

GENERAL SESSION SPEAKERS AND FEATURES



Mike Donahue—Value up

Sunday Opening Session -4:30 PM

Monday Morning General Session—10 AM

Mike Donahue is the founder and director of Value Up, an Omaha Nebraska based motivational company that focuses on positive school culture. He has spoken to over a million students throughout the last three decades in live settings. He has worked with young people all over the world including the United States, Asia, South America, and Europe. Mike has authored four books: Reinventing My Normal, Hidden Scars, Talking to Brick Walls, and his latest book, Value Up. He is a highly sought-after speaker and one of the best about respect, bullying, resiliency, and other school climate issues. His candid style and authentic persona keep students engaged throughout the entire presentation and leaves them inspired.

After partnering with thousands of schools and speaking/listening to educators and students, Mike has come to understand that so many teen issues are directly related to how students view themselves. If a student believes they have high intrinsic value and identify with that high value, they make life choices that match their perceived value identity. Students who value and respect themselves make positive life choices and show greater value and respect to others. Value Up was created to amplify value in every student, resulting in strengthening a positive school culture.

Rebekah Anderson—Envisioning Student Leadership

Monday Afternoon—1 PM General Session

Rebekah Anderson is a graphic recorder who will help bring our vision of student leadership to life as part of an engaging large group session that will get you fired up to take action.



Throughout the day on Sunday we will be asking for members to submit answers and ideas prompted by to this important question:

“What does the most impactful form of student leadership look like?”

Your input will form the structure for this session so give this some thought and submit your ideas at the registration desk. These can be best practices of things already happening or brand new ideas.

Sheltered Reality

Tuesday Closing Session - 9:00 AM



Sheltered Reality uses drums, music and fun choreography to help audiences realize that each person we meet is unique, has special talents, and is deserving of kindness and support.

While we demonstrate the Steps of Success, audience members have a chance to succeed through participating in a drum lesson and performing with the group. This process is meant to inspire all to become better individuals, but to also take action to help others succeed in life and be the best versions of themselves. Sheltered Reality believes in the power of “US.” When we do things together, believe in and support one another, we can do great things. #USSIE

**CONFERENCE WORKSHOPS
SUNDAY'S LINEUP**

Family Block Party

1:00 pm-1:45 pm Grades 5-7

2:00 pm-2:45 pm Grade 9

Presenters: **Izzy Johnson**



Sunday | Lakeshore B

Make deep connections between your life, personal experience with family and FCCLA's Family First National Program. Attendees can plan on gaining a new perspective on the family dynamic and leaving with a smile on their face.

Healthy Lifestyles

2:00pm-2:45pm Grades 5-7

Presenters: **Joe Dage**



Sunday | Mirage

Learn about nutrition and wellness and how these healthy habits can play a big role in setting you up to take action in your wellness journey. This session will provide some information, tips, and opportunities to get your body moving.

Explore, Engage, Empower

1:00 pm-1:45 pm Grade 8

Presenters: **Janica Oechsle**



Sunday | Greenway A & J

Learn about community service projects while doing community service projects. Get new ideas, skills, and resources to create successful service projects in your chapter!

Seatbelt Safety

1:00 pm-1:45 pm Grade 9

2:00 pm-2:45 pm Grade 8

Presenters: **Kaylene Patschke**



Mirage @ 1 | Greenway A & J @ 2

Buckle up for a fast pace, interactive session on seat belt safety. Learn about why seatbelts are important and how to stay safe in a vehicle. We will be completing various activities to expand our knowledge, and we will end with creating a poster pledging to wear your seatbelt.

SMART Goals

1:00 pm-1:45 pm Grade 10

2:00pm-2:45pm Grade 11

Presenters: **Peer Ed team and Nathaniel Janssen**



Sunday | Lakeshore C

Achieving what you want in life doesn't just happen. This session will review how to set SMART goals and walk you through steps to implement them and get what you want in life.

Financial Freedom

1:00 pm-1:45 pm Grade 12

2:00 pm-2:45 pm Grade 10

Presenters: **Amberlyn Boyd**



Sunday | Lakeshore A

Unlock the keys to financial freedom in our budgeting for teens session! Gain practical skills and insights into managing money wisely, setting goals, and making informed financial decisions. Through interactive activities and discussions, learn how to budget effectively for your needs and future aspirations.

Advocacy in Action

1:00 pm-1:45 pm Grade 11

Presenters: **Audrie Debates**



Sunday | Northwoods

Join us to gain a better understanding around advocacy. We will discuss why it's important, as well as learn and practice strategies to use. Attendees will be empowered to stand up for what they believe in and make positive change in their community.

FCCLA After Highschool

2:00 pm-2:45 pm Grades 12

Presenters: **Brooke Struthers**

Sunday | Northwoods



Lets talk about life after FCCLA. Attendees will reflect back on their time in FCCLA and discuss ways to leverage those skills and experience for success in whatever it is you decide to do. Whether it's landing your dream job, giving back to your community, or chasing your passion; you're more prepared than you might think.

**CONFERENCE WORKSHOPS
MONDAY'S LINEUP**

Explore, Engage, Empower

3:00 pm-3:45 pm Grades 5-7

Presenters: **Janica Oechle**

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Learn about community service projects while doing community service projects. Get new ideas, skills, and resources to create successful service projects in your chapter!



Healthy Lifestyles

3:00pm-3:45pm Grade 8

Presenters: **Joe Dagal**

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Presenters: **Nathaniel Janssen**

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Envisioning Student Leadership

1:00pm-2:45pm All Member Session

Presenters: **Rebekah Anderson, Patrick Mitchell, Your Student Leadership Team**

Monday | Nicollet Ballroom (breakout rooms to be announced in session)

Join us for an interactive large group experience that will capture the energy and passion of our organization as we envision what student leadership looks like in our chapters, schools and communities. Based on input from you on the prompt **“What does the most impactful form of student leadership look like”**, we will form smaller breakouts to dig into the themes that emerge and define what ideal student leadership is.

Your ideas, insights, and collective wisdom will be captured by our graphic recorder resulting in a piece of art that can help drive our organization forward for years to come. Don't miss this chance to shape your student organization and be a part of something great.

GAMES, FEATURES AND EXTRAS

Zumba

11:30pm-12:30 pm Sunday
4pm-5pm Monday



Boundary Waters A & B—4th Floor

Join experienced and enthusiastic Zumba Leader Megan Knowles for a fun time moving your body and getting active!

*Ice Breakers and Energizers

11:30pm-12:30 pm Sunday

Greenway Rooms—B and I



Connect with others and meet new people by joining us for energizer activities. These icebreakers will get you moving and introduce yourself to other members that you will see throughout the conference

Yard Games

11am-1 pm, 3pm-4pm Sunday
4pm-5pm Monday



Greenway Promenade - 2nd Floor
Boundary Waters A & B—4th Floor

Networking and socializing is an important part of the conference, what better way to connect with new friends and old than over a game of bean bags.

Snack Time

11am-4:30pm Sunday
10am-2pm, 4pm-6pm Monday



Don't forget to grab some snacks included with your registration on top of the Pasta dinner on Monday night. This includes:

- **Warm Pretzel Sticks** Sunday afternoon (Northstar prefunction space)
- **Milk and Cookies** Sunday night (Nicollet Promenade)
- **Chex Mix Monday** Afternoon (Throughout)
- **Breakfast pastries** Tuesday Morning (Nicollet Promenade)

*Service Project

11am-4:30pm Sunday
10am-2pm, 4pm-6pm Monday
Nicollet Promenade—1st Floor



Stop by to help us upcycle old T-shirts into jump ropes for children impacted by domestic violence.

This year we will have a second service project available as well, writing to elders who are in need of a friendly letter. Help us fight loneliness with love, one letter at a time.

Painting Session

11:30pm-12:30 pm Sunday
4:00pm-5:00pm Monday



St. Croix - 2nd Floor

Step into the vibrant world of creativity with our paint session and unleash your inner artist! Whether you're a seasoned painter or picking up a brush for the first time, this session promises to be an exciting journey of self-expression and discovery. (this is a pre-paid session requiring sign up during registration)

Group Karaoke

8pm-9:30pm on Sunday
Nicollet Ballroom—1st Floor



Cap off an exciting first day with milk and cookies and an epic Group Karaoke experience. We will have two rooms available with the Swifties being encouraged to attend the one in the Nicollet Ballroom. Lyrics will be on the big screen for everyone to join in.

*Photobooth

11am-4:30pm Sunday
10am-2pm, 4pm-6pm Monday
Nicollet Promenade—1st Floor



Pop by the photobooth to capture this thrilling event with a memorable photo! Don't forget to post your photo and tag MN FCCLA on social media and upload it to the FCCLA google drive.

GAMES, FEATURES AND EXTRAS

Coloring Competition

Minnehaha—2nd Floor

11am-1pm, 3-4pm Sunday

4pm-5:30pm Monday

Are you an artsy person, a creative thinker, or just looking for a fun way to kill time before the next event? Head down to the Coloring Competition and put your skills to use to get entered into a competition to win a prize!



*Leadership Table

11am-1pm, 3-4pm Sunday

4pm-5:30pm Monday

Nicollet Promenade - 1st Floor

The leadership table is a great place to stop by if you are thinking about running for a leadership position and want more information, or if you just want to learn more.



Conference Cash*

Nicollet Promenade - 1st Floor

Earn Conference Cash by being active in with conference features, (ones denoted with a * will be giving it away), attending workshops and engaging in other ways like:

- Completing the member survey
- Following MN FCCLA on social media
- *Submitting an idea for the Envisioning Student Leadership session*
- *Being an active participant in workshops*
- *And More! Our State Officers will be looking to reward people who embody what this conference is all about.*

Game Time

11am-1pm, 3-4pm Sunday

4pm-5:30pm Monday

Walker—2nd Floor

Participate in various games and activities with other FCCLA members! This is a fun way to network with others at the conference and enjoy your favorite games .



Drunk Goggles Demonstration

10am-2pm on Monday

Greenway Promenade - 2nd Floor

Learn about the dangers of drinking and driving and see first hand just how dangerous while impaired really is.

*Tell Your FCCLA Story

Skyway A & B—2nd Floor

11am-1pm, 3-4pm Sunday

4pm-5:30pm Monday

Has FCCLA had a positive impact on you? We want to hear about it. Join us and share your FCCLA story!



*Exhibitors

Nicollet Promenade - 1st Floor

Visit exhibitors like Anoka Ramsey Community College, 4 Seasons Fundraising, and Mankato State University to explore new opportunities and resources.

FCCLA Swag

Nicollet Promenade (reg desk) - 1st Floor

Opens at 8am on Monday morning

Get your hands on some limited edition MN FCCLA merch, featuring Linda the Loon (\$15) and the red blazer keychain (\$5) while supplies last.



DJ and Dance

7:30pm-9:30pm Monday

Boundary Waters Ballroom—4th Floor

Dance the night away and continue the celebration following the dinner and Academy Awards. Rocking tunes are curtesy of your DJ and our State President, Joe Dagele.



2024 State FCCLA Conference