more information and a complete schedule, visit theleadershipsummit.ca.

The Student Leadership Summit is organized by a collaboration of Laurier departments and student groups with the generous sponsorship of the Wilfrid Laurier University Alumni Association.

- 30 -