

## **MYAC Youth Leadership Conference ~ Tuesday, May 19<sup>th</sup>, 2015 @ Brock University**

The Mayor's Youth Advisory Committee is pleased to offer their first Youth Leadership Conference at Brock University on Tuesday, May 19<sup>th</sup>. Participants have 19 amazing sessions to choose from. The conference is being offered for the low cost of \$20 including lunch. Bursaries and assistance with transportation are available upon request.

### **Conference Schedule**

8:30 am	Registration
9:00-10:00 am	Opening Remarks & Keynote Address
10:10-11:10 am	Session 1
11:20-12:20 am	Session 2
12:20-1:20 pm	Lunch
1:30-2:30 pm	Session 3
2:40-3:40 pm	Session 4
3:50-4:30 pm	Closing Remarks
4:30 pm	Conference Closes

### **Sessions**

#### **1. Resumes Today & Careers Tomorrow**

Presenter: Kelly Jones, Job Developer, Employment Solutions

The time to back your work experience is now. How can developing a resume & selecting a job today help you later at developing a career? What is a proper resume and how to apply? What are good career options after high school? These topics and more will be addressed in this dynamic session.

#### **2. College Admissions - What you need to know to succeed**

Presenter: Krista Woodhouse, Recruitment Coordinator, Niagara College

There are many misconceptions about what it takes to get into the College and program of choice. This session will go over what a student needs to do to accomplish the goals that they have set. We will discuss cut-off marks, supplementary writings, resumes, previous experience, etc. as a means to be accepted into the College.

### **3. Laughing yourself healthy: The use of laughter yoga for good self-care**

Presenter: Jackie Frail, Professor, Recreation Therapy/Recreation and Leisure, Niagara College

Laughter is good medicine! Research indicates that laughter has a multitude of benefits including increased immune system function, a positive mood booster, and an effective coping strategy for stress. During this session, participants will explore the meaning of good self-care and learn about how laughter might just be the secret weapon to attaining better quality of life. Furthermore, participants will have a chance to apply their new knowledge during a laughter yoga session. Laughter yoga is a new exercise that combines light breathing and stretching with laughter exercises to elicit laughter from participants. A great session to learn a new tool to help all of us attain good mental health!

### **4. A Happier You: An Introduction to Mindfulness & Meditation for Stress Management & Daily Living**

Presented by Be Free by Shawna Thibodeau

With long to-do lists, increased responsibilities, and high expectations, stress has become a natural part of our fast-paced world. Unfortunately, without awareness and healthy coping strategies, stress can negatively affect our minds, bodies and spirits. This session will include discussion on what we experience as stress, negative effects of stress, and how we can work with our thoughts and emotions to become masters at stress management. A guided meditation will be included that can be used at home. When thoughts, emotions and stress levels are in control, our natural state of happiness can more easily shine through :)

### **5. REACT Mental Health**

Presenter: REACT Niagara Region, Mental Health Pod

REACT is a youth-led action group that educates our peers and advocates for healthy lifestyles in Niagara. In this fun and interactive session you will learn more about taking care of your own personal mental health & supporting those around you.

### **6. Be Your Own Boss- Be Part of the Entrepreneurship Pipeline!**

Presenters: Trisha Tisi, Youth Outreach Worker, High School Entrepreneurship Outreach Program, YMCA of Niagara & Jourdan Bird, Youth Entrepreneurship Coordinator, NF Small Business Enterprise Centre, City of Niagara Falls

What are you passionate about? How can you turn your passion into a possible business? Would you like to be your own boss? This session will include a brief overview of what it means to be a young entrepreneur, different business types that you can start as well as an overview of two programs available to you offering start-up funding, mentorship and business training.

### **7. Music Video Moves**

Presenter: Miss Tiffani Beauparlant Kretz

Come enjoy a fun upbeat dance workshop where you can learn the latest moves from your favourite music videos. Come with a change of clothes to dance in.

## **8. Financial 101**

Presented by Scott Glover, Branch Manager, Meridian Credit Union

Financial 101 will review key financial concepts such as budgeting, inflation, cost of borrowing and more. Understanding these concepts will allow participants to make sound financial decisions when entering post-secondary school and the workforce.

## **9. FIT to Lead – Leverage Your Creativity, Teamwork and Empowerment Through Exercise!**

Brett Forsey, Program Assistant/Professor, Fitness and Health Promotion/Physical Education, Niagara College

Contrary to what some may have you believe, exercise need not be any of the following: painful, boring, discouraging, competitive, judgmental, repetitious or time-consuming. In fact, exercise can and should be among the most enjoyable experiences you can have, especially with your peers! Join us, as we show you how exercise can help stimulate your creativity, build friendships, strengthen leadership, heighten confidence, improve teamwork and leverage your enthusiasm and empowerment! And, dare we say it – you'll probably even have fun! Dress for some moderate physical activity.

## **10. Business Leadership**

Presenter: Alex Digenis, Owner and General Manager of Henley Honda and Subaru of Niagara

Alex is a passionate & persistent entrepreneur who has used his business savvy to build a successful car dealership in Niagara. With a commitment to customer service & satisfaction, he has watched his company flourish. He has overcome obstacles to achieve success with creative management & a focus on customer experience. Alex's professional skill set is extensive with expertise in business management, customer service, sales, leadership, marketing strategies, communications & other business skills that have accelerated the success of his dealerships while he has created & maintained strong relationships with his customers & team members. This session will inspire you to become a leader in business!

## **11. Celebrations Around the World**

Presented by Students from Niagara Falls High Schools

Are you interested in learning about various cultural celebrations like those in India, France, China, England, Zimbabwe, Pakistan, and others? If so, come and out this session to find out more.

## **12. Study Skills & Time Management**

Presented by Brock University Student Development Centre – Learning Skills

Learn useful skills to structure your time and address common time management challenges such as having a job, studying, and maintaining focus.

## **13. Writing a Successful Scholarship Essay/Application**

Presented by Student Awards and Financial Aid at Brock University

Find out what will set you apart when completing Scholarship Essays/Applications.

**14. Passions and Interests: 6 ways to think about your place in this world.**

Presented by Brock University

Do people always ask, “What do you want to do when you’re older?” Don’t know how to answer? This interactive session provides six themes that help you turn something you care about into actionable goals.

**15. Transferable Skills: 10 tips for excelling in Post-Secondary Education**

Presented by Brock University

You have spent years being a student! Learn how to take the skills you’ve been working on and apply them to your success in post-secondary in this dynamic workshop. These tips are shared by real University students.

**16. Acing an Interview**

Presented by Brock University

If you could be any animal, what would it be and why? Why do recruiters ask these kinds of questions in a job interview? Facilitated by an experienced career professional, you will leave this session knowing how to dress, what to prepare, how to answer these questions, and more. Attend this interactive session to learn how to ace your next interview and increase your chances of getting the job offer!

**17. Choosing a University: How to make the Best Choice for You**

Presented by Recruitment and Liaison Services, Brock University

Choosing a University is one of the biggest decisions you will make. Learn what factors to consider when making this important decision, and the steps you should take when researching your options.

**18. Archery**

Presented by Recreation Services, Brock University

This is your chance to try something new! Archery is a unique activity that you may not have had the opportunity to try. Take your best shot in this session.

**19. Spinning**

Presented by Recreation Services, Brock University

It is important to maintain a balanced lifestyle and manage stress. Spinning is a great workout and a fun way to incorporate exercise into your life. Brock's fabulous instructors will lead this workout.

**Keynote Address**

Joanna Klimczak and Yashvi Shah grew up in Niagara Falls and are MYAC alumni who have taken social entrepreneurship by storm at McGill University and around the world. Joanna and Yashvi co-founded MyVision, a global network of students building social enterprises and cultivating social entrepreneurs in

2012 under the mentorship of Nobel Peace Prize Laureate, Muhammad Yunus. In just under three years, MyVision has pioneered the development of 17 chapters in 10 different countries and are sustaining 13 social enterprises around the world. Through their work, Joanna and Yashvi aim to empower millions of young people to rethink business as usual and use social entrepreneurship to address some of our world's most pressing issues.

## **Conference Information**

### **Permission Form/Media Consent & Waiver**

A Permission Form/Media Consent & Waiver and payment of \$20.00 must be submitted to your school in order to attend the conference. Early registration is reserved for students attending high school in Niagara Falls.

After April 27th, space permitting, registration will open to all high schools in the Niagara Region. Non-Niagara Falls Students are asked to contact Beth 905.356.7521 X 3336 or [bangle@niagarafalls.ca](mailto:bangle@niagarafalls.ca) to make arrangements to register.

The registration link will be provided after payment and permission forms are received. Registration will close on May 11th or when full.

### **Bursaries and Assistance with Transportation**

Bursaries and assistance with transportation can be arranged on an as needed basis.

### **Registration & Session Selection**

Registration for the conference will take place online courtesy of Brock University. Students will be asked to select their top six choices when they register online and will be scheduled to attend four sessions. Every attempt will be made to provide participants with their top four choices.

### **Parking**

Parking is available in Lot D for free for conference participants. Carpooling is encouraged.

### **Lunch**

Lunch will be provided. You are welcome to bring additional snacks for throughout the day or to purchase snacks on campus. Please ensure that you let us know about any special dietary needs.

PLEASE BRING A REFILLABLE WATER BOTTLE! Numerous water filling stations are available on campus.

### **Other**

You will receive an email notification prior to the YLC with your confirmed session schedule and any important conference information.

### **Contact**

For further information please contact Beth Angle, MYAC Staff Liaison, at 905.356.7521 or [bangle@niagarafalls.ca](mailto:bangle@niagarafalls.ca)