



2017 State 4-H Council Conference Workshop Descriptions

All workshops will be offered on a first come first serve basis. If a workshop room is full when you arrive, please choose a different workshop to attend.

Saturday - 4:45 – 3:00 pm

- **How To Be A Disney Hero (West District Council Officers)**
Join the West District 4-H Officers and delve into your mind to discover the hero in you as you take part in this fun new workshop! Attendees will participate in four different activities that challenge the way you think about yourself. During this session, we will explore the adventures of some of our favorite Disney characters and learn how we can relate to their journeys while on our own paths to becoming heroes.
- **Be The Change, See The Change (State 4-H Council Officers)**
Are you interested in becoming a leader in your county or district? Do you feel like you have infinite potential to make the best better in your county, district, and state? Well we agree! This workshop will help you start to tap into that endless potential to learn how to run for a county or district office.
- **NC 4-H Honor Club (Ms. Nanci Furr and Ms. Taylor Furr)**
What is 4-H Honor Club? Why do you want to be a part of it and how do you join? North Carolina 4-H Honor Club members around proud 4-H'ers and being a member of this elite group helps you to stay connected to 4-H even after you age out of the traditional program. Come learn about how you can be a member of this organization and why you don't want to miss this opportunity.
- **Intro To Ambassadors – Ambassador Bronze (Dr. Shannon McCollum)**
The **mission** of the North Carolina 4-H Ambassador program is to empower teen 4-H leaders with the knowledge, skills and aspirations necessary to be effective advocates for NC 4-H Youth Development. We strengthen and expand upon 4-H Ambassadors' current leadership abilities so that they may serve as positive role models for younger youth; build meaningful partnerships with other teens and adult volunteer leaders and 4-H professionals; and promote the 4-H mission in North Carolina. In this workshop, youth will learn all they need to know to get started on their 4-H Ambassador journey.
- **Don't Dream It, Be It (South Central District Council Officers)**
Have you ever been afraid of setting your goals? Of not knowing where to begin? Been worried that once you set your goals, you won't be able to achieve them? If so, then this is the workshop for you! In this workshop, you'll learn how to set, maintain, and achieve your goals by participating in fun team building activities!

Saturday - 3:15 – 4:30 pm

- **Teamwork Makes The Dream Work
(Southeast District Council Officers)**

Join the Southeast District Officers to “Dream Big” by enhancing communication, trust and discover others skills that you, as an individual, bring to the table. Our workshop will feature unique activities for 4-H’ers to learn and share with their counties.

- **All Around 4-H (Northeast District Council Officers)**

In this workshop, 4-Her’s will cycle through four different interactive workshops that discuss healthy eating options like fruit and smoothies, shooting sports, public speaking, and livestock. In each of these topics, the 4-Her’s will really go in depth and learn different opportunities that 4-H has to offer.

- **Take 5: Intro to Stress Management (Mr. Salim Oden)**

Take 5 is a healthy living curricula that teaches youth how to identify, manage, and decrease stressors in their lives and the lives of their family and friends. During this workshop participants will learn to identify stressors in their lives and receive tips to manage those stressors.

- **Smile...Say Clover! 4-H Photography Basics 101
(Ms. Anna Marie Vagnozzi)**

We’ve all been in a situation where we’ve wanted to capture a 4-H memory. Whether you’re new to the world of photography or just looking to pick up a few tips to improve your photos, this workshop is for you! We’ll learn the basics of good photo composition and then put our skills into action with a photo scavenger hunt around McKimmon. (Have a smartphone with a camera? Bring it! No fancy camera required!)

- **Experiencing Global Culture (Mr. Daniel Collins)**

The 4-H International Exchange program will bring a new outlook to programming for youth and families in North Carolina. This workshop will guide you through activities that engage a cultural experience through trying different foods, recognizing and practicing other languages and playing a few technology games that will highlight the fun! Join us for this exciting workshop and don’t miss out on this great opportunity for you to showcase your cultural awareness!

Saturday - 4:45 – 6:00 pm

- **More Than Just Small talk (North Central District Council Officers)**
Communication is the most important component in life. Lacking this skill, we would not be able to convey our ideas, aspirations, and achievements with other members of society. In this workshop, you will learn how to improve communication on several different levels with your 4-H teams, coworkers, and friends.
- **Dreaming BIG : NC 4-H Opportunities (State 4-H Council Officers)**
There are SO many opportunities in 4-H, yet often times we don't know about what all we could participate in! Come to this session to learn about all of the different opportunities and Dream Big as you plan what you will do next in 4-H!
- **Parli Pro 101 – Ambassador Bronze (Mrs. Susan Tyre)**
If the words parliamentary procedure, scare you or you don't know the difference between postponing a motion indefinitely and rescinding a motion then this is the workshop for you. We will not only learn about parli pro., but will also get to practice conducting a business meeting. In addition, you will receive hand-outs that you can use when you are the president conducting the meeting or just a member participating.
- **Ready...Set...Serve! (Ms. Anna Marie Vagnozzi)**
As a 4-H'er, you have probably been involved in a variety of service activities and know the importance of the "third H." Join this workshop to delve your hands into service, learn how to make the most of your service activities, and participate in a project that you can take home to your own county!
- **Marketing II: Donors & Elected Officials – Ambassador Gold (Miss Dixie Lovelace and Mrs. Cynthia Robbins)**
Want to tell your 4-H story to the decision-makers in local and state government? Learn how to get an appointment, what to plan for, and how to communicate with policymakers of all kinds. This interactive workshop will prepare you to "put your best foot forward" with corporate donors, county commissioners, state legislators, and even members of Congress.

Sunday - 9:15 – 10:30 am

- **How to Be Successful at AIRE (Dr. Mitzi Downing)**
Do you ever wonder how YOU can go to National Congress, National Conference or National Leadership Conference or do you just want to brush up on your interviewing or resume writing skills? If so, this is your workshop! After this session, you will walk away feeling confident and ready to participate and be successful in the AIRE program!
- **Horsin' Around – An Introduction to the Horse Program Contest and Games**
Learn about the different educational contests that the 4-H Horse Program offers! This is a hands-on activity session where participants will get to play games, learn about horses and the educational contests available, and develop decision making and speaking skills.
- **Marketing I: Media Relations - Ambassador Silver (Ms. Shea Ann DeJarnette)**
So you want to be on TV? This hands-on session will prepare you to speak to the media about 4-H or any issue you care about. We will learn how to contact the media, design an event that will get the media's attention, practice actual on-camera interviews, and actually write media advisories and other news items. By the end of this workshop, you'll be ready for duty as an "official spokesperson."
- **So You Want to Be A State Officer? (Mrs. Sarah Kotzian & State 4-H Council Officers)**
This session will explore what it takes to be a state officer. We will talk about what it takes to be a good leader as well as an effective team member. Deadlines, rules and guidelines will be reviewed and the current State 4-H Officers will be on hand to answer any questions you have about the process! If you are planning on running for a State 4-H Council Officer position, come to this session to get your questions answered!
- **No Props Teambuilding (Mr. Dave Herpy)**
Need an activity to energize your group? Don't have any equipment? No problem! Learn a variety of energizers, icebreakers, name games, and team building initiatives that don't require the use of props through this hands on, interactive session. This workshop is presented in two parts: Think and Do. The "Think" portion (15 minutes) will present background information on the stages of group development, sequencing activities, the Adventure Wave, and the importance of the Full Value Contract and Challenge By Choice. The "Do" portion (60 minutes) will be hands on participation in a variety of new games, group initiatives, and trust exercises.