



## United Way Youth Venture Fall Kickoff 2019

### Breakout Sessions

#### MIDDLE SCHOOL SESSIONS:

<http://tiny.cc/aemydz>

*Students will choose two breakout sessions, one from Block 1 and one Block 2.*

**Decide, Believe, Become:** Stories have the power to shape our lives. By intentionally changing the stories we tell ourselves & believing in those new stories, we become the people we know we're meant to be & make the positive impact we're meant to make. In this interactive workshop Maria will be sharing some of her own stories & encouraging attendees to become more aware of their most powerful tool - the story that they tell themselves about who they are & and what they're capable of. - Maria Milagros, MariaMilagros.net

**Got Privilege?:** Explore the differences in resources that people across the world, and even in our own community, have available to them. Through the use of interactive group activities, visuals, and discussion, you will learn how different your lifestyle is from others. By the end of the workshop, students will gain a fresh perspective on the term "privilege." - Shelley Errington Nicholson, Director, Center for Civic Learning and Community Engagement, MWCC

**Substance Abuse Prevention:** We will discuss healing and hope after loss to Substance Use Disorder and the hope of recovery through stories of resilience. Hear from a mother who lost her child to an overdose, and a Veteran in long term recovery, who will share their stories of providing hope and encouragement to others. You'll leave with a real-world understanding of Substance Use Disorders, grief and loss from first-hand experience. - Michelle Dunn & Jacqueline Morse

**The Almighty Dollar and You: Learn how to make the most of your budget:** In a world where money rules, it is important to take your skillset to a whole new level. Learn not only how to make the most of every dollar for your Venture, but also for your own life. Be prepared to be swimming in cash while the rest of your friends are wondering where all their money went. - Jake VanHillo, UWYV

**The Good, the Bad, and the Ugly - 3 different ways to deal with challenges in your life:** We've all heard the success stories of celebrities and athletes. More often than not, they had to overcome great difficulties in order to reach the level they're at today. The thing is, everyone deals with challenges but not everyone deals with them in the same way. Learn a few tips and tricks to turn your challenges into stepping stones to success in any part of life! - Theo Demosthenes, Gear Up Counselor, Division of Access and Transition, MWCC

**Wondering about LGBTQ?:** Are you wondering about LGBTQ? Do you know someone who is LGBTQ? Come to this workshop to find out what all the letters mean! - David Iannacone, Leader of LGBTQ Support Group at MWCC

**Getting Past "No" Learn strategies to overcome setbacks.:** The road to success is filled with stop signs. Learn strategies in how to overcome the setbacks, get buy-in from key figures, position yourself and your project in the best light, and find the energy to keep going. - Cailte Kelley, Edward Jones Financial

**Girls, empower yourself to empower others!:** Girls only! In this interactive workshop, the UWYV Fall Kickoff keynote speaker Ashley Olafsen, of AshleyOlafsen.com, will discuss her own experiences with body image, and share strategies to develop positive self-esteem.

**Behind the Camouflage, Beyond the Military:** PTSD, career choices, and gender stereotypes in the military are just a few obstacles service members and veterans face. We will discuss the misconceptions of what it is like to be an active duty service member to transitioning to civilian life. Not all service members have the same experience in and out of the military; we will take you behind the scenes of what it is really like to be in the military and many of the obstacles people face. - Cassie Carlson and Andrew Brunell, MWCC

**Community Organizing, the Job for the Future:** Come and learn why Community Organizing is becoming more and more important for towns and cities across the country, what it is about and how you can become a Community Organizer. - Francisco Ramos, NewVue Communities

**Everything you ever wanted to know about therapy dogs!:** You'll learn what they are, what they do, why they are needed, who they help and how they are chosen and trained! Want to meet one or more? This is your opportunity! Come hang out with a couple!

**Putting Yourself First: Self-Care and Stress Management:** Have you ever heard a flight attendant tell you to put on your own mask before assisting other passengers? Learn how to prioritize self-care and stress management to develop positive habits and maintain mental health. - Lauren Wilkins, Vice President and Co-founder of nonprofit Let's Empower, Advocate and Do (LEAD), Inc.

**FRIENDraising is more than just FUNDraising:** A unique and creative way of looking at fundraising in your school or community that is not just about raising money. It is a purposeful and meaningful way of making and raising FRIENDS to support your cause. You will learn tips and practice strategies that will lead to sustainability of your important venture! – Natalie Nelson, United Way NCM

**Take your Venture to the next level!:** Want to hear all about one of the most successful Venture Teams to date? You'll learn from Ethan Chandler of Karate for Kids on how he created his Venture, came up with ideas, learned to "think big", how he and his Team stay motivated and handle rejection, how they had the confidence to try things that others haven't, and how they have the energy to continually be moving forward. You'll leave motivated and inspired and ready to bring your own Venture to the next level.

**Fostering Change for Foster Kids:** Lindsey English of Fostering Change will discuss her real world experiences of the foster care system, the stories of some of the over 280 foster children she met during her years as a foster child, and how that critical time in her life shaped who she is today. You will leave this workshop with a greater understanding of how foster children are affected by their experiences, the struggles they face, the needs they have, and how you can become a part of their journey to a better life.

**Learn, Share and Connect:** Cultural competence is about our will and actions to build understanding between people, and to be respectful and open to different cultural perspectives. Come to this workshop to learn more about the friends you think you already know! Share with them the cultural things that make you unique. Take this opportunity to find something in common with almost anyone! Come join our circle of connection! - Angele Goss, Cultural Competency Presenter and Adult Basic Education Instructor

**Gentle Yoga:** Gentle Yoga is designed to increase the fitness level of any age. Gentle Yoga includes yoga poses and methods that will allow you to increase muscular strength, endurance, flexibility, and increase stamina, lung capacity and overall wellness. – Lori Pucko, Mount Fitness

**Learn to make your voice heard before you can vote:** Think you don't have a voice until you're old enough to vote? Not true. You do! Learn what you can do now to make your voice heard, before you're old enough to vote. – Representative Stephan Hay



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