

NORTHCOAST Youth Summit

“CONNECT FOR A CAUSE!”

Workshops 2010

It is our goal that these workshops will inspire youth and adults to become confident leaders and “Take the Lead”. Choose from the following list of workshops. A brief description is provided to help you choose which one you would like. ***Note* Workshops are first come, first serve. In order to get the ones that you want make sure to turn your registration in as soon as possible. Some Workshops will last more than one session. Be sure to register for all sections needed.**

Workshop Session 1 (10:00-10:50)

CPR Certification: Presented by Sheri Christensen, certified CPR instructor

This workshop will require **all four sessions** for certification and is limited to 15 people. If you need CPR certification for a job or just to be ready to help if needed, this is the workshop for you! Come learn and practice CPR as instructed by the American Heart Association and leave with your CPR card. ***There is an additional fee of \$3.00 for the cost of the card. Please add this to your registration cost.***

Master Your Credit: Presented by Charlie Heinberg, Consumer Credit Counseling Service

You will get an overview of the types of credit available, how to establish a credit history, credit reports and scoring, and how the choices you make with credit today will impact your life in the future.

Uncover Your Inner Wiring: Presented by Angela Winkle, College of the Redwoods, Instructor (This is part 1 of a two part workshop. You must also sign up for part 2.)

This dynamic workshop will use the “Wired that Way” personality assessment by Marita and Florence Littauer and activities to focus on understanding your own personality type, as well as learning how to work with other personality types in work, school, and home.

Start your own business for profit: Presented by Corey Fitze, Sherlock Record Management

Have you ever wondered if an idea you have could turn into a business opportunity? How do you match opportunity, need and ideas to bring about a profitable business? Corey will share how he took an idea and started asking questions, doing research, invest in expertise and software to see if his idea could bring him a profitable business. Corey was selected in 2009 as one of two young entrepreneurs to take his dream to reality. Come learn where to start and who is available to help you on your journey.

Knowledge Opens Doors of Friendship (Crossing Cultures): Presented by Holly Meyer-Zlokovich, Del Norte County Tobacco Use Prevention Program

If you have ever wondered about the different types of people and cultures on the North Coast, this workshop is for you. Learn about four unique cultures on the North Coast. Participants will learn how to develop confidence, build relationships with different types of people and possibly make a new friend. Workshop activities include slide-show, story telling, dancing, discussion.

Digital Photography: Presented by Rebecca Harnden, former 4-H All Star

Learn tips and tricks to make your digital photos great! Learn how to use editing software to practice technical aspects of digital photography while adding artistic touches. This course will cover the basics of photo editing and design including contrast, tint, sharpness, etc. and how they can be used to enhance your photography.

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Humboldt Leadership Conference, Attn Sandy Sathrum, 5630 South Broadway, Eureka CA, 95503

High School Senior Projects: Presented by Jennifer Johnson, Eureka High School

High School seniors are invited to develop senior projects or internships linked to their high school pathway(s). These projects or internships demonstrate a culmination of skills and leadership developed throughout their course of study. This workshop will explain the design, intent and supervision for projects.

Bicycle Maintenance: Presented by Rick Knapp, Humboldt Bay Bicycle Commuters Association

Bicycle Maintenance: Demonstrate how to do basic bicycle maintenance, including fixing flat tires; adjusting brakes, gears and saddle; and answer questions of participants.

Team Building: Presented by Matthew Slankard and Jake Ruiz, Youth Educational Services, Humboldt State University

Learn how to work as a team and build a team through fun interactive games that require teamwork to complete.

Sources of Strength: Kristen Huschle, Karen Diers, Blanca Bautista, Department of Health and Human Services, Public Health Branch (This is part 1 of a two part workshop. You must also sign up for part 2.)

This 2 part workshop will help you identify your own sources of strength and give you some skills to use with your friends who may be having a hard time. Learn *Question, Persuade, and Refer (QPR)* to reach out to someone who may be thinking of suicide. Hope begins with you...

Workshop Session 2 (11:00-11:50)

CPR Certification: Presented by Sheri Christensen, certified CPR instructor

This workshop will require **all four sessions** for certification and is limited to 15 people. If you need CPR certification for a job or just to be ready to help if needed, this is the workshop for you! Come learn and practice CPR as instructed by the American Heart Association and leave with your CPR card. ***There is an additional fee of \$3.00 for the cost of the card. Please add this to your registration cost.***

Uncover Your Inner Wiring: Presented by Angela Winkle, College of the Redwoods, Instructor (This is part 2 of a two part workshop. You must also sign up for part 1 in session 1.)

Master Your Destiny: Presented by Charlie Heinberg, Consumer Credit Counseling Service

An overview of the budgeting process: Savings, Needs vs Wants, Budget categories and financial planning, exercises and strategies to help you budget better, living within your means and manifesting your dreams.

Who, Me? A leader?: Presented by Sandy Sathrum, 4-H Youth Development

Are leaders born or made? How do I know if I'm leader? If I'm not a leader, can I become one? Through fun interactive exercises you will discover what qualities are found in a leader and what kinds of leaders work well in a team. Do you have what it takes?

Sources of Strength: Kristen Huschle, Karen Diers, Blanca Bautista, Department of Health and Human Services, Public Health Branch (This is part 2 of a two part workshop. You must also sign up for part 1.)

New Social Media: Using Facebook: Presented by Steven Worker, UC State 4-H Youth Development Program

Facebook is ranked as the number two most visited website and has over 350 million active users. While Facebook can be fun and entertaining, the site can also be used to share ideas, make connections and benefit your causes and organizations. This session will explore uses of Facebook with your clubs and groups, tips and tricks, and privacy settings.

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You Have the Power: Student-Driven Service Learning Projects: Presented by Ron Perry, Eureka High School

Are you an agent of change? Based on the EAST (Environmental and Spatial Technology) model, find out how you can learn to design and lead projects that serve our community and really help those you feel need help, knowledge or a change in circumstances.

Targets of Opportunity - Jobs of the Future: Presented by Step Up for Youth Jobs, Economic Development

Learn where you can find jobs with growing career opportunities and how you can get on the fast track to occupations of the future. Gain knowledge in what programs and training are available for you at our local educational institutions. Find out today and you can design and achieve your future dream job. Live the life.

How to Run a FUN and Effective Meeting: Presented by Jyl Barnett, YES House, Humboldt State University

Meetings are a great way to get things done, but sometimes they can be long and boring. Learn how to keep a meeting fun while still getting everything done.

Zumba Fitness: Presented by Marla Joy, Zumba Fitness Instructor

Zumba is a Latin-inspired, dance-fitness class that incorporates Latin and International music and dance movements, which create a dynamic, exciting, and effective fitness system. The cardio-based dance movements are easy-to-follow steps. Zumba creates a party-like atmosphere that dancers and non-dancers immediately and easily master. Come ready to move!

Workshop Session 3 (1:00-1:50)

CPR Certification: Presented by Sheri Christensen, certified CPR instructor

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Hunger 101: Presented by Ronli Levi and Deb Waxman, Food for People

In this fast-paced, interactive presentation about the realities of hunger in Humboldt County you will be challenged to budget your income, pay bills, and feed your family for just one day. You will take on the profile of a real-life low-income family in our area-using actual rent expenses, childcare costs, grocery store prices and food stamp applications. You will gain new insights in the fight against hunger and how to take action.

Let Your "Live" Shine: Presented by Grace Brosnahan, Friday Night Live Coordinator DHHS, Public Health Branch, AOD Prevention.

Friday Night Live and Club Live members from Humboldt and Del Norte counties will present highlights from their chapters. Learn more about the Friday Night Live and Club Live and how to start a chapter at your school. FNL builds partnerships for positive and healthy youth development which engage youth as active leaders and resources in their communities. Open to all youth and adults.

Rockin' Resumes: Presented by Peach Bond / WIA Youth Program Operator

Ever wish that your resume looked 'professional' had more appeal to it? Come and find out about Chronological and Functional styles of a resume and the proper way to make your resume shine! Examples of resumes will be shared as you learn how to present job skills and balance "What I Do" and "Who I Am" while learning the various uses of the Objective statement.

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Earthquake and Tsunami Preparedness: Presented by Jason & Cris, American Red Cross

In this comprehensive course on earthquake and tsunamis, you will learn what they are, how they work, area specific information, and how you can prepare for them. You will learn how to create a disaster supply kit and make potential hazards in your home earthquake safe.

Somewhere between Death and Spiders: Overcoming Fear of Public Speaking: Presented by Ross Mackinney, Professor at College of the Redwoods and Humboldt State University

Why is it scary to get up in front of an audience? What can you do to reduce the fear factor? Learn and practice ways to reduce the fear of public speaking and get better at it. Bolster your confidence to feel more comfortable when you need to speak.

Grease Monkeys: Basic Automotive Care – by Bob Wallis, 4-H Small Engines instructor

What is under the hood of your car? Do you know how to change a tire, how to check your fluids, and other basic automotive care? Come take a look at a couple of cars and learn the basics for fun and safety. Learn the tips for saving money when buying a used car?

Fight Like A Girl!: Presented by Paula Arrowsmith-Jones & Terra Emerson, North Coast Rape Crisis Team (This is part 1 of a two part workshop. You must sign up for session 4 as well.)

This interactive, FUN & empowering workshop will teach avoidance, risk reduction, awareness and assertiveness skills as well as VERBAL & PHYSICAL SELF DEFENSE SKILLS. Anyone who identifies as girl or woman is welcome and NO PRIOR self defense experience is necessary. Wear comfortable clothes & sturdy shoes.

Campus Tour: Presented by College of the Redwoods & Academy of the Redwoods Staff

We've got an outstanding community college right here in our back yard! There are many two year degree programs available from Nursing to the Police Academy as well as academic tracks that transfer to a four year University. We even have online courses! Come learn if CR would meet your college needs. ***Wear comfortable walking shoes and dress in layers, ready for any weather.***

Garden Romance: Presented by Terry Kramer, Evelyn Giddings & Mary Gearheart, Humboldt Botanical Gardens Foundation (This is part 1 of a two part workshop. You must also sign up for part 2 which is a tour of the botanical gardens.)

Our Garden is a place to meet, walk, talk, learn and discover nature in a safe and sensory environment. A garden is a place to develop traditions and memories. This is an opportunity to learn about the purpose, joy and romance of being connected to a botanical garden!

Workshop Session 4 (2:00-2:50)

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I Got the Interview! (Now What?!):: Presented by Peach Bond / WIA Youth Program Operator

We will discuss all aspects of the interview process and how to market yourself and your skills. Learn how to answer, and ask, the right questions to make yourself stand out in a competitive crowd. How to get, and keep, the job you're seeking.

Make the Green Connection: Your Ecological Footprint & the World: Presented by Patti Johnson, Arcata Community Recycling Center

Learn to measure your own ecological footprint then connect the impact of its size with the world around you. Use a bag of intriguing props to share solutions for shrinking footprints.

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Fight Like A Girl! Presented by Paula Arrowsmith-Jones & Terra Emerson, North Coast Rape Crisis Team **(This is part two of a two part workshop. You MUST sign up for session 3 as well.)**

Zines and Flyers as Youth Outreach Materials: Presented by Julie Ryan, YSB Raven Project
Julie and Raven Project Youth Educators will give an overview of the Raven Project, and discuss the history of & how to make zines (short for fanzines or mini-magazines). We will provide examples.

Youth Responding to Disasters: Presented by Jason & Cris, American Red Cross
Youth have a history with the Red Cross. Learn how you can get involved with the Red Cross and disaster preparedness in your home, school and community. Learn how to be a Red Cross volunteer, start a club, and be prepared with the basics for disasters.

Overcoming the Odds: Youth in Transition: Rochelle Trochtenberg & Jan Alcock plus youth;
DHHS, Social Services Branch
In this workshop, you will meet youth who have faced homelessness, mental health issues and foster care. By viewing their Digital Stories, you will learn how they are able to build lives of strength, hope and resilience. This is an interactive workshop and participation and questions are encouraged.

You Be the Jury: A Teen Court Trial: Presented by Sacha Marini & Teen Court volunteers,
Boys and Girls Club Teen Court.
What is it like inside the courtroom? You will be trained to serve as a Teen Court jury as you re-enact a Teen Court trial, making the decision on a sentence.

Campus Tour: Presented by College of the Redwoods & Academy of the Redwoods Staff
We've got an outstanding community college right here in our back yard! There are many two year degree programs available from Nursing to the Police Academy as well as academic tracks that transfer to a four year University. We even have online courses! Come learn if CR would meet your college needs. ***Wear comfortable walking shoes and dress in layers, ready for any weather.***

Garden Romance: Presented by Terry Kramer, Evelyn Giddings & Joan Rainwater Gish,
Humboldt Botanical Gardens Foundation **(This is part 2 of a two part workshop. You must also sign up for part 1.)**
In this session, you will be given a tour of the Botanical Gardens. Following the Summit, HBGF will help the participants organize and lead a special docent tour of the gardens for children and/or seniors.