



Snapshot of Workshops at Bridge Conference 2019

Strategies to utilize the youth voices' to reshape empowerment, self-sustainability, and success through natural mentoring, art, and entertainment.

Idris Joyce & Roxy Magno, Krownless Kings

This workshop will focus on the impact that an organization that is primarily operated and ran by young people of color have on its participants and students. We will address the unique and natural approaches we utilize for mentoring the youth from our community and how we reshape the idea of empowerment, self-sustainability, and success.

Skill Development Beyond the Bell

Fausto Lopez & Jaime Singer, American Institutes for Research

This workshop is designed to provide Out of School Time professionals with adaptable tools and professional learning strategies for explicitly integrating learning skills, competencies (Social and Emotional Learning, 21st Century Skills, and Higher Order Thinking skill) and standards (Academic and OST Quality Standards) into OST enrichment activities. This interactive workshop provides participants with tools from the Beyond the Bell Toolkit-Fourth Edition that participants can use in the development, implementation, and continuous improvement of quality program activities. This workshop provides participants an overview of academic enrichment best practices, program improvement strategies, and planning tools to assist in the development of intentional SAFE (Sequenced, Active, Focused, and Explicit) program activities across program structures. Specifically this workshop and the tools from the Beyond the Bell Toolkit will allow participants to apply their learning in the development or sustainability of their afterschool setting or system with a focus on program structure, staff development, collaboration, program delivery, design, and the assessment of program components that can best impact youth participants and their support structures (i.e., families and community).

Generative Coaching: building your management and leadership tool kit

Tracy Flynn, Tracy Flynn Consulting

Many of us are familiar with the active participatory approach to learning for youth, but have you considered how this approach applies to your management of staff? Non-profit jobs, especially

child/youth work, can create a revolving door of front line employees. Purposeful staff development, active management, and consistent coaching can assist your program in building and maintaining quality staff.

Participants will:

1. Explore the Active Participatory Approach through the lens of management
2. Learn generative coaching strategies to improve staff engagement and retention
3. Improved management communication skills.

This session will take an intersectional approach grounded in understanding the social and economic conditions in which women, LGBTQI people, people of color, people with disabilities, and younger staff are especially vulnerable. Skills building will include coaching and communication skills to foster self efficacy for your staff.

Elevating Youth Voices in the Arts: The TeenTix Press Corps

Mariko Nagashima & Huma Ali, TeenTix

Elevating Youth Voices in the Arts will share how the TeenTix Press Corps Program amplifies youth voices by facilitating opportunities for teens to learn, practice, and publish arts criticism. Through the Press Corps, teens experience arts events (dance, theatre, visual art, music, etc.) and share their unique perspectives and opinions about the art they see. Art provides a perfect vehicle to explore identity, culture, and a myriad of social and political issues. Press Corps curriculum offers teens a lens to interpret art, a platform to share their thoughts, and explore whether they see their own experience reflected in the art work. By giving young people the tools to articulate their opinions, they are empowered to confidently own and express those feelings. The Press Corps further validates youth voices by publishing teen reviews and promoting their work in the broader arts community through professional platforms. Press Corps workshops teach 21st century skills and foster empathy and cultural competency. Finally, attendees will hear from Huma Ali (a senior at Lake Washington High School and editor in the TeenTix Newsroom), about how the Press Corps has unleashed her creativity and allowed her to take risks with her writing and hone her individual voice.

Social and Emotional Learning in Practice: A Toolkit of Practical Strategies and Resources

Kate Walker, UMN Extension Center for Youth Devt

Social and Emotional Learning in Practice: A Toolkit of Practical Strategies and Resources is a flexible set of practical tools, templates and activities that can be used with staff and youth to increase intentional practices to support SEL. This interactive workshop explores strategies to 1) enhance staff knowledge of SEL, 2) establish expectations, give feedback and integrate reflection, 3) infuse SEL into program activities with young people, and 4) collect SEL data for improvement. This hands-on workshop provides an overview of what's in this free toolkit as well as an opportunity to try out items and walk away with ideas to use right away. It will specifically highlight activities to help youth explore and share their identities, and to help staff explore their cultural values and

preferences that influence SEL. While the toolkit is designed primarily for those working with middle-school-aged youth, with slight modifications the activities are appropriate for other age groups.

Dismantling Oppression by Embracing Culture

LaKesha Kimbrough, Seattle University

Culture—ethnic/racial, familial, geographic, and more—is a powerful shaping agent in all our lives, especially those of our youth. It provides lenses through which we view self and the world around us. What exactly is culture? How does it shape the lives of youth? What happens when youth begin to embrace the various cultures to which they belong and that play such an integral role in forming their identity? Through presentation, shared learning/sharing out, activity, and personal reflection, participants in this workshop will gain and deepen skills in affirming young people’s cultures and intersectional identities by:

- exploring what culture is and the role it has in shaping who we are,
- exploring how embracing culture allows youth to recognize their own strength and power,
- exploring how embracing principles of cultural humility can aid in the process of embracing culture and dismantling oppression, and
- exploring how embracing culture creates space and opportunity to transform systems, organizations, and programs

Participants will also leave the workshop with deeper knowledge and tools that they may use when working with youth in their communities and organizations.

"Who Taught You That?" - Understanding Gender, Creating Affirming Spaces

Lex Gavin, School's Out Washington

“The Transgender Tipping Point” was declared by TIME Magazine in 2014. Transgender people have been fighting for decades for presence in politics, media, and all facets of life. Questions about gender have entered the collective consciousness and are not going away. Many people understand that it’s vital to support marginalized youth in programs, but don’t know how. Others might question why our culture’s understanding of gender is worth examining at all. If you’re open to a paradigm shift and a generous helping of introspection, join us!

This activity-based workshop will explore:

- Where ideas about manhood and womanhood come from
- The harm that the gender binary inflicts on all of us
- The relationship between the “rules” of gender and colonialism
- What’s at stake for transgender and gender non-conforming youth
- How to create welcoming and affirming programs

Filling the Breaks

Amber Martin-Jahn/James S. Trujillo, Serve Washington

Join us for a panel discussion of how AmeriCorps programs can (and do) partner with ELO programs for mutually beneficial programming during school breaks. Many AmeriCorps members in Washington State are placed in schools serving as tutors and mentors. Full-time service in AmeriCorps is 1,700 hours which is a challenge to fulfill due to school breaks. At the same time the school breaks place a burden on low-income families who struggle to find, and afford, childcare during the breaks. Learn how AmeriCorps members can meet their service hour commitment by providing additional academic, social, and emotional supports to children and youth served by ELO programs during these times. Hear about innovative partnership possibilities with the Washington Service Corps and Washington Reading Corps, and the United Way of King County's VISTA Summer Associate Summer Meal program. Time will be allotted for questions and discussion.

Speaking the language of Equality in an Unequal Society

Samuel Corales, Write 253

This workshop is geared toward exposing youths from different cultures/intersectional identities to the language of a successful platform that may be used to discuss the particular conflict(s) faced by minorities as well as differing cultures, subcultures and groups of people.

The Mindful Student

Lyndsay Morris, Generation Wellness

Session Descriptions: Increased focus, decreased anxiety, and promoting a culture of compassion are just a few of the reasons why schools, organizations, and companies across the country are choosing to infuse mindfulness into their day. In this highly interactive workshop, you will learn how to integrate self-regulation techniques and short mindfulness practices into your setting. Leave with 10+ activities that build strong hearts, minds, and bodies, based on the latest research in trauma, mindfulness, and positive psychology.

Participants will:

- Understand how the brain and body respond to stress/trauma.
- Experience mindfulness activities that help students practice self-regulation, focus, and kindness.
- Understand and practice the Regulate, Connect, Reflect Framework.
- Develop a plan to immediately integrate mindfulness into your setting.

Predatory Aggression-The Roots of Bullying

Edna Sadberry, Griffin Counseling & Wellness

This workshop will address the different types of bullying as well as the long-term impact on young lives and how the experience of being bullied, the bully or the witness, transfers to your adult life

and your personal investment in addressing or not addressing the culture of aggression. We will examine the stereotype biases that maintain and support bullying and how these biases are present in the inconsistent policies and procedures present within the school system. The root causes of racially inequitable systems of discipline related to bullying, will be connected to unconscious biases and stereotypes that continue to disproportionately impact the lives and academic success of youth of color.

Creating a Healing Centered Culture

Anjilee Dodge, The Organization for Prostitution Survivors

This session will explore how providers can increase youth's autonomy, accountability, and self reliance all while managing behaviors through the creation of a healing centered culture. We will discuss how to create a program/classroom culture that allows youth to maximize their leadership potential, and lean into their strengths through self expression and choice. We will explore Behavior Management systems and Restorative Justice tools that center youth's voice and participation all while focusing on the ultimate goal of youth empowerment and self regulation.

Raise Their Voices: Giving Young People a Say to Promote SEL and Community-building

Marisa Garcia & Joshua Munsell, Committee for Children

Out-of-school time educators can and do empower young people to be confident contributors and change-makers both in their OST community and beyond. In this session, participants will discuss how OST educators can help young people build an inclusive community within an OST program. We will also discuss how embracing young people's voices supports their social-emotional development. Participants will identify their current practices, learn about and try new low-barrier strategies, and discover how to implement these practices in their own setting.

Sport Leadership that Supports Healthy Youth Identity Development

Hannah Olson, University of Washington Center for Leadership in Athletics

Elements of identity – gender, race, sexuality, culture – have been a longstanding, salient force in the history of sport. Research suggests that athletic programming which supports elements of a youth's identity helps foster the positive social-emotional and developmental outcomes that can be achieved through engaging in physical activity and play. This session will explore leadership strategies that recognize, celebrate, and support the individual identities of participants, creating physically and emotionally safe spaces that increase engagement and boost retention. We will discuss how coaches and activity directors can engage in implicit and explicit leadership behaviors that enhance student feelings of belonging and empowerment through recognition of culture, background, and community.

Courageous, Confident, and Competent Youth: Empowering staff to become youth champions

Patrice Holt, Start2Soar, LLC

This workshop is designed to develop direct service staff members' ability to build trust with youth in their programs. Building trust is a core best practice in strengthening relationships with youth.

Direct service staff will learn strategies in developing courage in youth to defend their beliefs, building confidence in youth abilities to demonstrate their beliefs, and increasing competence of student's abilities to lead healthy lifestyles, exhibit positive character, engaged citizenship, and academic achievement.

Inner Equity

Miik Wells, MiikWells.com

Inner Equity is an orientation to how we relate to ourselves from how we've been socialized and fragmented. I introduce the concept of our compartments--mental, physical, emotional, and social--and how US culture and systems distort the ways we interact with our separated parts. From there, I invite participants to explore our relationships to ourselves through a series of self and other interactions, sharings, and recordings of our experiences. Then, with this orientation, we'll move into collective wisdom to leverage how practicing Inner Equity can support us and those we serve.

Inner Equity is about becoming more acquainted to how we relate to ourselves, which gives us more information in how we relate to others. How this applies to young people's cultures and identities is that the more we are able to own how we dis/connect, dis/engage, and dis/regard ourselves, the more we are able to see how we could be projecting onto the young people we serve.

My hope is that in realizing how we harm ourselves, we would shift to more fully realized healing and support of young people who are still exploring and forming ownership of their sovereignty in culture and identity.

Using an African American Lens: Trauma Informed Care and Youth

Dr. Jocelyn Enabulele, Roni LifeWorks Training Center

Trauma-Informed Care is an approach to working with people that understands, recognizes and responds to the impacts of trauma. Trauma is not isolated to survivors of domestic violence or Veterans. No one is immune to the impact of trauma, but it is certainly experienced by youth facing major setbacks. Often, teen of color trauma survivors can be re-traumatized by well-meaning providers. Becoming 'trauma-informed' recognizes that youth of color experience many different types of trauma in their lives and their responses vary. By orienting our organizations, environments, services, and day-to-day interactions around the impacts of trauma, we create a safe and healing space for youth which leads to powerful voices.

Social Emotional Learning & Leadership

Stacy Kain, Boys & Girls Clubs of King County

Leadership today requires empathy to attract, nurture and retain the best talent, and yields better

choices and decisions which are based on the needs of the community. It is vital for leaders to be sincerely engaged with their team and operating as their best self in order to fulfill their potential achieve optimal results for those they serve.

When those working in youth programs feel emotionally safe to bring their authentic self, they are more likely to create spaces where youth can do the same. These are inclusive spaces where youth are confident to try new things, share their genuine selves with others, and have opportunities to learn from others with different perspectives.

Building and Maintaining Positive Relationships: A Strength Based Approach

Carey Kirkwood, University of Washington Tacoma & Lynda Llavore, SOWA

In this session, participants will discover the benefits to using an asset-based approach to teaching and learning. Participants will learn to intentionally dismantle bias while maintaining a positive working relationship with others. This approach includes a three step strategy to intentionally shift conversation, planning, or problem solving from a deficit-focused tone towards a culturally responsive and strength based style. Participants will walk away with strategies and resources to do effective work around equity in school and youth development spaces.

Incorporating an Equity Lens into Program Evaluation: Measuring What Matters

Corey Newhouse & Da'Shon Carr, Public Profit

Expanded learning programs are increasingly focused on equity, such as by improving access to high quality out-of-school time programs or assuring that programs are responsive to the unique interests and needs of diverse communities. Tailoring programs' evaluation design to suit these goals is a key part of the overall strategy, yet it can be tough to know where to start, particularly for programs with limited time and resources. In this session, presenters will share a flexible framework for incorporating an equity lens into evaluation, along with a variety of practical strategies programs can use to solicit meaningful input from participants and stakeholders.

Engaging Youth in Productive Struggle

Dave Martineau, Forum for Youth Investment, David P. Weikart Center for Youth Program Quality

This pilot of one of the Weikart Center's new workshops to support cognitive development as part of SEL. Participants will explore ways to help foster initiative in young people by promoting a learning mindset as they undertake projects and activities. We will practice fostering growth mindset to help youth persevere when they struggle, and explore strategies that staff can use to support them. Participants will identify nuances for how these strategies may apply to work with the youth they work with.

Developmental Relationships: Building Meaningful Connections

Fatima Z. Muhammad, Search Institute

Developmental Relationships are close connections through which young people discover who they are, gain abilities to shape their own lives, and learn how to interact with and contribute to the world around them. This interactive workshop will introduce Search Institute's Developmental Relationships Framework and bring to life the evidence behind what we've always known - strong

developmental relationships with youth lay the foundation for everything else we do. The session will also highlight practical tools and examples of how the framework can help you be more intentional and inclusive in building meaningful connections with all the young people you serve.

Moments vs. Moments: How Culture Impacts Engagement and Sacrifice Impacts Change.

Rashad Norris, Relevant Engagement LLC

Perceptions and assumptions of culture, race and history by the dominate narratives in textbooks and society can skew self-identification, self-love, and self-confidence. In this session, you will learn how historical knowledge that is unknown from many students affects building an authentic student-teacher relationship. Participants in workshop will discover the significance of engaging students' through history, race, class and most importantly cultural identity. Rashad will be referencing interactions and conversations drawn from youth summits and student workshops that he has created and facilitated. Participants will leave with relevant models and promising practices that can improve inclusionary cultural responsiveness for students of color. Workshop will be interactive with actual student scenarios for discussion.

Cultivating Seen Spaces and Places with Youth in STEM/STEAM

Tiffany Y'vonne, IQuark

This session is an interactive invitation to cultivate Seen Spaces and Places with and for our youth in STEM/STEAM programming. Imagine spaces and places that develop youth who walk inside their own story and own it versus standing outside of their story and hustling for their worthiness (*1).

As an embodied community of practice we will examine our cultures and explore tools that excavate, liberate, and nourish identities. We will integrate recognition, acknowledgement, and appreciation as a way of Seeing in order to create affirming conditions.

You can expect an environment that will provoke inquiry, foster cross-pollinated learnings from one another, and provide practice-immersions.

(*1- excerpt from Brene Brown)

Join the Soccer for Success Movement

Bruno Marchesi, U.S. Soccer Foundation

Learn more about the U.S. Soccer Foundation's Soccer for Success Program, an Afterschool model proven to establish healthy habits and develop critical life skills through trained coach-mentors and family engagement.

Participants will learn more about the Soccer for Soccer curriculum from the U.S. Soccer Foundation and its proven 8-step process to incorporate soccer as a vehicle to implement healthy choices and behaviors. Participants will walk away with promising practices on youth engagement through physical activity, nutrition education, mentorship, safe spaces, and community engagement.

From Sad to Suicidal: Assessing, Allying and Assisting

Emma Bergman, LCSW, School District of Philadelphia

In order to effectively assess, ally and assist in supporting young folx mental wellness we must

consider our own emotional landscape, the spectrum of wellness to illness, and how that may present differently for individuals with different experiences and backgrounds. When providers notice that youth may be struggling internally, where do they go from there? And how do they make sure that the line of questioning honors youth self-determination while supporting safety, in addition to celebrating the intersection of their identities this process?

The questions we may ask during assessment include our own biases and identities, experiences with mental illness and wellness, and cultural values. This workshop will support participants with tools to explore what they may bring to the process of assessment with youth and provide recommendations for allying and assisting in ways that affirm and celebrate the identities of all humans.

Cultivating Creativity and Design Thinking With Young Children

Daniel Monterroso, LA's BEST Afterschool Enrichment Program

All young people deserve to engage in activities that stoke their imagination and creative development. Even more, to thrive in today's world, all young people also need to learn the fundamentals of design thinking - how to innovate and solve real world problems. In partnership with Soho Impact, LA's BEST Afterschool Enrichment Program has developed new methods to engage elementary school aged children in activities that leverage their passions and create inventions to address real-life challenges and opportunities in their community and beyond. Come learn strategies for helping all kids become inventors and imagine their ideal community while practicing critical thinking, communication and other critical 21st century skills.

This session will help participants affirm young people's cultures and intersectional identities by incorporating inclusive reflection questions for all activities and challenging participants to reflect on the biases they bring to their work with young people.

Strengthening Self Leadership

Zakir Parpia & Ruth Obel-Jorgensen, California School-Age Consortium (CalSAC)

Equity driven leadership starts from a place of deep self-awareness and an unwavering commitment to continuous growth and development. It requires us to "wake up," time and time again, and maintain a "beginner's mind" that seeks progress, not perfection. In this workshop, we'll try on strategies, practices and mindsets that can guide our self leadership practices. From this rooted sense of self, we'll explore what this means for our leadership of others.

Ensuring Equitable Outcomes through Performance Management

Nicole Franklin, King County

Inequity is divisive and socially corrosive. Societies that are less equitable have fewer opportunities for their residents and communities to thrive. As one example, Richard Wilkinson's TED Talk summarizes that income inequality negatively affects life expectancy and many other indicators that are associated with the well-being of a society. The key findings show that relative — not absolute — income inequality is what matters. Said another way: inequity within a society is more impactful than inequity between societies. King County invests upstream where the needs are greatest.

Upstream means we address root causes, the policies and systems that lead to poor outcomes early and before they develop into larger issues. By focusing upstream, the County can lessen the resources needed to reduce inequities downstream. The key question is: How do we define where the needs are greatest? We plan to measure the difference between the top and bottom 20% of the population across our community conditions and determinants of equity. This will identify where inequities are greatest and – more importantly – who is suffering. King County will then tailor its investment(s) with the goals of increasing equity by increasing benefits and decreasing burdens.

Using Creative Facilitation to Increase SEL and Build Relationships

Claudia Pineda, Partners for Youth Empowerment

Learn creative ways to facilitate culturally responsive programs that increase social emotional skills and build relationships using the Creative Empowerment Model. This model shows how to strategically use arts-based activities to develop an inclusive learning community that brings out the strengths of each person. You'll learn strategies for developing a safer atmosphere that encourages youth from diverse backgrounds to take creative risks and build bridges across lines of difference. You'll gain a toolbox of easy-to-lead arts-based activities that build a strong sense of community and provide structures for exploring and giving voice to personal history and intersectional identities. You'll learn how arts-based activities build 10 key social emotional and life skills; You'll learn ways to bring out the voices of everyone in your group. And you'll learn strategies for working collaboratively with youth to develop programs that respond to their needs. The workshop is designed to increase your confidence in your own creativity and leadership as you learn activities you can lead with groups. No previous experience with the arts is required.

Social Emotional Development Beyond the Bell

Jaime Singer & Fausto A. Lopez, American Institutes for Research

This interactive workshop provides participants with strategies for assessing and supporting the social and emotional development of program staff and caregivers using tools from the Beyond the Bell Toolkit. Participants will be provided research-based practices and work collaboratively to explore skill and competency frameworks (Social and Emotional Learning, Employability Skills, 21st Century Skills) and will be provided resources that can be used to assess adult understanding of SEL terminology and practices.

Structural Racism: Understanding our Housing and Education Roots

Kathlyn Paananen & Rivka Burstein-Stern, Seattle Public Schools

Why is school segregation worse 60 years after Brown V. Board of Education? What is the history of housing segregation that has shaped our neighborhoods today? In order to address educational disparities, we must first understand our history and the systemic practices of the housing and education institutions we've inherited. In this session, you'll participate in an interactive discussion that will help us deeply understand structural racism and develop our decision-making through a racial equity lens.

I Know the Moon: Incorporating Personal and Cultural Relevance in Your STEM Programming

Karlisa Callwood, PhD & Maureen Devery, Pacific Science Center

During this session, participants will be able to discuss when and how to incorporate strategies to promote inclusion, equity, and access when developing STEM programs and activities, then create a game plan for how to tackle these issues within their work. Using the story, I Know the Moon as a guide, we will analyze how different perspectives and contributions can promote greater understanding of STEM content for learners. Participants will share their own stories that help to create personal relevance for them and collaborate in small groups to brainstorm strategies to help overcome some of these issues in order to authentically promote inclusion, equity, and access in their STEM programs.

Critical Race Theory (CRT) in Education: An Intro for Transformative Leadership

Dr. Marion Smith Jr, Educate 2 Liberate Consulting (E2LC)

This experiential session will introduce participants to Critical Race Theory (CRT)-- its tenets, constructs and how it may be used to impact habits of mind to disrupt and dismantle inequitable policies, practices and systems. As a result of the professional learning in this session, participants will: 1. Calibrate a collective working definition and understanding of Critical Race Theory (CRT), and 2. Name and identify how the tenets of CRT may be used to inform thinking to surface and address individual, institutional, and systemic racist practices to cultivate a culture of collaboration, high expectations and accountability where all students achieve.

Building Capacity through Entrepreneurial Mindset Education

Charis May Hnin & Providence Kamana, Talitha Consults LLC

Guided by the belief that entrepreneurialism is a mindset, this session will interactively explore meaningful ways to recognize and invest in entrepreneurial thinking among young people. Presenters will share specific examples in which young people from South King County tapped into their entrepreneurial skills to create and share meaningful narratives about their home cultures and traditions, using multimedia and other creative medium. In doing so, these young people practiced 21st Century skills (technology, arts, critical thinking, creativity, collaboration) while enriching the larger social and cultural fabric of communities in the region by weaving their own stories.

Tools for Training in Transition

Ginger Kwan & Reehana Nisha, Open Doors for Multicultural Families

This session explores the intersectional identities of race and disability and discusses the transition to adulthood process for diverse young people with developmental and intellectual disabilities. Participants will learn about common barriers to service, challenges that these young people and their families face, and how to work toward positive outcomes beyond high school. A set of culturally responsive Transition Guides will be presented as an example of how agencies may engage and build trust with young people from diverse cultures.

Advocacy Strategies to Support Expanded Learning

Eric Gurna, LA's BEST Afterschool Enrichment Program & David Beard, SOWA

While California's system of afterschool programs has been a model for the nation, that system is currently at risk. This workshop will introduce strategies to effectively advocate for afterschool programs. If you want to engage in advocacy but don't know where to start, this workshop is for you! Participants will learn how to engage with the state legislature, how to rally support from their own city and how to activate their community. Strategies discussed will be universally applicable.

This session will help participants affirm young people's cultures and intersectional identities by identifying strategies to showcase young people's voices and stories which is critical to authentic advocacy.

Building Cultural and Growth Affirming Relationships With Youth and Young Adults

Makayla Wright & Tolu Taiwo, Soar

In this session we will explore how to build positive relationships with youth and young adults of color. By using evidence based practices such as relational cultural theory and the theory of hope we will trace how growth fostering relationships can shift the trajectory of an individual's life. We will also focus on uplifting youth voice and agency in your work with youth so that they can reclaim their power and change not only their outcomes, but their community as a whole.

On Being White

Lex Gavin & Sebastian Wilson, SOWA

We aim to support white people in identifying when, why, and how race and whiteness were constructed, how whiteness negatively impacts white people, and why white people need spaces to intentionally meet and constructively discuss our whiteness. We know that white supremacy culture, perpetuated by white staff, harms youth of color in their programs. We also hope that this session serves as a primer to move providers forward in their journey towards engaging in cultural humility with the youth they serve. People of Color are welcome to audit the session, but the focus will be on speaking to and with white people.

Self-care is the new Healthcare

Lyndsay Morris, Generation Wellness

Feeling worn out, burned out, or checked out? Does the never-ending checklist of things to do have you feeling more like a human do-ing and less of a human be-ing? If this sounds familiar, we get it and we're here to help!

In this uplifting and experiential workshop, participants will learn simple tools that re-energize and inspire showing up from a full tank, increasing happiness, and boosting productivity. Participants will:

- Evaluate societal norms and checklist living
- Explore the ability to rewire our brains for new habits leading to more resiliency, happiness, and positive impact
- Learn and practice the five Happiness Habits

- Leave with a plan to implement simple daily habits that lead to less stress and more success