




## Volunteer Conference Break Out Sessions

*Please note session availability and participant capacity is subject to change.*

Not sure what to register for? Check out some session recommendations based on your role in Girl Scouts below. All are welcome to attend any session!

 Newer Volunteers

 Younger GS Volunteers

 Service Unit Leadership

 Seasoned Volunteers

 Older GS Volunteers

 GS Caregivers

### Session A

#### Archery Fun

Try your hand at hitting the bullseye and learn basic archery techniques—with no pressure. This class isn't a certification. It's just for fun!

#### 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 Girl Scouts and volunteers have come to love. Plan to wear walking shoes and have water on hand.

#### Catching up with Cadettes

Cadettes are mov'in, shak'in, and Girl Scout'in, in whole new ways that require a shift in leadership (less from you, more from Girl Scouts)! Learn tips to make the transition from leader to facilitator and find out how to help Girl Scouts see themselves as the makers of their own destiny.

#### Community Partners

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

#### Daisies Program Preview

Find out what's new for our newest Girl Scouts: Daisies! Learn about the updated resources for Daisies, included the new Girl Guide and Volunteer Handbook. Discover what Daisies can do in their first two years of Girl Scouting.

#### Empower Your Troop with Public Speaking



Public speaking skills build confidence, support academic achievement, help build positive relationships, and reduce bullying. Join public speaking coach Tracie Arlington to learn activities for building public speaking skills at any age level.

#### Engaging Older Girl Scouts Through the High Adventure and Service Troop



Do you have 8–12<sup>th</sup> grade Girl Scouts who love outdoor adventures and service? Learn about being a part of this unique troop which plans water and land adventures near and far with a focus on giving back. Interested Girl Scouts remain in their home troops, which means they have twice the fun and twice the opportunity to expand their circle and horizons.

### Flag Ceremonies

Girl Scouts honor the American flag, fly the flag, carry the flag, and can even retire a flag. Working with flags is a special part of being a Girl Scout. Attend this session and bring the unique tradition of flag ceremonies back to your troop or Girl Scout.

### Go for Bronze

Calling all Junior leaders: Help your Girl Scouts 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 Girl Scouts as they choose, develop, and implement projects that make the world a better place.

### Harness Your Resources

Many hands make light work! Find your extra help by learning tips for engaging caregivers and other adults in helper roles and learn about community resources that can help by running programs for your troop.

### Hatchet Throwing Fun

No need to bury the hatchet when you can learn to throw one like a pro. A bit of practice and you may just surprise yourself with a bullseye! No experience is necessary.

### Local Day Hikes with REI San Diego



Join REI for an introduction to their favorite local San Diego County day hikes for beginners. These hikes are perfect for your troop to get outdoors and make memories. The session will cover trail length and elevation, hike highlights, when to go, how to prepare, and more. Come with questions and leave confident and prepared to explore these local gems.

### Managing Conflict with Communication



Hard conversations are, well, hard. But when conflict strikes, positive outcomes are possible with the right skills and mindset. Learn how effective communication techniques and healthy self-confidence can help you navigate conflict in all areas of life. Model what you learn in your troop, and you'll share a valuable life skill with Girl Scouts.

### Positive Troop Culture; Celebrations and Traditions; and Belonging



As a troop leader or adult volunteer, you are a force for good in the lives of the Girl Scouts in your troop. In this interactive session discuss intentionality around establishing a positive troop culture; traditions, celebrations, and rituals; and how creating a sense of belonging in your troop not only supports engagement and retention but also the well-being of the Girl Scouts in your troop.

## Session B

### Archery Fun

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### Depression and Anxiety: Neurofeedback as a Non-Medication Way to Regulate the Brain



Join beloved GSSD board member and neuropsychologist, Dr. Divya Kakaiya, as she shares safe and effective ways to regulate brain health without meds.

### Go for Silver

Calling all Cadette leaders: Help your Girl Scouts 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 Girl Scouts as they choose, develop, and implement projects that make the world a better place.

### Go Global: Older Girl Scouts

Explore all the ways that older Girl Scouts can expand their world and go global! Whether traveling internationally or working on project in their local community with a worldwide impact, Girl Scouts are learning leadership skills while making the world a better place.

### Go Pro with Your Multi-Level Troop



There's a knack to leading multi-level troops. Discover yours! New, potential, and experienced multi-level leaders join this session to learn about girl-led planning, what a multi-level troop year looks like, how to create a sisterhood among girls of various ages, troop non-negotiables, resources, and more. You won't leave empty-handed! Take home a custom multi-level meeting plan and ideas from multi-level leaders.

### Happy Crafters

Crafting improves happiness! Come join us for a session of happy by crafting buttons and cards. Learn to use the button makers that you can rent from the resource center for your troop. Bonus: While you craft, chat with others about ways to spread Girl Scout joy and kindness.

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### Outdoor Cooking Snack and Chat

If you've got outdoor questions, we've got answers (and snacks)! Sample Dutch oven desserts and make a classic foil packet snack while having a casual chat with outdoor staff. Ask about training, camp, getting outdoors, and more.

### Service Unit Support with Older Girl Scouts



Older Girl Scouts are on fire when it comes to identifying their interests, pursuing their passions, and developing a strong sense of self. Find out what service units can do to keep engagement and retention high so that girls reap the benefits of staying involved.

### Setting Up a Girl Scout-Led Year in Volunteer ToolKit



Get the most out of the Volunteer ToolKit with tips and tricks for planning meetings, managing the troop, and engaging families. Includes a special focus on Girl Scouts taking an age-appropriate lead.

## Session C

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### Bling is a Girl Scout Thing!

Let your Girl Scout pride shine and unify your troop or service unit with personalized Girl Scout swag that you make. Learn tips and techniques for working with vinyl, heat-transfer vinyl, screen printing, and more.

### Cultivating Resilience and Joy in Your Teen



Teens can learn to bounce back when the going gets tough! GSSD board member, Dr. Divya Kakaiya, shares how to help teens build personal resilience so that they can manage and even grow from their challenges.

### Explore Investiture and Rededication Ceremonies



Ceremonies make Girl Scouting memorable! Learn how to create an investiture ceremony for new Girl Scout members and how rededication ceremonies play a part in keeping the Girl Scout flame burning bright.

### Go Experimental

Join this STEM session to explore fun, hands-on experiments that you can easily recreate with your troop. Suitable for all program levels.

### Go for Gold

Calling all Senior and Ambassador leaders: Help your Girl Scouts 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 Girl Scouts as they earn this prestigious award.

### Go Pro with Your Multi-Level Troop



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### Take the Challenge

Discover how every-day household items can be transformed into fun challenges your Girl Scouts will want to take time and again. Shhh...it's a secret: these challenges sharpen problem-solving, critical thinking, and communication skills. But to Girl Scouts of any age, they're just loads of fun!

### Training Your Troop for Product Programs



Learn pro tips for engaging families and topics to cover in your fall and cookie program troop training. Learn the answers to frequently asked questions so that you'll have them at your fingertips when families need to know more.

### Travel Bug

Girl Scouts are never too young to get out and about! Help your Daisies and Brownies begin to develop an interest in travel and the world around them and give them the skills to become culturally aware explorers. Let the adventures begin!

### 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.