

## Workshops at the Kansas Youth Leadership Forum - 2019

### **The Art of Empathy - a workshop for tough conversations**

What would it look like to dare to use your leadership skills to navigate tough conversations? Let's face it: given the current political climate and the world we are living in, if you interact with others, you are no stranger to tough conversations. Tough conversations can happen when we least expect it and we rarely feel ready to deal with them even though they are naturally a part of our everyday life. This workshop provides you with immediately applicable research-based hands-on learning tools to navigate the art of empathy.

Main Instructor: Aliah Mestrovich Seay

*Times Offered: Session 1, Session 2, Session 3*

### **Building Bonds in Sauna--Family Life in Finland**

Have you ever been in a sauna? Sauna is a central feature of Finnish daily life, and it's way more than a place to sweat after a workout or dip in the pool. It's a family experience we learned to enjoy the Finnish way, while staying with 4H families in Finland. Visiting Finland gives you a chance to experience many lakes, forests and, for some, life above the Arctic Circle... (Did you know Santa Claus comes from Finland?) Daylight lasts 24 hours in summer! We enjoyed the delicious breads, desserts and ice cream with our new siblings. This workshop will give you a glimpse of our life staying with Finnish families on the States' 4-H International Exchange. We'll play games, share food and things we learned about their 4H program. Before we're done you'll know how you can host a Finnish 4-H exchangee next summer or travel there or to other countries on 4-H exchanges.

Main Instructor: Mary Kay Munson

Times Offered: Session 2

Class Fee \$1

### **Cool Cats Host AYP (4-H Academic Year Programs)**

It may be a "jungle out there", but it's cool to have a sibling from another country to do things with. 4-H Academic Year Programs let you choose a high school student from a country on the other side of the globe to join your family and 4-H club and go to your high school. Four students from Bosnia and Herzegovina, Kosovo, North Macedonia and South Korea and their 4-H hosts in Shawnee, Meade, Stevens and Dickinson counties are this school year's cool ones. We will introduce you to the countries and cultures in this workshop. You'll try some foods, games and activities from their homelands. Then we'll share the advantages of hosting exchange programs and how you can get involved for the school year or a short exchange in the summer.

Main Instructor: Mary Kay Munson

Times Offered: Session 1

Class Fee \$1

### **Finding the Right Fit. Making Sense of the College Search Process**

There are many questions and factors that can influence your college decision, which is one of the most important decisions you will make. Your college decision will affect your future career and well-being. The possibilities are endless! Whether you are a senior making your final college decision or a freshman who is just getting started, come learn what you can be doing to not only to find your perfect fit for college but for your future career. Also discuss ways your 4-H experience can be a benefit for your future success. After this workshop you will have the tools and knowledge to be confident in your college decision.

Main Instructor: Nicole Bartel

Times Offered: Session 1, Session 2

### **I'm a Leader. Now What?**

Your 4-H experience is preparing you for a lifetime of service, but what does that look like when you move to the next phase of life? Come to this session to learn how to find the right leadership opportunities for you and get tips for further developing your leadership skills.

Main Instructor: Edie Doane

*Times Offered: Session 3*

### **Leading Kids to Ag Knowledge**

We need older 4-H members who love agriculture to share their passion with younger students so kids understand where their food comes from. Step up to the leadership challenge by coming to this class where you'll gain the knowledge and resources to lead a classroom in an agricultural lesson.

Main Instructor: Serita Blankenship

Times Offered: Session 1, Session 2

### **Leading Leaders**

Explore how leaders can work together to grow with each other through games and fun discussions about leadership styles.

Main Instructor: Ian Nichols

*Times Offered: Session 2, Session 3*

### **Leadership is a Jungle**

Even though leadership is a jungle, we will help you make it through the vines and ropes that stop you from becoming a leader! (WE HAVE CANDY, TOO!)

Main Instructor: Ellis Co. 4-H Teens

Times Offered: Session 1, Session 2

### **Jumping into "Thank You" notes**

How are your skills at writing genuine and heartfelt thank-you notes? Come learn why we all need to express our gratitude and get some great tips on how to do just that. Taking the extra time to write a personal thank-you note is always fashionable and is a skill leaders need to practice!

Main Instructor: Erin Rose May

Times Offered: Session 3

### **No Need to Get Lost in the Jungle**

Let's work together to improve your resume or personal statement. Session will cover basics in organizing information and choosing language that will show leadership, citizenship and service without bragging, which can be a negative.

Main Instructor: Nancy Peterson

Times Offered: Session 1

### **Public Speaking With Confidence**

Come learn the tips and tricks to being an exciting and confident public speaker. Whether it be for presentations in class or giving a speech in front of hundreds of people, this class will set you up for success.

Main Instructor: Jaryth Barten

Times Offered: Session 3

### **Swinging through KAP's**

Come learn from two past state KAP winners how to make the best KAP you can! We will talk about record keeping tricks, story writing tips, and how to best fill in the actual KAP form. We'll show you how to go from good to great with practical skills that will make your KAP stand out!

Main Instructor: Lane Wiens

*Times Offered: Session 1, Session 2*

### **Swing into Youth Council**

Do you have questions about what it's like to be a member of youth council? What youth council does for the state of Kansas? What, and how youth council plans and coordinates events across the state? If so, this is the class for you! Learn about The Kansas 4-H youth leadership as a whole. This class is being taught by current and past Youth Council members! During this class, you will have a chance to ask us as many questions as you have about Youth Council, and we will be there to answer them!

Main Instructor: Baily Chaplin

*Times Offered: Session 2, Session 3*

### **Taking the next step as a leader at camp. All about the summer leadership program at Rock Springs.**

Sure, working at camp is fun, but it is so much more than that! Organizations are looking for professionals who demonstrate strong communication, collaboration, critical thinking, creativity and willingness to take on challenges. Rock Springs' summer leadership program will help you to develop and grow these traits all while teaching youth as specialist in one of our program areas and working in a dynamic team environment. Above all else, our summer leadership program participants directly make a positive impact in the lives of youth.

Come learn about our program and how you can take your next step as a leader at Rock Springs.

Main Instructor: Rock Springs Guest Experience Managers

*Times Offered: Session 3*

### **What's Your Spark?**

Join us for an interactive session on identifying your sparks. Sparks are skills, talents or interests that motivate us. As a youth leader, you know how motivating it can be for young people to discover their "sparks," those activities and interests that truly engage them to be their best. Discovering these sparks can help members express their personalities and make unique contributions to their club and community.

Main Instructor: Diane Mack

*Times Offered: Session 1, Session 2*

### **Youth Community Perceptions**

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.

Main Instructor: Jaime Menon

*Times Offered: Session 1, Session 2*