



## **Girl Scouts San Diego Volunteer Conference 2021 Welcome Home!**

**Friday, Aug. 27, 6:30-7:30 p.m. evening kickoff (virtual)**

**Saturday, Aug. 28**

**OR**

**Sunday, Aug. 29**

**8:00 a.m.-3:30 p.m. (in person)**

**Girl Scouts San Diego, Balboa Campus  
1231 Upas Street, San Diego, 92103**



# SESSION A

## LEGEND

### Audience

CSA = older girls

P = parent

DBJ = younger girls

### Topic

☑ = adult development

★ = fun

♣ = general GS knowledge

🏹 = outdoor

🌐 = travel

💰 = entrepreneur

▲ = programming

## Archery Fun ★ 🏹

Try your hand at hitting the bulls-eye and learn basic archery techniques—with no pressure. This class isn't a certification. It's just for fun! Plan to tie your hair back and wear close-toed shoes before letting the arrow fly.

## Balboa Campus Tour ★ ♣

New to our Balboa property or haven't visited much? Take a tour with an insider! Learn the property's rich history, discover the many activities and features, and experience the magic of the "home" that girls and volunteers have come to love. Plan to wear walking shoes and have water on hand.

## Boosting Brain Health Without Meds P ☑

We can all use a dose of calm and focus, but getting there can be a challenge (with our without Covid-19). Join beloved board member and psychologist, Dr. Divya Kakaiya, as she shares safe and effective ways to regulate brain health without meds.

## Coming to Terms P CSA ☑

Do you know what cancel culture is? Are you prepared if terms like anti-racism or white supremacy come up? Join this discussion so that you can have meaningful conversations with girls if terms like these turn up in troop talk.

## Community Partners DBJ CSA P ♣

Community Partners and staff are in the house! Come visit us to ask questions and learn about the exciting programs available to your Girl Scouts.

## Constructive Conversations P ☑

Did you know? Conflict can actually be positive, and most conflict can be resolved. Learn practical tools to minimize and manage conflict. Use these tools in your troop or in life! Learn how to mediate the Girl Scout way and how a little R-E-S-P-E-C-T can turn things around.

## Girl Scouts in Real Life DBJ ♣ ▲

So you started a Girl Scout Troop during a global pandemic. You deserve big Girl Scout love, and we're happy to give it. Join us to learn how to move into in-person meetings and activities. Discover no-contact games designed to help Girl Scouts bond and tips and tricks to help manage your troop. Veteran Girl Scout trainers will fill you in on what girl-led looks like, what badges work well outdoors, and how traditions can create lasting memories. Got questions? Ask away!

## Go for Gold! CSA P ▲

Calling all Senior and Ambassador leaders: Help your girls earn the highest award in Girl Scouting! Discover the steps and requirements of the Gold Award and hear from Gold Award Girl Scouts about their successful projects. Ask questions and learn tips for supporting girls as they earn this prestigious award.

## Go Global for Older Girls CSA 🌐 ▲

World Thinking Day began in 1926. It's a day when Girl Guides and Girl Scouts world-wide think of each other. But, why wait for a special day? Sample cool tools and activities that can help Cadette, Senior, and Ambassador girls connect with issues that affect other girls and women around the world. Hear about a stipend you might earn to help your troop or service unit run an impactful event that raises awareness about global and cultural issues.

## Just Junk: Movie Fans ★

Our popular crafting class is back! This year, learn how to make your favorite movie characters using random items easily found around your home. These crafts are perfect for all ages and can be planned for meetings, encampments, and as virtual activities! All supplies provided.

## Power Hour and other Marketing Strategies \$

Join the product program team as we explore strategies to help girls have successful cookie and fall program sales. We'll recap methods that worked well in 2021 and discuss methods for in-person experiences in 2022. We'll round out the session with tips to help you prepare for a Power Hour with your troop.

## Team Building Games ☑ ▲

Games bring fun to any troop. But did you know that games can help solve troop challenges too? Join us for a session of play where you'll learn how to strengthen the bond between girls that may have weakened (thanks, pandemic) and how games can build inclusion and address challenges like cliques and aggression.

## Trees—Yes Please! ★ 🏹 ▲

Explore trees through art in this nature-themed session. You'll learn several art projects that can be scaled to all age levels and discover how your troop can "branch out" to other tree-related activities, like the utterly cool Girl Scout Tree Promise.

# SESSION B

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## Community Partners DBJ CSA P ♣

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## Fall Rallies \$ ♣

Who doesn't love a good rally? Fall Rallies are a fun events that encourage both membership and participation while also highlighting the five skills girls learn from product programs. If your service unit is looking for a fall recruitment event or if you're interested in reaching your fall program bonus target, join the product program team in learning how to plan a Fall Rally.

## Flag Retirement Ceremonies ♣ DBJ CSA

Flag ceremonies and Girl Scouts go hand in hand. Brush up on tradition and develop the confidence to appropriately retire an American flag when it becomes too worn or soiled to fly. Share what you've learned with girls so that they can experience a meaningful flag retirement ceremony of their own.

## Gardening with Your Girl Scouts ★ 🏡

Grow your Girl Scouts' green thumbs and plant the seeds of well-being. Dig in to topics like urban/suburban organic gardening, environmental stewardship, and nutritional education.

## Girl Scouts 101 ♣ P ▲

Are you a new leader or the proud parent of a new Girl Scout? Then this class is for you! We'll take you through the basics of Girl Scouts—badges, journeys, our traditions, and our goals for every girl. You'll leave with a deeper understanding of what it means to be a Girl Scout.

## Girl Scout Travel and Destinations 🌐

Girl Scout Destinations are the ultimate adventure for older Girl Scouts! Girls make friends from all over the country as they travel with Girl Scouts from different states. Learn about travel, travel progression, and the Destinations program.

## Go for Bronze! DBJ ✓

Calling all Junior leaders: Help your girls earn Girl Scouts' highest award for Juniors. Discover the steps in the Bronze Award process and learn about Take Action project requirements. Hear tips on guiding girls as they choose, develop, and implement projects that make the world a better place.

## Just Junk: Movie Fans ★

Our popular crafting class is back! This year, learn how to make your favorite movie characters using random items easily found around your home. These crafts are perfect for all ages and can be planned for meetings, encampments, and as virtual activities! All supplies provided.

## Optimizing Brain Health ✓ P

Need to up your sense well-being after a tough year? Beloved board member and psychologist, Dr. Divya Kakaiya, will share research-based tips and practical suggestions that anyone can follow to optimize brain health for a brighter tomorrow.

## Team Building Games ✓ ★

Games bring fun to any troop. But did you know that games can help solve troop challenges too? Join us for a session of play where you'll learn how to strengthen the bond between girls that may have weakened (thanks, pandemic) and how games can build inclusion and address challenges like cliques and aggression.

## Upstanding P ✓

Discover the difference between being a bystander and an upstander and learn ways to empower yourself and your Girl Scouts to be a positive presence in any situation.

## Wilderness Hiking and Backpacking 🏡 ✓

Get ready to head out of the campground and into the woods with the GSSD Wilderness Hiking and Backpacking program. Learn about progression, available training, and trails and trips you won't want to miss.

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### Community Partners **DBJ CSA P ♣**

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### Epic Adventure **CSA 🏡**

Epic adventures keep girls engaged! Join us for an overview of backpacking, canoeing, aquatics, and climbing opportunities. Then, explore how to involve girls in planning a safe adventure that build confidence and create lasting memories.

### Games for Group Management **☑ ★**

Learn from the best! Working daily with girls, Girl Scout San Diego's Outreach team has pro-level leadership skills, and they're willing to share. Have a blast as team members teach dynamic games you can use to manage your troop—all while having a boat load of fun!

### Go for Silver! **CSA ▲**

Calling all Cadette leaders: Help your girls earn Girl Scouts' highest award for Cadettes. Discover the steps of the Silver Award and learn about Take Action project requirements. Hear tips on guiding your girls as they choose, develop, and implement projects that make the world a better place.

### High Balance Help **♣ 🌐**

Has your troop's bank account grown as options for travel and other adventures dwindled during the pandemic? Learn what travel planning looks like now, when and how to protect troop funds, and alternatives to consider. Take away a handy decision tree to use as guide when the troop develops plans.

### IMPACT Older Girls **CSA ☑**

Discover a bold approach to retaining older Girl Scouts with intentional steps. Gain practical tips on building your own leadership skills while girls develop theirs. This creative approach maximizes impact and relevance, keeping girls in Girl Scouting.

### Journal Making **★ ▲**

Reflection is part of the Girl Scout experience. What better way to reflect than in a crafty journal! Learn ideas for making several different types of journals that you can share with girls. Then, discover prompts that will get girls thinking deeply about their experiences completing badges and Journeys. Materials provided.

### Money Madness with Mission Fed **\$**

Did you know? Most kids don't learn about money from home or school. But girls can learn at Girl Scouts! Join our partner and sponsor, Mission Fed, to learn how you can help girls of any age learn financial literacy through the Money Madness and Mission 2 \$ave programs.

### My GS Account+ **♣ ☑**

Get comfortable with the new My GS portal and learn the many new features My GS offers to help you manage your troop and enhance your Girl Scout experience. We'll share basic navigation, tips and tricks, how to access training on demand, and troubleshooting.

### My Promise, My Faith: Families **♣ ▲ ☑**

Celebrate the diversity of our troops and communities by exploring traditions and cultures of your Girl Scouts through the lens of the Girl Scout My Promise, My Faith national program. The My Promise, My Faith pin can be earned each year!

### Navigating the New Normal **☑**

Hooray for normal! Let's go there! Wondering how? You're not alone. Transitioning to the new normal after a year of pandemic flux is a shift. Learn tips to navigate, re-boot, bond, and address the physical and emotional safety of your Girl Scouts.

### Younger Girls: Go Global! **DBJ ★ 🌐 ▲**

Your troop can go global! Learn strategies to encourage your Girl Scouts to become citizens of the world, gear up to travel, and develop a passion for helping others through global action. Take away easy ideas for impactful programs, international games, songs, and snacks back to your Daisy, Brownie, or Junior troops!



Special thanks to