**2017 State Conference FCCLA -Workshops and Speakers**

**Thursday-1:00-1:45 pm and 2:00-2:45 pm Grade 9 Workshop Verandas Ballroom**

**“**STAR or No STAR”

Presenters: Taya Lindquist and Bethany Janessen- State Officers

*STAR Event or No STAR Event is a workshop aimed towards ninth graders and providing them with further FCCLA knowledge. Its important for new and old members to continue to learn about ways to get involved in FCCLA. Fun activities and team building will also be included!*

**Thursday-1:00-2:00 pm -all grades**

**R-5 Walk a Mile-Mike Donahue-Ballroom**

*R5 Productions is a multifaceted communication program designed to use cutting edge technology and communication techniques to speak in to the lives of teenagers on very important topics such as drug/ alcohol abuse or bullying.   
Promoting empathy and respect is a very important piece in this complex problem of bullying on school campuses. “Walk a Mile” It’s built around the concept that unless we have taken the time to really get to know someone we don’t have the right to judge anyone else’s life. Walk a Mile takes on the task of breaking down how a person really feels as they are walking down the hallways of a school. For most junior and high school students, that seemingly innocent 5 minutes that it takes to get from one class to the next, is very pressure packed, it’s like they have to walk onto their own personal stage every day. There are unwritten rules and expectations for the way they should behave, the clothes they wear, the music they listen to*. *The things they like and don’t like are closely scrutinized in such a way that often times it is paralyzing. Walk a Mile works to level the social playing field in your school. Video’s, powerful illustrations, compelling stories all help to promote a more accepting and tolerant environment.*

**Thursday 1:00-2:00 pm Grades 10-12-Safe Not Scared- Jacob Wetterling Foundation-Plaza 5/6**

*Sexual abuse prevention is a team effort. This presentation covers personal safety strategies for teens with a focus on the importance of being a voice for change. Topics include consent, do no harm, bystander intervention, and personal safety strategies for teens.*

### **Thursday 3:00-4:00 pm Grades 5-9 -Protecting Your Online Footprint-Jacob Wetterling Foundation –Plaza 5/6**

*Teens will learn about the importance of making healthy choices online. Online risks and dangers will be discussed so youth are aware of behavior that should trigger warning flags. Risky behaviors of peers, including sexting and cyberbullying, will also be covered. The presentation also talks about positive ways that the Internet can be used to advocate for each other. This training is designed to empower teens and give them tools to make healthy decisions as they gain independence*.

**Thursday-4:30 pm-6:30 pm General Session Thursday- Sam Glenn- all grades**

**Be Your Own Superhero!**

*Sam’s message, “Become Your Own Superhero”, will focus on living the best version of yourself and using your strengths to make positive contributions. The core of this speech is empowering people to choose an attitude that works for them and their organizational success, personal and professional development, serving customers with excellence, building a culture where people thrive, improving communication and becoming the kind of person that people are excited to be around.*

**Friday- 8:30 am-9:30 am Hoan Do- Ninja Warrior-Ballroom- all grades**

*Hoan Do is a student success coach, author, and competitor in NBC’s hit show,*[*American Ninja Warrior*](http://hoando.com/american-ninja-warrior/)*.* ***From Humble Beginnings to a Bright Future****. From an early age, Hoan was conscious of the sacrifices his parents had made in their escape to the United States during the Vietnam War- in pursuit of the American Dream. Feeling indebted to his parents for their courageous pursuit of a better life, Hoan vowed to ensure that one day, he would be able to take care of his parents. Hoan’s hard work took him to Malibu, California, where he attended Pepperdine University, fully engaging in the academic rigor and array of opportunities that* t*he school offered. Hoan shows students that their success is not determined by their age, background, or knowledge but rather by the* decisions that they make each and every day.

**Friday-9:30-10:30 am and 10:30-11:30 am Grade 8 Workshop Verandas Ballroom**

**“Money Wise”**

Presenters: Johanna Nielsen and Gracie Vatthauer- State Officers

*If you’re like many other teenagers these days, you probably want the newest video game or cute outfit. Who doesn’t like to spend money on things they like? But in order to buy fun things, you have to have some kind of job where you can earn money. And what about saving for college? For junior high members, these things many seem scarey, but it’s never too late to learn about what to do with your money! In this fun and energetic workshop, jr high members will learn the basics of earning*, *spending, saving and protecting their money through the Financial Fitness national program.*

**Friday-9:30-10:30 am and 10:30-11:30 am Grade 5-7 Workshop Plaza 5/6**

**“FCCLA 101”**

Presenters: Jacob Just and Mya Christensen- State Officers

*FCCLA is a fun and exciting organization with so many incredible opportunities for all members. Come engage yourself with other  
new members what exciting and dynamic opportunities lie ahead on your  
journey through the Ultimate Leadership Experience!  Members will learn  
facts about the organization, participate in activities about national programs, and maybe win a few prizes!*

**Friday-10:30 am-11:30 am Grades 9-12 –Craig Hillier-“Breakthrough Leadership” Ballroom** *Becoming a leader is a process—not an event. Effective leaders must understand the attitudes, beliefs, and strategies they can use to become a person of impact. Breakthrough includes: Defining leadership, Exploring burdens and benefits of leadership, Debunking popular leadership myths, Evaluating personal strengths and areas that can be improved, Understanding five key leadership lessons and Applying the information into everyday life.*

**Friday- 11:30 am-12:30 pm Grades 5-8 Craig Hillier-”-Ballroom -“Stretch Yourself”** *Stretch Yourself is a fast-paced presentation that gets the audience involved. Everyone has the ability to “stretch” to a new level. Stretch Yourself looks at three important qualities teens can adopt: Resilience: Turning set-backs into come backs by “re-siliencing” the voice of doubt. Respect: Understanding people are inherently different. Thank goodness! Becoming more accepting of others means respecting differences. Responsibility: Taking responsibility a critical component of a great life. The responsibility component inspires students to positively deal with mistakes and own their life decisions.*

**Friday- 2:30-3:30 pm Cometry-all grades-**

**Ballroom**

*Cometry is an exciting, energetic new art form that blends performance poetry and stand up comedy into clean, clever, observant entertainment. Each performance is designed to highlight the similarities, habits and traits that we all share but often go unnoticed. Every Cometry piece or “coem” does a few things, it tells a story, raises awareness r delivers an inspirational message, all while making you* *laugh. GRAVE is an acronym we use to convey four values we believe apply to all sorts of skills while in school, becoming a leaders, appreciating diversity, preventing bullying.*

**Friday- New Officers/Candidates Training**

**12:00 noon-12:45 pm-Verandas Ballroom**

**Speaker- Evelyn Vonn Banks and Wendy Ambrose- Executive Director**

*Let’s get started! You are a leader- now what? Look at the “Man in the Mirror” and make a change….Learn the roles of the officers of MN FCCLA and get started on a great year*! Advisers welcome to attend.

**Friday- Graduating Seniors Recognition**

**7:00-7:30 pm-Verandas Ballroom**

Speaker- Command Master Vonn Banks

*Off you go… Now what? How has FCCLA prepared you for a great future? You face the future with courage and high hope! Learn some life lessons from Vonn Banks who has trained many Navy personnel including those who serve the Presidents of the United States in the White House. Congratulations and good luck!*

***Friday- Advisers Session***

***1:30 pm-2:45 pm Verandas Ballroom***

*Maxine Peterson-MDE Specialist and Lori Brumbaugh- MAFCS Teacher of the Year.*

*Advisers information about program approval, career and technical education and learn about best practices from the MAFCS Teacher of the Year from Champlin Park FCCLA Adviser and FACS teacher,* [*Lori Brumbaugh*](https://www.registermychapter.com/fccla/mn/SendEMail.asp?E=lori.brumbaugh@anoka.k12.mn.us)*. What will make your FCCLA program fundable, strong and sustainable?*