

# Programs by Lori Hart, PhD.

## Better Fraternity; Better You

*A program for fraternities and sororities.*

At a time when people are calling for a "culture change" in the fraternity and sorority community, it's hard for the student leaders to figure out exactly how to fix the issues or understand the complexity of the problems. What are we really trying to change? Why does change feel so difficult within our communities?

How do we create a better fraternity and sorority experience? The answer is quite complex and quite simple. Until we engage and challenge the members to higher expectations, we cannot expect our communities to improve.

This keynote will be interactive, fun, focused on research and theory and provide participants with a whole different way of thinking. We can create better communities but the change starts with YOU.

*"Better Fraternity; Better You" is a fun, interactive program customized for all fraternity and sorority audiences (fraternity/sorority new members, for fraternity men only, for sorority women only, all community program, conventions and leadership programming, etc.). This program gets to the core of problem analysis and expectations. And this program leaves people thinking about solutions.*

## The Safety Pillar

*A program for fraternities and sororities.*

Just about any sorority or fraternity member has heard the term "The Pillars of Greek Life." When asked what the pillars represent, most members can easily rattle off the terms "brotherhood & sisterhood, scholarship, leadership, service & philanthropy" and for the most part, we have communities and chapters excelling in these areas. But, in these same communities, we are also excelling in hazing, drug use, assault and high-risk drinking.

Perhaps this year, we need to re-frame this conversation. If we truly want to be brothers and sisters, we need to focus on a pillar of "safety" to ensure that all members, new members and guests are treated with dignity and respect and we keep each other safe because that is what real friendship is about and that is what being a good human being is truly about.

*At the core of the fraternity/sorority experience is safety. In our "values based" organizations, if safety is not paramount, the whole experience is a failure. This is a program about the foundation of safety and how we engage in being leaders – not just officers – who are willing to stand up and speak up, even if your voice shakes.*

## Complex Problems & Simple Solutions

*Risk Management Training for Sorority and Fraternity Leaders*

Fraternity and sorority leaders face complex problems in the area of risk management including policy knowledge and implementation, campus culture, behaviors and actions of other organizations on your campus and – let's face it – behaviors of your own members.

Maybe it's time for the leaders in our communities to get on the same page; have hard conversations, become educated and embrace that YOU are the change agents of the fraternity and sorority community. As a result of the training, participants will engage in a community conversation around problems in the area of managing risk. They will achieve a better understanding around the framework of stages of change, harm reduction, and brain development. Those who attend will develop a common understanding of risk management policies around alcohol and drugs. Information can also be tailored to include university policy and how the information compares and contrasts.

Participants will learn how to create safe events in compliance with the policy through event planning and prevention resources. This training gives community leaders the framework and tools needed to create safer environments.

This risk management training is geared towards fraternity and sorority leaders (including Presidents, Risk Managers, Social Chairs, Advisors). Based on goals and objectives, the training can be presented in a two, three or four-hour format. This is not a keynote intended for a large group audience, it is a training geared towards community leaders, campus partners and volunteer advisors.

*Being a fraternity and sorority officer and leader in the area of managing risks is tough! But, having the right training and framework to do this work can lead to success and a safer fraternity experience. "Complex Problems; Simple Solutions" is a program that organizations can customize based on policy, gaps, and training needs.*

## A Few Too Many... Our Campus Culture of Alcohol

People drink. College students drink more. The reality is drinking is a public health issue and is among the most challenging problems facing college campuses and students' ability to be successful. So, what do we do with this information?

This keynote focuses on the culture of alcohol, providing activities that get students talking and understanding a path they can take for a healthier life. Included in this conversation is discussion about the life you aspire to live, brain development, biology and the impact of people and environments based on the harm reduction framework. And while this is a tough topic, this program provides humor and an ability to reflect.

*A Few Too Many is an educational, fun and interactive program and customizable for all university audiences (new student orientation, fraternity and sorority new members, athletics, all campus programming, etc.). It is based on biology, research, harm reduction and concrete steps students can take to be successful in college, and beyond.*

## Programs by Lori Hart, PhD.

### The Drunk Feminist

*A program intended for women.*

Let's talk about being a feminist. Let's talk about being drunk. Let's talk about the intersection. About the time many of our founders were creating our organizations, the term "feminism" actually appeared in the late 1880s. Our sorority founders were the first feminists and they possibly had never heard of the term.

Today women, including sorority women, have potential to do anything. We can vote, we out earn men, we can go to the moon. We can be feminists. We can also drink...a lot.

This keynote will intersect the ideas of feminism and alcohol. This is a conversation around biology, leadership, respect for policy and a belief that sorority women can change the world.

*A program for women only, about women, which allows sorority women to take a hard look at their role in what we expect of new members and members and how women are treated in our communities. It is an intersectional program looking at the history of women, the history of feminism, alcohol education around the female body and the important elements of prevention, healthy relationships, and respect. Oh, AND the fact that women can change the world if we choose to!*

### You Be YOU: A Discussion on Communication, Gender and Relationships

Biological sex, sexuality, gender expression and identity are all common terms these days. But have you taken the time to explore the meaning of these topics and where you fit into the puzzle? Where does your brain development fit into this equation? Based on socialization and stereotypes, what are your beliefs about men and women? And, the key question...why does it feel so hard sometimes to find healthy relationships with other people?

In this program, Lori explores biology, research, stereotypes and communication theory. Healthy relationships are essential throughout your life and college is where you learn who you are and what you need from someone else in a relationship.

This keynote is full of comedy...yes, we are going to make fun of men and women...with an important message around self-esteem and the power of YOU!

*"Dating" in the age of "swiping right" has challenges, and humor. No matter who you are or who you aspire to love, healthy relationships are first dependent on individuals being healthy. This program is full of biology, research on healthy relationships and audience interaction.*