



## Volunteer Conference & Celebration

### Conference Agenda • August 25, 2018

<b>8-9:30 a.m.</b>	<b>Registration opens—Ballroom 6 Lobby</b>
<b>9:30 a.m.</b>	<b>Flag Ceremony—Ballroom 6</b> Girl Scout Troops 5332 and 6102 <b>Welcome</b>
<b>10:15–11:15 a.m.</b>	<b>Session A</b>
<b>11:30 a.m.–12:30 p.m.</b>	<b>Session B</b>
<b>12:45-1:45 p.m.</b>	<b>Lunch—Ballroom 6</b>
<b>2-3 p.m.</b>	<b>Session C</b>
<b>3:15-4:15 p.m.</b>	<b>Session D</b>
<b>4-5 p.m.</b>	<b>Check-in for Volunteer Celebration</b> <b>Networking—Bayside West Terrace and Ballroom 6 Lobby</b> Wine, beer, and soda available for purchase (cash only)
<b>5-7 p.m.</b>	<b>Volunteer Celebration—Ballroom 6</b>
<b>Exciting extras</b>	<b>The Girl Scout Shop (special offers)</b> 8 a.m.–5 p.m. in Room 11B <b>Cookie Sneak Peek</b> 8 a.m.–2 p.m. in Room 6A <b>Exhibitor Hall with 30 resource booths</b> 8 a.m.–2 p.m. in Room 6C <b>Volunteer Toolkit drop-in demos</b> 8 a.m.–5 p.m. in Ballroom 6 Lobby <b>Photo booths—Ballroom 6 Lobby</b>
<b>Notes</b>	<b>Self-stamp your training card after check-in.</b>

Post your photos! #GSVolunteer, #SDGirlScouts

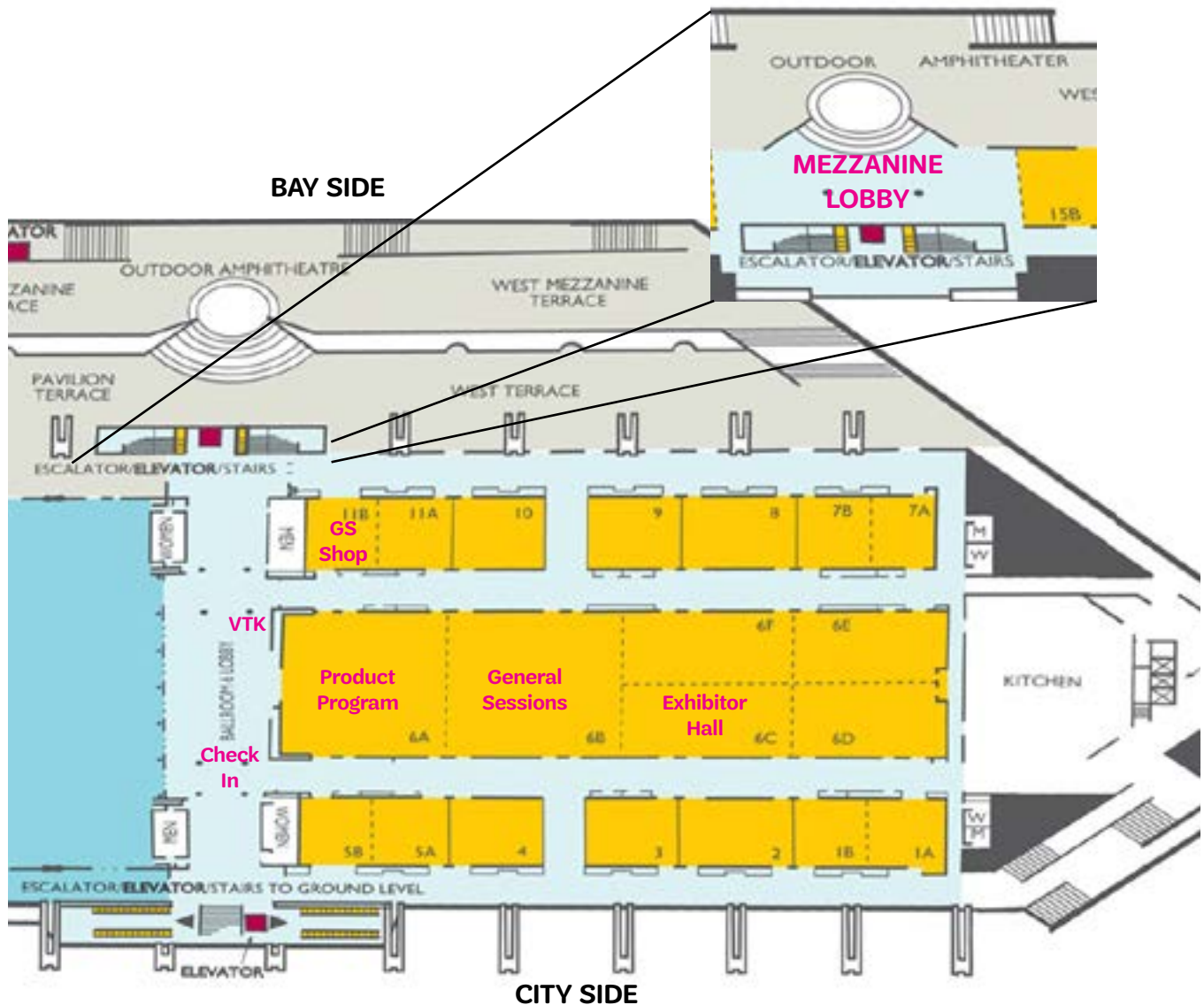




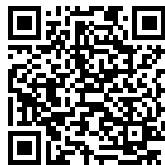
## Volunteer Conference & Celebration

### Need to Know

- **Council Shop** (Room 11B) has a bag check and changing rooms. You may leave celebration clothes there and change after the conference. Please pick up pre-ordered shirts and charms by noon.
- **The bar accepts cash only.**
- **Print carpool voucher for free parking** ([sdgirlscouts.org/vcc](http://sdgirlscouts.org/vcc)). Bring 2 or more friends; present voucher at the parking entrance booth.
- **Try the Volunteer Toolkit** in the Ballroom 6 Lobby, 8 a.m.-5 p.m. See what's new for STEM, outdoor, older girls, and multi-level troops. New features make planning a breeze!
- **NEW!** Our Exhibitor Hall is in Room 6C. Check out community partners and your council resources.



Use this QR code and tell us about your day!



or [sdgirlscouts.org/vcc2018survey](http://sdgirlscouts.org/vcc2018survey)

### Volunteer Celebration

We must pre-order meals, so we are unable to accommodate unregistered guests. If you have a change of plans and cannot attend, **please notify the check-in table.**



## Volunteer Conference & Celebration

# Workshop Descriptions

### Blasting into Brownies

*Sessions C and D; Room 9*

Explore traditional fun and games along with innovative program options. This is a certification course; attend both sessions C and D. **Pre-requisite:** Getting Started with Your Troop and Intro to Girl Scouts.

### Ceremonies

*Session B; Room 5B*

Girl Scouts' beloved ceremonies make significant, lasting memories for your girls. Get tips on engaging your girls in celebration and ceremony planning, whether they're new to these traditions, or experienced Girl Scouts who want something different.

### Community Building with Cadettes, Seniors, and Ambassadors

*Session C; Room 8*

Does this sound familiar? You are having a troop meeting and it is clear that two of your girls are not talking to one another. Members of your troop start aligning sides. Learn how to improve the situation with community-building activities and restorative practices that will help your group navigate the sometimes choppy waters of teenage relationships. This session includes understanding group dynamics, facilitating fence-mending conversations, and activities that promote teamwork and cooperation for adolescents.

### Connect with Community Needs

*Session D; Room 7B*

Give the gift of service and leadership with your troop. Volunteering time and skills to an organization is at the heart of our organization. Community partners and other organizations are invited to share possible service and Take Action projects. Girls gain a lifetime of skills while giving back to their communities. Discover how to bring about real change in your own life and the lives of others.

### Co-op Troop Tips

*Session A; Room 8*

A co-op troop benefits from a number of adults collaboratively leading a troop. This session will cover how adults in your troop can learn and develop their own types of leadership, plus tips for organizing roles. You'll learn about troop positions, planning, training requirements, sharing responsibilities, and communication.

### Cooperative Leadership

*Session B; Room 6F*

Guide your troop to become a strong, girl-led team as members identify their leadership styles and harness their skills as a unit. Get ideas for supporting group discussions and debriefing sessions, and for including girls with diverse opinions. Try cooperative

activities and listening games that teach girls to make consensus-based decisions. This workshop is geared toward Junior-Ambassador leaders; Daisy-Brownie volunteers may attend for a head start!

### Daisy and Brownie Beginning Travel Skills

*Session C; Room 3*

Put your Daisies and Brownies on the road to adventure by getting them out and about in San Diego County! You don't have to spend the night away from home to enjoy a local travel destination. Get lots of ideas about local getaways and field trips that complement your Journey or badge work. Learn about girl readiness and games to teach travel skills and trip planning to your troop.

### Destinations: Independent Travel Adventures

*Session D; Room 3*

Get your girls' passports ready—a world of exciting travel opportunities await! This session provides an overview of the Destinations Travel Program for individual Girl Scouts. We'll cover upcoming international and domestic Destinations trips, application advice, program timelines, fundraising, and expert advice from several past Destinations participants.

### Diving into Daisies

*Sessions C and D; Room 10*

This training will introduce you to the world of Girl Scout Daisies. Learn how kindergarten and first grade Girl Scouts become leaders while working on their Daisy Journey awards and earning petals along the way. This is a certification course; attend both sessions C and D. **Pre-requisite:** Getting Started with Your Troop and Intro to Girl Scouts.

### Fall Product Program Vendor Spotlight

*Session D; Room 6F*

The Fall Product Program (formerly the Fall Sale) is easy to take part in and benefits your troop! Sample the full product lineup and join our vendor partners, Ashdon Farms and QSP, as they address the 2017 season challenges, and unveil enhancements to the 2018 UNIFY online ordering system for girls and customers. This session is for everyone—Fall Sale rookies or seasoned pros.

### Fun Ideas for Encampments and Events

*Session A; Room 5B*

Thinking of running an event, workshop, series, or encampment? This session showcases appealing themes and activities that can be customized to any event. Get tips for involving "camper council" and event volunteers. Interactive practice using inclusive planning steps will jumpstart your creative process. Come have fun, learn from volunteers with lots of experience, and walk away with a bundle of concepts and resources to implement them! Bring your ideas, enthusiasm, and a pencil.

## Games and Team Building for Large Troops and Groups

*Session C or D; Mezzanine Lobby*

Join the Girl Scout Outreach team as they teach fun and dynamic songs, engaging games, and exciting activities to enjoy with your troop or large group. Keep girls (and adults) happy, laughing, and engaged at events or meetings. Bring your phone or a notepad to record attention-getters, team-building activities, songs, and games.

## Get Up and Go Outside

*Session D; Room 15B*

Girls love spending time outdoors, exploring new places, and making memories. The outdoors is a great place to build girls of courage, confidence, and character, who make the world a better place. During this session, we'll explore three easy, stress-free ways to invite your girls to get up and go outside!

## Go for the Bronze

*Session C; Room 6F*

Calling all Junior leaders: Help your girls go for the third highest award in Girl Scouts! Discover the steps to the Bronze Award process and Take Action project standards. Hear tips on guiding and mentoring your girls as they develop and implement projects that make the world a better place.

## Go for the Gold

*Session A; Room 6F*

Calling all Senior-Ambassador leaders: Learn the ins and outs of the Gold Award process, hear about successful projects, and come to understand project standards. Understand your role and gain tips on how to support your girls as they go for—and earn—the highest award in Girl Scouting.

## Go for the Silver

*Session B; Room 4. Session D; Room 8*

Calling all Cadette leaders: Help your girls go for the second highest award in Girl Scouts! Learn the ins and outs of the Silver Award process and Take Action project standards, and hear tips on guiding and mentoring your girls as they develop and implement projects that make the world a better place.

## Group Behavior Management Kids Love

*Session C; Room 2*

Harness the power of the camp counselor at your troop meetings. This positive approach to behavior management is effective because it encourages girls and adults to partner together to solve problems, builds strong relationships, and contributes to a more fun and friendly troop environment.

## Growing Global Girl Scouts

*Session C; Room 1B*

Thinking Day is just one day, but global action and cultural awareness matter all year long. Sample cool tools and activities to connect your girls to issues that affect girls and women around the world. Learn how your troop or service unit might earn a subsidy to help run an impactful Thinking Day or other event that raises awareness on these topics.

## High Adventure

*Session D; Room 1B*

Epic adventures can keep girls engaged and interested as other interests compete for their attention. Join us for an overview of backpacking, canoeing, aquatics, climbing...and your next steps to involve your girls, and plan for safe adventures.

## Interrupting Gender Stereotypes

*Session B; Room 9*

Gender stereotypes are deeply woven into the very fabric of what we say and do. As a leader, coach, and role model, you can help girls step beyond these societal influences with tiny nudges, or “micro-affirmations,” to help them develop their sense of agency, resolve, and taking charge.

## Intro to Girl Scouts

*Sessions A and B; Room 10*

Learn how to work with girls and parents, conduct meetings, gain program ideas, tips, and best practices for leading a troop of any level. See how all the various program resources work together to help build girls of courage, confidence, and character. This course is required for all troop leaders, and strongly recommended for co-leaders. This is a certification course; attend both sessions A and B. **Pre-requisite:** Getting Started with Your Troop.

## Journey in a Weekend

*Session B; Room 8*

Learn how to embark on a Girl Scout Journey in the course of a single weekend—and still include the essential elements to make it a fun and impactful experience that fits award standards. Discover how to empower girls to come up with a meaningful Take Action project during their Journey Weekend, so they can later execute it with intention and leadership. Get a jump start on planning with specific tools and advice from a successful leader.

## Just Junk: Sew Simple

*Session C or D; Room 5B*

Learn simple sewing projects that girls from 5 to 95 can do and enjoy! Designed to work on a tiny budget with minimal planning and stuff likely to be found around the house. We'll help you determine where these projects might fit in with current badges and Journeys, and send home instructions for all the projects so you can invite your girls to join in. Learn some simple stitches and make several exciting, fun projects, like finger puppets or a SWAP banner. All materials included; no experience needed.

## Laughing Yoga

*Session C or D; Room 1A*

Try Hasyayoga—or laughter yoga—an easy, endorphin-producing exercise routine that will have you giggling. You'll feel better all day! Take the techniques back to your troop for some serious silliness.

## Lead and Empower Her

*Session D; Room 4*

In all Girl Scout experiences, girls should discover themselves, connect with others, and take action to make the world a better place. You may be wondering: How do you know girls are having an effective leadership experience? Learn how leaders can define outcomes, measure success, and guide girls into meaningful opportunities.

## **Making Cents of Troop Finances**

*Session C; Room 4*

Get the inside scoop on managing and tracking your troop's finances, and the role you play in supporting your Girl Scouts. Connect with other volunteers to learn best practices and share your tips and tools. Take action to help your girls achieve their financial dreams and set them up for future success.

## **Making "Me" Time: Tips for Self-Care. Trust Us, You Deserve It.**

*Session A; Room 5A*

Volunteers lead the charge in achieving the mission of Girl Scouts. Phew! That can take a lot out of you. Explore strategies to embrace self-care and make "me time." Self-care is one of the best strategies you can use to avoid feeling burnt out. Indulge a little... trust us, you deserve it.

## **Map Your Path to Outdoor Adventure**

*Session A; Room 1B*

If your troop is begging to go camping, but you aren't sure where to start or what your options are, we can get you started! Our experts will tell you all about awesome local camping and outdoor opportunities, from mild to wild—and how to take progressive steps from one level to the next.

## **Mental Health First Aid**

*Session B; Room 7A*

This engaging session covers concerns that show up for troop leaders as they deal with mental health issues such as depression, anxiety, self-harm, and ADHD. Board Member Dr. Divya Kakaiya is a seasoned psychologist with over 30 years' experience dealing with girls. She will talk about ways to build emotional resilience in your girls and introduce you to effective resources.

## **Multi-Level Hands-On Workshop**

*Session C; Room 7A*

Working with a multi-level troop? Discover best practices for planning meetings, delegating, and running your group. Through hands-on badge work stations, you'll see how you can work on multiple activities that fit each program age level's badge requirements. Bring your challenges and successes to share with other leaders!

## **Multi-Level Volunteer Toolkit**

*Session A; Ballroom 6 Lobby*

See what's new in the Volunteer Toolkit—guiding yourself through this intuitive app at your own pace. The toolkit has new features for every troop. It's flexible, fun, and chock-full of great resources for planning your year, meeting by meeting. Try it yourself at this interactive lab, focused on multi-level troops.

## **National and State Park Adventures**

*Session B; Room 1B*

Get your troop ready for the ultimate camping adventure! Explore the activities available at Yosemite, Sequoia, Joshua Tree, and other favorite parks. Learn about the Girl Scout Ranger Program and other badge-earning opportunities. Plus, get practical advice on where to camp, what to pack, menu planning, and more.

## **Ours is a Circle of Friendship: Welcoming New Troop Leaders with Sisterhood**

*Session D; Room 5A*

One of the greatest predictors of a troop leader's success is the friendships they build within their troop and service unit. Let's talk about strategies you can use to welcome new troop leaders to your Girl Scout community. You never know—a new troop leader today could be a service unit leader of tomorrow!

## **Play It Safe! Self-Defense**

*Session C; Room 15B*

Go "Chihuahua Crazy!" Play It Safe! Self-Defense teaches verbal and physical defense techniques, with topics including bully defense, overcoming friendship drama, appropriate touch, and stranger awareness and defense. Empower yourself to coach Daisies-Ambassadors in these areas.

## **Preventing Leader Burnout: How to Involve Parents in Your Troop**

*Session A or B; Room 7B*

You love your Girl Scouts and want to provide them with all possible opportunities to gain courage, confidence, and character. Let's face it, though: Managing a Girl Scout troop can be a lot of work...and you're only human! When leaders step down due to burnout, no one wins. Dr. Lori Rappaport, a clinical psychologist, former Girl Scout Board member, and leader of two troops, will share the "4Her Program" which focuses on easy, concrete ways to get families involved, and take some of the "busy work" off your plate. We will also talk about ways to avoid burnout, and how to help girls stay interested and get the most out of Girl Scouts (especially during middle school).

## **Raising Resilient Girls in this Digital World**

*Session A; Room 7A*

Understand the iGeneration and how to bring mindful use of technology with your girls. Board Member Dr. Divya Kakaiya will address issues that are emerging with social media, age-appropriate use of technology, while understanding the brain. Gather Dr. K's useful tips on setting limits and ways to cultivate the resilient, mindful self.

## **Recognizing and Responding to Micro-Aggressions**

*Session A; Room 9*

Learn to be more self-aware of how you communicate and affect those around you. You'll learn how to shape your own communication style, as well as respond in an impactful way when you experience a micro-aggression. What a great skill to model for your girls!

## **San Francisco Golden Gate Bridging**

*Sessions A and B; Room 3*

Each April, Juniors from across the U.S. travel to San Francisco and bridge to Cadettes across the Golden Gate Bridge. This trip takes about a year to plan and may be your troop's first big travel experience. Begin your adventure at this workshop: Find out about required training and forms, girl planning, where to go and where to stay, budgeting, getting there, and getting around. You asked for it: This is the complete, two-hour workshop! Attend both sessions A and B.

## Sing Some Songs

*Session A; Room 15B*

Come sing with us! From sweet songs to spicy, quiet to active, expand your repertoire of music so you can share this wonderful tradition with your girls.

## Take Action with Technology

*Session B; Room 15B*

Empower your girls to make the world a better place through technology! Give your girls the tools and skills to find innovative solutions to issues they care about. Then, learn how to connect that to Girl Scout higher awards or Take Action projects. Explore resources and activities to grow your girls' coding and programming skills.

## The \$\$ of Cookies

*Session A; Room 4*

Novice leaders and troop cookie managers: This session is for you! Discover what troop proceeds can be used for, how to detect counterfeit bills, or decide if the troop should accept credit cards. The product program team will guide you through best troop skills in goal setting, making business decisions, and managing realistic expectations from girls and parents during the cookie program.

## The Room Where it Happens: Strategies to Structure Effective Meetings

*Session B; Room 5A*

Are you on a planning committee or service unit team? This session will offer best practices and secrets to success to structure meetings that are effective, with clear communication, and make the most of your valuable time!

## Think Like a STEM Leader

*Session A; Room 1A*

Explore Girl Scouts' new STEM Journeys: Think Like a Programmer, Think Like an Engineer, and Think Like a Citizen Scientist. Learn about the different activities and how you can use Volunteer Toolkit (VTK) to help plan your meetings. Find ideas on how to connect Take Action projects to STEM themes.

## Urban Caching

*Sessions C and D; Meet on West Terrace (outside)*

Join in the geocaching craze! Whether you want to satisfy your curiosity about the "sport," or you're a cacher looking to bag another find, you'll love this urban version of the popular activity. Learn how Girl Scout Juniors can earn the Geocacher badge, and how to cache whether in the city or country—or other countries! We'll get outside to find a few urban caches. Wear your walking shoes and have the free geocaching.com app downloaded to your smartphone. Attend both sessions C and D.

## Visit with Community Partners

*Session A or B; Room 6C "Exhibitor Hall"*

Explore our community partners' offerings. Learn about opportunities for your troop that are in line with the Girl Scout Leadership Experience. From badge or Journey workshops, to service learning opportunities, to new and unique experiences for your Girl Scout, you'll find it all here.

## Volunteer Toolkit Lab

*Session A, B, C, or D; Ballroom 6 Lobby*

(Special focus on multi-level troops during Session A.)

See what's new in the Volunteer Toolkit, guiding yourself through this intuitive app at your own pace. The toolkit has new features for every troop. It's flexible, fun, and full of great resources for planning your year, meeting by meeting.

## Water Color Session

*Session B; Room 2*

Get your brushes wet and let's brush up those watercolor painting skills! Have fun with basic watercolor. In this course you will learn how to help your girls with the basics in watercolor in a simple step by step class. All art experience levels welcome—we'll help you find your inner artist.

## We're Cadettes, Now What?

*Session D; Room 2*

Welcome to Girl Scouts for older girls! As girls move into middle school, things change. Learn what your girls need from you, their leader, at this age. Find out how to offer them more leadership experiences while balancing everyone's busy schedules. We'll talk about all these challenges and more in this session.

## What Every Financially Savvy Woman Should Know

*Session D; Room 7A*

Whether you're 35, 45, or 55-plus years, garner useful information from this dynamic, interactive presentation. A panel of accomplished professional women will share their expertise about women and money, and the actionable steps you can take to gain greater control over your finances and your future.

## What to Do Instead of Screaming

*Session A; Room 2*

This active session is jam-packed with exciting new games and bonding. Get tips on using games in your troop or at events, to forge strong bonds, and redirect unwanted behavior. Discover how to engage your girls in building teamwork, community, and character—while having loads of fun!

## What's Your Girl Scout Superpower?

*Session C; Room 5A*

You bring something special to Girl Scouts that only you can offer. That special quality is your Girl Scout super power! Join this session to find your niche (your super power), then explore the volunteer positions that are best aligned to your skills and interest.

## Working with Challenging Behavior

*Session C; Room 7B*

Challenging behavior can make your role as a troop leader or helper difficult. Dr. Lori Rappaport, Licensed Clinical Psychologist and Co-Director of the ADHD Center for Success, will address the challenges of leading a troop. Gain insights on ADHD, other behavioral or emotional problems, and ways to manage them. Learn when a behavior is beyond the scope of a troop leader and impacting others, and what to do about it. Create a healthy group dynamic and positive experience for all...including yourself!

## **The Promise**

***On my honor, I will try:***  
to serve God\* and my country,  
to help people at all times,  
and to live by the Girl Scout Law.

## **The Law**

***I will do my best to be***  
honest and fair,  
friendly and helpful,  
considerate and caring,  
courageous and strong, and  
responsible for what I say and do,  
***and to***  
respect myself and others,  
respect authority,  
use resources wisely,  
make the world a better place, and  
be a sister to every Girl Scout.

\* The word "God" can be interpreted in a number of ways, depending on one's spiritual beliefs.  
When reciting the Girl Scout Promise, it is OK to replace the word "God" with  
whatever word your spiritual beliefs dictate.

