



**PRESENTS OUR 2025
PROVINCIAL
CONFERENCE**





ITINERARY

Day	Start	End	Activity	Location
05/15/25	12:30PM	2:30PM	Skill builder Arrival and Registration	Riley/ O'Regan Hall
Thursday	2:30PM	5:00PM	Arrival, Registration & Welcoming Activity	Riley / O'Regan Hall
	5:15PM	6:05PM	Supper Time!	Morrison Hall
	6:15PM	7:15PM	Opening Ceremonies	Bloomfield MacKay Room
	7:30PM	8:45PM	Skillbuilding Session #1: Walking the Red Carpet: Introductions!	Mulronev
	9:00PM	10:15PM	Keynote Speaker #1: Ryan Keeping	Bloomfield MacKay Room
	10:15PM	11:45PM	Opening Night Activity	Bloomfield MacKay Room
		12:00AM	Lights Out, Sweet Dreams!	O' Regan/Riley
05/16/25	7:00AM	8:00AM	Wake up, Get Ready	O' Regan/Riley
Friday	8:10AM	8:55AM	Breakfast Time!	Morrison Hall
	9:00AM	10:55AM	Skillbuilding Session #2: Hollywood Harmony	Mulronev
	11:05AM	12:15PM	Keynote Speaker #2: Terrence Taylor	Bloomfield MacKay Room
	12:20PM	1:30PM	Fuel Up, It's Lunch Time!!	Morrison Hall



ITINERARY (CONT.)

	1:35PM	2:45PM	Opportunities Fair	Mulroney Hall, 2nd Floor
	2:50PM	3:50PM	Skillbuilding Session #3: Late Night Talk Show	Mulroney
	4:00PM	5:15PM	AGM & Free Time	Mulroney/O' Regan/Riley/Field
	5:30PM	6:45PM	Supper Time!!	Morrison Hall
	6:50PM	8:05PM	Skillbuilding session #4: Stars in the Spotlight	Mulroney
	8:10PM	9:00PM	Prep for talent show	Mulroney
	9:05PM	10:30PM	Presidential Elections	Mulroney
	10:45PM	1:00 AM	Talent Show	Bloomfield MacKay Room
		1:15AM	Lights Out, Have a Great Sleep!	O'Regan/Riley
05/17/25	7:00AM	8:00AM	Wakey Wakey, Get Ready for the day!	O' Regan/Riley
Saturday	8:05AM	8:55AM	Breakfast Time!	Morrison Hall
	9:00AM	10:30AM	Skillbuilding Session #5: Grammy Nominations	Mulroney
	10:35AM	11:05AM	VP Elections	Mulroney
	11:15AM	12:15PM	Free Time	O' Regan/Riley/Field
	12:30PM	1:35PM	Lunch!	Morrison Hall
	1:50PM	3:05PM	Keynote Speaker #3: Alexis Milligan	Keating Centre



ITINERARY (CONT.)

	3:20PM	4:35PM	Skillbuilding Session #6 Hollywood Walk of Fame	Mulroney
	4:45PM	5:45PM	EPIC!	Schwartz
	5:55PM	6:15PM	Group Photo	Football Field
	6:20PM	7:30PM	Supper Time!	Morrison Hall
	7:35PM	8:35PM	Skillbuilding Session #7 Behind the Scenes	Mulroney
	8:40PM	9:45PM	Co-Pre Elections	Mulroney
	10:00PM	10:50PM	Dance Preparation	O' Regan/Riley
	11:00PM	1:00AM	Dance!	Bloomfield MacKay Room
	1:00AM	2:15AM	Late Nighter	Bloomfield MacKay Room
		2:30AM	Lights Out, Time for Bed!	O' Regan/Riley
05/18/25	7:00AM	8:00AM	Rise and Shine! Get Ready	O' Regan/Riley
Sunday	8:05AM	9:00AM	Breakfast Time!	Morrison Hall
	9:05AM	11:15AM	Skillbuilding Session #8 Final Bow	Mulroney
	11:30AM	1:00PM	Closing Ceremonies, It's just, "See you later"	Bloomfield MacKay Room
	1:05PM	2:10PM	Barbeque, Lunch	Bloomfield MacKay Room
	2:15PM	2:45PM	Pack up and head home!	O' Regan/Riley



PRESIDENTIAL TRIO MESSAGE

As your Presidential Trio, we believe that true success comes from embracing new opportunities, pushing past your comfort zone, and always being open to growth. This conference is full of chances for you to do just that. The Conference Committee has carefully put together this conference to help you become engaged and empowered leaders in your everyday life, schools and communities!

Get ready for a weekend filled with exciting workshops, inspiring keynote speakers, and unforgettable learning moments. We encourage you to dive in, meet new people, and create strong connections. Our hope is that every attendee at Lights, Action, Leadership walks away with amazing memories and a sense of belonging.

Throughout the weekend, we challenge you to not only focus on your own growth, but also to uplift those around you. Leadership isn't just about taking charge. It's about listening, collaborating, and supporting others. Whether it's cheering someone on, sharing your story, or stepping up when needed, your actions can have a lasting impact. This is your moment to lead with heart and make this experience meaningful for yourself and those around you.

We want to give a heartfelt thank you to everyone who made this day possible; our students, advisors, sponsors, and most of all, the incredible Conference Committee who dedicated countless hours over the past few months to bring this event to life.



CC TRIO MESSAGE

Welcome to Lights, Action, Leadership 2025!

Since being assigned to our roles, the three of us knew we wanted to make a difference. Our goal was to bring NSSSA's Provincial Conference to another level, no matter the challenge. Thanks to our amazing Conference Committee—they've been working non-stop since September, and we believe this conference is next level! We've got an awesome conference ready for you to enjoy!

The delegate manual will essentially be your guide for everything conference-related and has everything you need to succeed. Before you get into that, we wanted to give you a BIG NSSSA welcome!

Our names are Faith Campbell, Abbey MacNeil, and Nolan Neville, and we are your Conference Committee Co-Chairs this year! During this weekend, you will see our faces a lot, so don't be shy and come talk to us; let us know how the conference is going. The three of us and the conference committee are so excited to spread the NSSSA spirit with this amazing provincial conference.

We hope you're as excited as we are to shine in the spotlight this weekend, embracing Lights, Action, Leadership! The theme of this conference is Hollywood based, with an emphasis of putting the skills we learn at conference into action!

The next 4 days are designed to help you learn new skills, achieve your goals, and lead with confidence. NSSSA is all about empowering students to step up, take charge, and make a difference—not just this weekend, but every day! So, as you dive into workshops, meet new people, and take on new challenges, remember why you're here. Be open, be engaged, and most importantly—have fun!

Thank you for being a part of Lights, Action, Leadership '25! We can't wait to see what you'll take away from this experience and how you'll use it to make an impact.

And, of course, a massive THANK YOU to our incredible Conference Committee for making all this possible!

"All right, cameras rolling! Lights, action AND leadership."

Yours truly,

Faith, Abbey, and Nolan



THE 8 KEY CONCEPTS

- ★ Positive Internal Focus
- ★ Leveling Out
- ★ Speak For I
- ★ No Unfinished Business
- ★ No Killer Statements
- ★ Right To Pass
- ★ Speaker In Charge
- ★ Business Never Personal



THE 3 D'S

NO
DRINKING

NO
DRUGS

NO
'DOING IT''

If you wouldn't do it in front of your
Grandma, don't do it at conference!

MEET THE COMMITTEE



NOLAN NEVILLE
'NEVI'
CC CO-CHAIR
HE/HIM

What's one food you could eat every day and never get tired of?

Chicken Parm

If you found a jukebox at a old diner what's the first song you'd play?

In the air tonight-Phil Collins



FAITH CAMPBELL
'SKIPPY'
CC CO-CHAIR
SHE/HER

What's one thing on your bucket list?

Travel the world/Skydiving/Shark Dive: let's pretend that I chose one thing.

What's the best piece of advice you've ever received?

When someone tells you that you can't do something, prove them wrong.

ABBEY MACNEIL

‘MAE’
CC CO-CHAIR
SHE/THEY

What decade do you think you’d thrive in?

I could see myself thriving in the 1990's to the early 2000's, although I don't know how I would hold up to some of the fashion trends.

Do you belong on the stage or in the director’s chair?

Director's chair. I think that is why I was so drawn to the Co-Chair position. I get to help direct this event that you all get to be part of, and I truly hope you enjoy it as much as I enjoyed planning it with the rest of Cabinet!



CAIDENCE O’BRIEN

‘CANDACE’
SECRETARY
SHE/HER

What’s your favourite karaoke song?

ANYTHING from a Disney movie

What’s one food you could eat every day and never get tired of?

Chili

If you could have any animal as a pet, what would it be?

Capybara!

AVERY COMEAU
'AVES'
WELCOMING CO-CHAIR
SHE/HER

What's your favourite karaoke song?

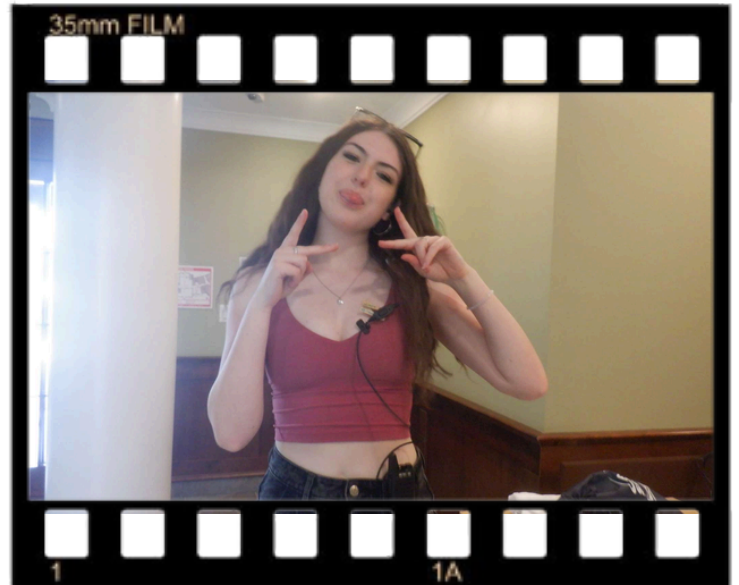
Man or Muppet!

What's the best piece of advice you've ever received?

Someone needs to make a change, why not me?

If you found a jukebox at a old diner what's the first song you'd play?

Silver Springs by Fleetwood Mac



LYNDSI JESSOME
'LYNDS'
WELCOMING CO-CHAIR
SHE/HER

What's one food you could eat every day and never get tired of?

Does strawberry fruitopia count?

If you could be anywhere in the world right now, where would you be?

Probably mcdonald's

What's the best piece of advice you've ever received?

Everyone deserves a chance to FLY

FINCH MARCHAND
'MOTHER GOOSE'
WENDY

THEY/THEM

**If you found a jukebox at a old diner
what's the first song you'd play?**

Blame it on the Boogie!

**Do you belong on the stage or in the
director's chair?**

ON STAGE!



CIERA MESSOM
'CC'
WENDY

ANY PRONOUNS

**What's one food you could eat every
day and never get tired of?**

Oh there's so many. One of them would
be smoothies. I think i could have a
smoothie everyday and never get tired of
it.



KEELEY MACDONALD
WENDY

SHE/HER

**If you found a jukebox at a old diner
what's the first song you'd play?**

Superstition -Stevie Wonder

**If you could switch lives with anyone for
a day, who would it be?**

My dog



MAX BROZEK PUBLIC RELATIONS

THEY/SHE

**Do you belong on the stage or in the
director's chair?**

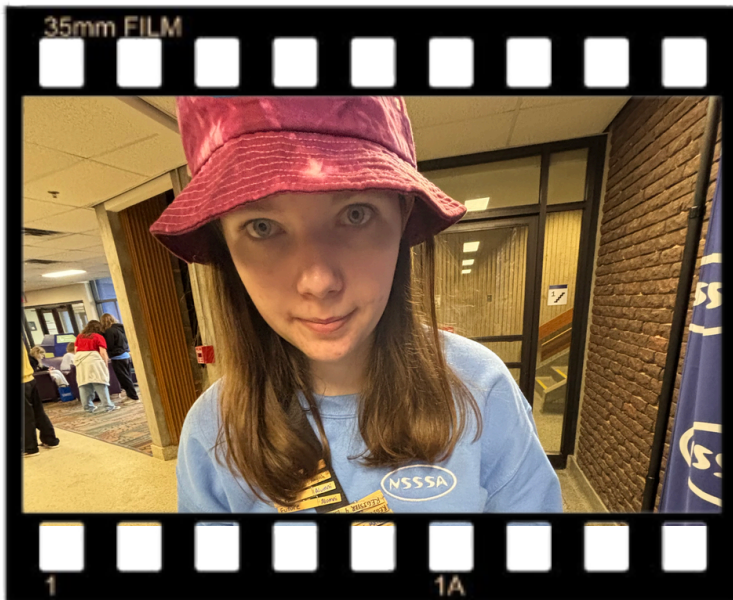
Directors chair #mediarelationsqueen
#oscars2025

**If you could switch lives with anyone for
a day, who would it be?**

One of those people in mascot costumes

What's your favourite karaoke song?

phineas & ferb theme...S.I.M.P....let it go....i
can't choose....



ABBY BILLIARD PUBLIC RELATIONS

SHE/HER

What's your favourite karaoke song?

S.I.M.P. Squirrels in my Pants

**If you could be anywhere in the world
right now, where would you be?**

3295 Robert S. Crain Hwy, Waldorf, MD
20603, United States

EMILY DEVRIES

3-TION

SHE/HER

What's your favourite karaoke song?

"Let it go" -Elsa

What's the best piece of advice you've ever received?

Never let anyone treat you like a yellow starburst, you're a pink starburst!!



GRAYER PARSONS

3-TION

HE/HIM

What's your favourite karaoke song?

Strangers in the Night, by Frank Sinatra.

What's the best piece of advice you've ever received?

"Live authentically, live regardless of society's expectations or conventions."

ALEXIS CAMPBELL

3-TION

SHE/HER

Do you belong on the stage or in the director's chair?

I would say probably both, like a Taylor Swift music video vibe

If you could be anywhere in the world right now, where would you be?

If I could be anywhere in the world right now, I would be in London. That city holds such a special place in my heart





LILLI KNORR
SKILLBUILDING CO-CHAIR
SHE/HER

What's one food you could eat every day and never get tired of?

A good caesar salad, it never ever gets old.

If you could be anywhere in the world right now, where would you be?

In a hammock on a beach somewhere warm.

If you could have any animal as a pet, what would it be?

I've always kinda wanted a hedgehog, they're so tiny and cute.

EMILY WILLIAMS
SKILLBUILDING CO-CHAIR
SHE/HER

What's one food you could eat every day and never get tired of?

Pasta, all day every day!

What decade do you think you'd thrive in?

The early 2000's

If you could be anywhere in the world right now, where would you be?

Laying on a beach in Hawaii



ANGUS KENNEDY

‘BEEF’
CO-ADVISOR
HE/HIM

What decade do you think you’d thrive in?

The 2030s (hopefully)

What’s your favourite karaoke song?

Barrett's Privateers

What’s the best piece of advice you’ve ever received?

There is adventure everywhere, you just have to look for it!



EMILY WEBB

‘EM’
CO-ADVISOR

SHE/HER

What’s one food you could eat every day and never get tired of?

Pizza - duh, toppings are endless

If you could switch lives with anyone for a day, who would it be?

Definitely Angus

What decade do you think you’d thrive in?

60s for the patterned/fun coloured clothing and for the music of course





NOOR MOHREZ
'NOOREOS'
HEAD NIGHT LOGISTICS
HE/HIM

What's one food you could eat every day and never get tired of?

Nerds Gummy Clusters...

If you could be anywhere in the world right now, where would you be?

Wherever Tyler The Creator is on tour currently!

What's the best piece of advice you've ever received?

" if you're looking to make something better, you have to believe in the concept and believe whatever you came up with is going to save the world "

CORAL VAN VESSEM
HEAD NIGHT LOGISTICS
SHE/HER

What's one food you could eat every day and never get tired of?

Sushi!

If you found a jukebox at a old diner what's the first song you'd play?

"Everybody Wants to Rule the World" by Tears for Fears as I think thats the best song in the world.





JOSEPH CHIASSON

“THE FRIENDLY GIANT”

ADULT CHAPERONE COORDINATOR

HE/HIM

**If you could have any animal as a pet,
what would it be?**

A Flemish Giant Rabbit!

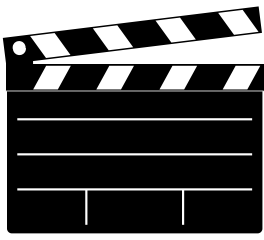
**What’s the best piece of advice you’ve
ever received?**

If you can't change it, you must accept it;
if you can't accept it, you must change it.

**If you found a jukebox at a old diner
what’s the first song you’d play?**

Go for a Soda - Kim Mitchell





NSSSA VOCAB

NSSSA

A non-profit organization led by students that produce fun leadership conferences for high-schoolers. It stands for “Nova Scotia Secondary School Students’ Association”

DELEGATE

A person who attends conferences to gain leadership skills and meet new people. If you have this manual, you are a delegate!

SKILLBUILDERS

The two students who are in charge of running the session and building the skills of the delegates while in sessions

SKILLBUILDING SESSIONS

Groups of delegates who participate in team building and leadership activities. these sessions are led by two students called ‘skillbuilders’!

TOUCHSTONES

A token received by delegates from their skillbuilders during their last skillbuilding session to remember the conference and their group by.

N-TRIP/N-TRIPPER

Slang for NSSSA (n-triple-s-a) and people who attend nsssa!

KEYNOTE SPEAKER

A motivational speaker who gives a presentation to inspire and motivate the students in attendance.

PROVS

Short for provincial conference.

CC TRIO

The three people who lead conference committee and who ensure that everything gets done in order to have the best possible conference! They are similar to co-premiers/premiers.

EPIC

A secret event that happens at every conference! Delegates participate in epic with their skillbuilding groups.

HEAD LOGISTICS

Nsssa alumni that are responsible for keeping track of delegates at conference. They take attendance during skill-building sessions, and create a line of sight.

REGION

Nova scotia is split into 5 regions based on the school centres for education in nova scotia. These regions are: metro, strait, cape breton/victoria (cbv), chignecto (chig), and sou’west/valley.

PREMIER

Two people who run each cabinet and who ensure everything gets done on time and the cabinet runs smoothly. A single co-premier is simply a premier.

PROVINCIAL ADVISOR

An adult, non voting member of provincial cabinet. They provide advice and support to cabinet members regarding the organization, and coordinate with regional advisors.

PUBLIC RELATIONS

The people on cabinet or committee who are in charge of seeking out sponsors and donations from community businesses interested in being involved with the organization! They also run the social media to give updates about upcoming conferences!

WELCOMING CO-CHAIRS

The people on cabinet or committee who are in charge of making the delegate manual (which you are reading right now!) planning the welcoming activity, and working with the Wendy's to plan late nighter! They also plan, film and edit the welcoming video shown at the beginning of conference!

HEAD SCHOOL REPS

The people on cabinet or committee who are responsible for selecting school representatives for the NSSSA for each school and update the representatives of upcoming conferences and information!

HEAD FIRST AID

They are responsible for selecting the first aid team and making sure everybody is feeling their best at conference!

ADULT CHAPERONE

Adults who attend conference to support delegates, usually teachers and parents. Each student is assigned to an adult for the length of conference, and they are responsible for you. Make sure to check in with them at mealtime!

WENDY

The people on cabinet or committee who's main job is to keep spirits up during conference! They plan the talent show, epic and the dance, and they help the welcs with planning a late night activity!

SKILLBUILDING CO-CHAIRS

People on cabinet who are responsible for choosing skillbuilders and coming up with the skillbuilding groups! They also plan the sessions and create the skillbuilding manual.

SECRETARY

An individual on cabinet or committee who is responsible for taking the minutes at each meeting, taking attendance, and ordering cabinet-wear.

3-TION

The people on cabinet and committee who are responsible for creating and receiving forms for conferences, and create a database to keep track of everybody attending conference! The 3 tions stand for: accommodations, transportation and registration.

Stay updated!

@nsssaprovs

on Instagram

MAP OF STFX

ACADEMIC BUILDINGS

1. Xavier Hall (XH) and Alumni House
 - A) Alumni House
2. McKenna Centre (north entrance)
3. Schwartz School (SCHW)
5. St. Ninian's Place (SNP)
6. Angus L. Macdonald Library
7. Mount Saint Bernard (MSB)
 - A) Immaculata Hall
 - B) Camden Hall
 - C) Marguerite Hall
 - D) Gilmora Hall
8. Mulroney Hall
9. Nicholson Tower (NT)
10. Annex
12. J. Bruce Brown Hall (JBB)
30. Physical Sciences Centre (PSC)
36. Coady International Institute
37. Markin Global Complex
38. Fine Arts Building

RESIDENCES

7. Mount Saint Bernard (MSB)
14. Madsac Hall
16. MacNeil Hall
20. Governors Hall
21. Coady International House
22. Somers Hall
23. Power Hall
26. Bishops Hall
28. MacKinnon Hall
32. Morrison Hall
33. Cameron Hall
39. O'Regan Hall
40. Riley Hall

ADMINISTRATION & OTHER

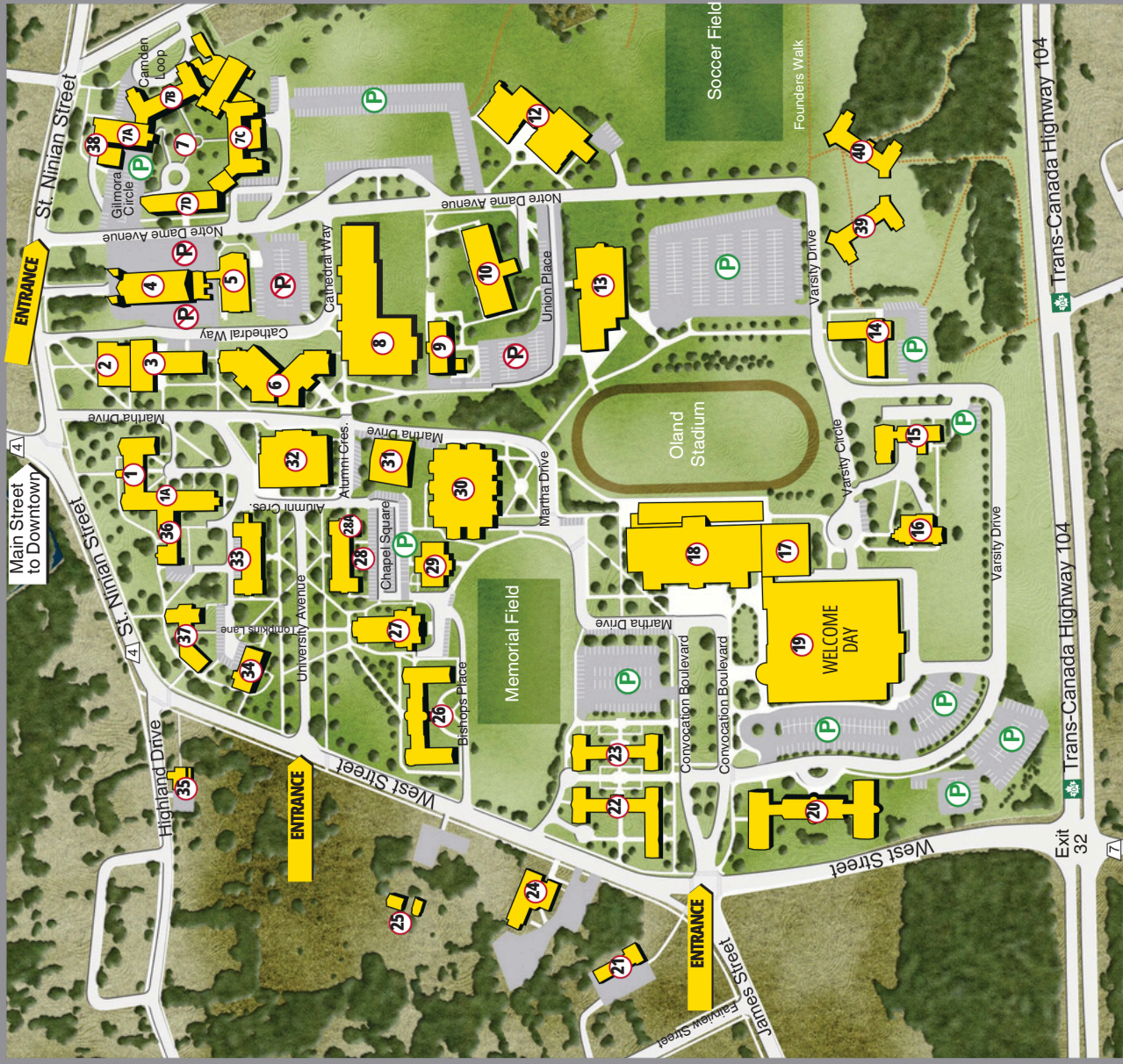
4. 5. St. Ninian's Cathedral
13. Playhouse (Theater for Multirney Hall)
25. STFX Observatory
27. University Chapel
28. MacKinnon Hall
 - A) Business Office
31. Services Building (5005 Chapel Square)
 - Safety & Security Services
34. Mockler Hall
35. Aberlard House

SPORTS AND RECREATION

19. Alumni Aquatic Centre
18. Amelia Saputo Centre for Healthy Living
19. Charles V. Keating Centre
29. Bauer Theatre

DINING SERVICES

32. Morrison Hall



ST. FRANCIS XAVIER
UNIVERSITY

T: 902 867-2855 • E: stay@stfx.ca • www.stfx.ca

In your timetable the buildings are referenced by acronyms

Denotes parking available

Denotes no parking available

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