

## **2020 Kansas Youth Leadership Forum Virtual Workshops**

### **Educating the World about Type One Diabetes and its Symptoms**

Kent has spent the last 6 years traveling the USA educating others about Type One Diabetes, to support his Niece who was diagnosed at the age of 12. Sharing the myths and the facts to Save Lives and Raise Money for research, he has visited all 50 States and Canada. What can you do to help educate your community? Come and learn from our presenter.

Kent Schnakenberg

Offered: Sunday

### **Enhancing Leadership After High School**

During this session students will have the opportunity to gain insight on how to stay involved after high school and leverage their current leadership qualities to transition into a new chapter of leadership. We will be leveraging different group exercises to interact together and participate in leadership activities.

Kellsie Corrigan and Antonio Vega

Offered: Saturday and Sunday

### **Finding Your Spark**

What is it that gives you joy and energy? What's going on in those moments when life feels the richest, the fullest, with the most purpose and hope? That's the spark! This spark that I speak of typically comes in (3) main forms; A skill or talent, a commitment to a cause or purpose, and finally a personal quality that you possess. Let's start by first identifying what your spark is and then work towards mobilizing it in your life, community, and future self.

John Jobe

Offered: Sunday

### **How to Taco-bout Hard Stuff with Friends**

Join us in a discussion about teen mental health and how to help friends that may be struggling. Together we will create a list of coping strategies to use in life's stressful situations.

Diane Nielson, Taylor Barlett, Katelyn Harker and Kathy Tharman

Offered: Saturday and Sunday

### **In the Hot Seat with Former 4-Her's**

Join this workshop to have a chance to ask your burning questions to a panel of current college students who have a 4-H background and have valuable life skills from 4-H events and projects. The moderator will have questions to start the conversation ranging from how has 4-H impacted the panel to what led them to choose the college/major they are at? The rest of the discussion is planned to be led by the audience so bring your questions for our panel.

Janae McKinney

Offered: Saturday

### **Leading In Times of Disruption**

COVID-19 has affected our view of health and safety, socialization and screens. We've all been forced to adapt to a disruption that's been thrust upon us. Join us for this session on strategies to lead by creating opportunities for invention and discovery.

Diane Mack

Offered: Saturday

### **Let's Taco 'Bout Character**

Character -- that group of qualities that make a person, group, or thing different from others. Delve into a 'taco' buffet in a fun, hands-on learning experience to determine your own assets that make your character mild, hot or spicy! Can't wait to see you on the screen!

Patsy Maddy

Offered: Saturday

### **Let's Taco 'Bout Korea**

Our virtual visit will be led by Seorin Ryu, a South Korean student, now a Kansas 4-H member in Western Kansas. Learn the similarities and differences of going to school in a new country, eating new foods, and learning in a new language and culture while living on a Kansas farm. You'll learn some of how things are done in Korea, too. Would you like to try a Korean dessert? Seorin and host sister Lilly Payne will show you how to make it! Lilly can also share what it's been like to have another sister her own age. We'll tell you how you, too, can host a new friend through 4-H. You will also learn how you can spend a month in summer in South Korea or six other countries on a 4-H exchange.

Seorin Ryu and Lilly Payne

Offered: Saturday

### **Not Another Cheesy Communications Class**

Lettuce gather virtually to taco-bout communications! Learn more about confident communications for interviews, team messaging, and more!

Katie Messerla

Offered: Saturday and Sunday

### **Stories Matter: An opportunity to lead in your community**

Join us for an introduction to Stories Matter! This series teaches impactful leadership communication skills and tools to find your voice to be an engaged, knowledgeable, and impactful citizen. Through the various trainings Stories Matter includes, youth and adults can be trained to facilitate meaningful group discussions and deliberations for the common good of society. This includes Visual Thinking Strategies as well as Community Conversations. By becoming a facilitator of civic discourse on these processes you will be equipped to lead members of your community to find common ground on difficult topics through civil discourse.

Jaryth Bartenand Aliah Mestrovich Seay

Offered: Saturday and Sunday

### **Taco 'bout Disappointment**

While we're living through history, it turns out that life during a global pandemic often means lots of uninvited change, cancelled plans and major disappointment, not to mention those grieving lives lost too soon and the hit to our economy. As a teenager in 2020, is there a way to handle all the bad news well and find opportunities to thrive amidst everything that isn't going according to plan? Join this class to find out!

Eddie Doane

Offered: Saturday and Sunday

### **Taking Your Leadership Project to the Next Level**

Are you enrolled in the leadership project but don't know what to do? Are you looking for new ways to impact your club and community? In this workshop, we will dive into identifying needs in your community, creating goals for your leadership project, and fostering measurable action in your community.

John Kennedy

Offered: Saturday and Sunday

### **Youth Community Perceptions - Making a Difference in Your Community**

Want to be involved in improving your community? Youth Community Perceptions can help you learn how to identify needs and opportunities that exist for your community's future, and work with community leaders to make a difference in your community.

Jaime Menon and Jan Steen

Offered: Saturday and Sunday