Oprah says, “create the highest, grandest vision possible for your life, because you become what you believe.” At RealTalk 2018, take your first step by envisioning your best now...and your best future.

**Saturday, Nov. 10, 8 a.m.-4p.m**  
**Girl Scouts San Diego Balboa Campus**  
1231 Upas St, San Diego, CA 92103

**AGENDA & SESSION DESCRIPTIONS**

**8-9 a.m.** Registration

9:15-9:45 a.m. Welcome and opening

10-11:15 a.m. Session 1 Workshops

**Picture yourself...in your best now:** courageous, confident, energized, and successful. Choose one from the four options below:

**Session 1—How to...build your own personal brand (10th-12th)**  
Cultivate the essence of you: your brand. A unique combination of your passions, strengths, gifts, talents and experiences, your brand extends beyond your educational and professional pursuits and encompasses the essence of who you are. Intrigued yet? From your cookie business to your resume, start your professional career here and build your best self now!

**Session 2—How to...be confident in your own skin (7th-9th)**  
Harness your untapped potential in this confidence-building session. From navigating school and friendships, to self advocacy and expression, we’ve got you covered. You’re sure to leave teeming with courage, confidence, and character!

**Session 3—How to...be a global citizen (10th-12th)**  
As our world becomes increasingly interconnected, the importance of cultural awareness and education is paramount. However, solutions to global issues can start at home. Discover how to think globally, act locally by identifying issues you’re passionate about and exploring how to enact change on a local, national and global scale.

**Session 4—How to...obtain skills you need to succeed (7th-9th)**  
As you approach and begin high school, set yourself up for success by mastering proper email and phone etiquette, discovering social media do’s and don’ts, learning how to make your resume shine and preparing to ace that interview. Leave with the tools you need to conquer the world—and your Silver and/or Gold Award!

11:30 a.m.-12:30 p.m. Lunch

12:45-1:15 p.m. Session 2 Workshops

**Picture yourself...fulfilled!** Brilliant things happen to calm minds. Breathe deep and relax easy as you unearth different ways to find gratitude, happiness, and contentment in your life. Discover techniques for self-care and balance, anywhere!

1:30-2:45 p.m. Session 3 Workshops

**Picture yourself...daring greatly!** The fear of failure can stop us in our tracks. But failing—and learning from our mistakes—can be the best way to grow. Equip yourself with tools to deal with any hurdle life throws at you, and be prepared to turn your failures into your inspirations!

3-3:30 p.m. Opportunity Expo

3:45-4 p.m. Closing