

PICTURE THE
POSSIBILITIES

REAL TALK

2018

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!



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!

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



Picture yourself...in your best future: continuing the Girl Scout journey, navigating life after high school, or working that dream job. Choose *one* from the *three* options below:

Session 1— How did you...get your crazy awesome job? (10th-12th)
Discover the path to your dream job! Hear from a panel of female executives from Rotary San Diego Club 33 on how they landed their incredible careers across a variety of fields. After, ask questions during a fireside chat with two panelists of your choice!

Session 2— How did you...get that crazy awesome experience? (7th-9th)

Hear from teen Girl Scouts who have traveled the world, advocated at United Nations Headquarters in New York, attended a National Girl Scout Convention, camped and connected with mentors, earned the Gold Award, and more! Get excited about your next adventure as you meet the panelists—and get your questions answered—at our Older Girl Expo (immediately following this session).

Session 3— How did you...navigate life after high school? (10th-12th)
There is no one 'right' path for life after high school. In addition to traditional four-year college, hear about different options like community college, gap year, trade school, and military service...and leave excited about the possibilities!

3-3:30 p.m. Opportunity Expo

3:45-4 p.m. Closing

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.