



CONCORDIA UNIVERSITY
ALUMNI ASSOCIATION

ALUMNI MATTERS: GRADUATION CONFERENCE

The Elevate Effect: Gain clarity for
planning next steps

FEATURING:

Roan Higgins, BA 12

Founder, The Elevated Creative



@ConcordiaAlumni #CUalumni concordia.ca/alumni



THE ELEVATE EFFECT



Presented by Roen Higgins



#ELEVATE EFFECT

WHAT TO EXPECT



How to

Create your Blueprint

Know the Power of your message

The Art of Follow Through

Set Yourself Apart

Elevate Impact

MANIFESTO

ELEVATING - CREATIVITY, CULTURE,
CONNECTION & COMMUNITY CARE.

ROEN HIGGINS




KYLE RUGG

#ElevateEffect

BREAKTHROUGH



THE BUTTERFLY EFFECT



A small change in
initial conditions
in the weather had
created a
significantly
different outcome.



HOW TO CREATE THE BLUEPRINT



Show Up

Identify your values & your why?

North Star or Guiding words

Magnify things that matter

Make it Plain

Faith it till you make it!

Serving & making REAL-ationships

Caring for YOU

Design your Map and grab your compass

SPEAK LIFE



- **Declarations, Affirmations**
- **Prayer, Meditation, Walks**
- **Visualization**
- **Write the Vision make it plain**
- **Know your Value**



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SELF CARE



Self Care is a love language



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Tools to Climb

“We sacrifice our health in order to
make wealth, then we sacrifice our
wealth in order to get back our
health.”

DALAI LAMA



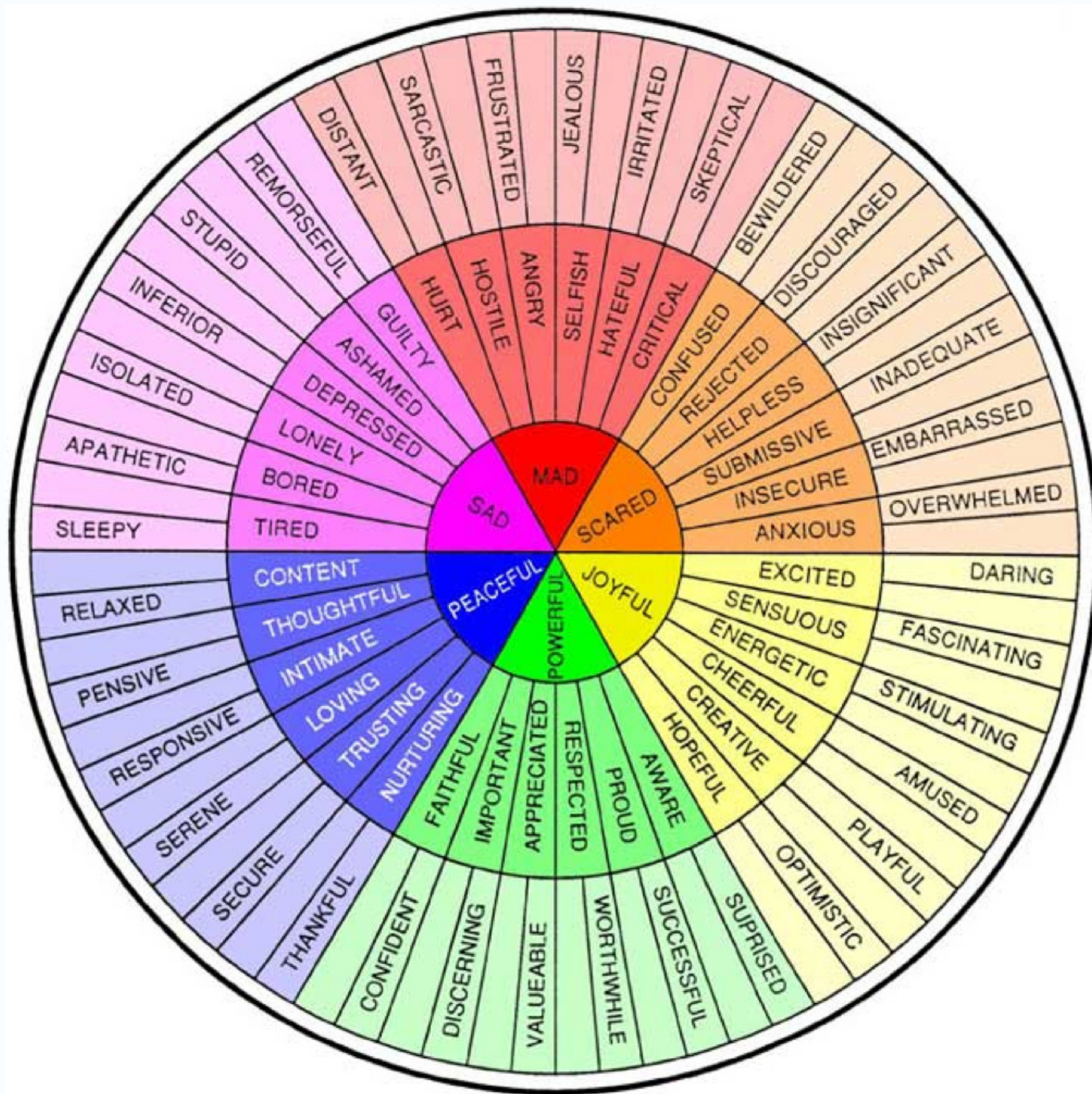


Tools to Climb

No! Is a full sentence

SOMEBODY'S MAMA





CRAFT YOUR MESSAGE

Get Hard Core with your values

ASK

ASK SEEK KNOCK



Tools to Climb

Networking is the art of intentionally
building authentic, mutually
beneficial relationships that can turn
into the right opportunities at the
right time.

@ISIMEMENA



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CLAIM YOUR SPACE

IMPACT OVER REWARD

3 C'S OF IMPACT



CONTENT

CONNECTION

COMMUNITY

Things to help you ELEVATE your message to the WORLD



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ACCOUNTABILITY PARTNER(S)

MENTOR OR COACH

PLATFORMS

JUST DO IT



FAITH

FAMILY &
FRIENDS

FINANCES

FITNESS

FUN

FUTURE

#ElevateEffect

Roen Higgins

What Really Works: Blending the 7 F's for the life you Imagine The Seven Fs. Paul Batz and Tim Schmidt

TOOLS EFFECT CHANGE



Start where you are and what you have

Remember To Elevate



CHANGE YOUR LENSES

Let go of limiting beliefs.
Expand your thinking and
reframe to shift your
perspective. Show Up

TELL YOUR STORY

People connect to real life
stories. So be you, don't be
shy and hide behind fear
and shame. Be bold and
let your light shine through
your life lessons.

SHOW UP AND SERVE WITH LOVE

Heart led leadership is the
best way to lead because
people are tired of seeing
others behind masks.



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DIVINE INTERVENTION

A Poetic Tale

