

January Conference Session Plan

So our Theme this year is a Hollywood theme. It is called **Imagine, Inspire, Action!**



Friday Night Sessions

1. **Semaphore**

Trainer: **Bev Stewart**

What if technology failed? Come have fun learning how Guides used to send messages!

2. **50 ways to use your noodle**

Trainer: **Lisa Wilde**

Get creative with Pool Noodles! They are an excellent tool for games of all types, from team building games to challenges of physical dexterity and beyond! You will be introduced to the book 50 ways to use your noodle and similar resources materials. Will you accept the challenge of How Many Ways Can You Use Your Noodle?

3. **Dance and Sing away the Winter Blues**

Trainer: **Annette Lang**

Tapping of toes, clapping of hands, and singing to pull it all together. Come and learn some great singing activities for your unit!

4. **Hat crafts**

Trainer: **Brenda Wilson**

Imagine...a hat craft made by a Spark who will be so very proud she did it “all by herself” Inspire... a Brownie or Guide to tackle something a little bit challenging so she can be proud of her hat craft. Let your Pathfinder and Ranger Take Action on a craft that takes a bit of time and ingenuity and still want to hang a craft off their hat. Girls need to be proud of the craft they make and a purpose and reason to make it. Learn how to imagine, inspire and take action for a fun “artsy” hat craft for all ages of Guiding.

5. **There’s an App for that....**

Trainer: **Desire White**

Explore some useful apps for Unit Guiders to help you stay organized and prepared. Please bring a smartphone or tablet with you to the session!

6. **10 Minute fillers**

Trainer: **Sara Horseman**

Ever find yourself with 10 minutes to spare in a meeting and you don’t know what to do with the girls? Come and get up to 100 ideas of things to do!

7. **Girl Greatness Awards**

Trainer: **Alice Gaveronski**

Guiders- **Do** you want to introduce your unit to the **Girl Greatness Awards**? Come get some tips, activities and Q&A’s to get your girls involved.

8. **Build Your Own Instant Meetings**

Trainer: **Heather Levy**

Love instant meetings? Like how easy they make your meeting plans? Learn how you can quickly put together an instant meeting. Leave session with custom instant meetings to go.

Saturday Sessions

Imagine Sessions (these are all Program related)

1. Science Sparks and Brownies

Trainer: **Ev Steciuk**

Simple science ideas for sparks and Brownies to get their imaginations going!

2. Twinning

Trainer: **Melissa Gartner**

Twining 2020 is a partnership between Guiding members in Saskatchewan, Manitoba, and El Salvador. Come to this session to learn more about our current initiatives and how you can participate with your girls.

3. Promise and Law

Trainer: **Janice Graessli**

How to teach and incorporate the Promise and Law into your meetings. This is a module so after completion it will be entered into IMIS

4. Super program for Sparks

Trainer: **Sara Horseman**

Come and share in the ideas and resources learned from the Spark Super Program conference in Toronto. The Conference is promising exclusive new resources based on the Spark program as well as a keynote presentation by Mark Collard, a play and adventure-based educator.

5. Super Program for Guides-

Trainer: **Megan Clarke**

Come and experience a number of great games, strategies, activities and crafts straight from Ontario's massive "Super Program" for Guides training!

6. Widening Their World!

Trainer: **Karen Litke**

Widening Their World! I Love the Pathfinder age group. At 12 – 14 girls are developing the capacity to really look beyond their own experiences, into the experiences of other girls and women in the wider world... But how do we introduce, and help girls develop an understanding of some of the really difficult issues facing girls and women today, such as poverty, lack of access to education, and violence. Great programming builds on girls enthusiasm to help others, and curiosity to develop knowledgeable and confident

girls who will make a difference in their world. This session will focus on providing programming ideas to tackle difficult topics.

7. Brownie Grab Bag

Trainer: **Laurie Lanovas**

Are you in need of ideas for Brownies? Are you new to the branch or are you an experienced Guider looking for new ideas? Come prepared to share! Bring 2-3 ideas of your own.

8. Science for Teens

Trainer: **Heather Levy**

Leading older girls? Struggling with how to incorporate age-appropriate science into your program? Learn fun ways to confidently incorporate science into your program.

9. Training Design from TEAM (double session)

Trainer: **Shelley Matsalla**

Ever want to write a script for a movie? As a trainer, there are many times where your session will require you to develop a short story so our Guiders can receive valuable lessons on how to play the game of Guiding. Enter this session stage left!

Inspire Sessions (these are all Arts related)

1. Japanese Kusudama Balls

Trainer: **Alice Gaveronski**

Come and have fun making a beautiful easy Kusudama (Japanese) Ball. A Kusudama Ball is a modular origami model made out of 12 Kusudama flowers.

2. Crafts with a Purpose

Trainer: **Kristen Shantz**

Why do we craft? What is the purpose of all those trinkets and tchotchkes? Come and discuss different arts and craft that you can use with your girls and make a multipurpose craft to take home.

3. How to run and plan a campfire

Trainer: **Susan Boxall**

How do you develop a fantastic “campfire” for your girls? Come and learn how to create one that will relate to them and the theme of your camp or special event. Have lots of fun running the Training Campfire evening.

4. Drama

Trainer: **Ali Peters**

Drama in guiding - the good kind! How to use drama in various program: from icebreakers to modelling behaviours to five minute body breaks! This is meant for all ages, and will cover different games and ideas. Come ready to try them and do a bit of movement!

5. A song is a Song is a Song

Trainer: **Lisa Wilde**

From traditional “old” Guiding songs to the more recent “new” songs, singing has a way of bringing us all together that no other activity can match. We will introduce you to those old songbooks you found in the patrol box and move onto the newer songs that the girls love to sing. Need something to get the girls physically moving? Great we will cover some action songs. You will leave with a nice blend of songs to take back to your unit!

6. Carpentry Crafts

Trainer: **Carrie Morrison**

No paper and glue crafts here! It is time to INSPIRE the girls to work with simple tools and make some useful and fun items using wood and other materials not found in the craft aisle in the dollar store!

7. Dance

Trainer: **Janice Graessli**

Dance for fun and exercise- great for audience participation for Thinking Day, Enrollments and advancements.

8. Telling a Story with a twist!

Trainer: **Annette Lang**

How to get girls involved in the art of storytelling. Help to get them to use their imaginations to come out with an ending you could never believe!

Action Sessions (these are all Outdoor Related)

1. Hashing

Trainer: **Annette Lang**

Come learn about hashing. Laying a trail and teaching your girls new things without having to catch their attention!

2. Camp skills

Trainer: **Bev Stewart**

Come for old and new ideas! A camp's weekend jammed into an hour! I'll tailor the session when we see who is participating.

3. Quartermaster

Trainer: **Kristen Shantz**

Does the thought of cooking for a large crowd make you nervous? Come and collect recipes for use indoors or outdoors. Make a meal plan and discuss prep and shopping options that will help you stay ahead of the time crunch and on top of your budget.

4. Getting Out in Winter

Trainer: **Brenda Wilson**

Learn to love winter and INSPIRE the girls in your unit to have fun! Share ideas with others and IMAGINE some fun things you can do outside while Being Prepared for Saskatchewan winters by taking ACTION for some great outdoor fun.

5. Camping with Sparks

Trainer: **Ev Steciuk**

Sparks can camp! Come learn some fun activities and ideas for day camps, sleepovers and overnight camps!

6. A Hiking we will go!

Trainer: **Heather Neufeld**

Hiking is a great activity to do as a unit and it is not an activity just to do at camp. Come to this session and we will cover everything you need to know to hike with your unit to take your meeting outside!

7. Templates for planning your camp

Trainers: **Laurie Lanovas & Sara Horseman**

Planning your first camp or are you overwhelmed by the idea of planning a camp for your unit or district? This session will give you some tools and templates to help simplify the planning.

8. Adventure Smart overview & Hug a Tree and Survive

Trainer-**Linda Mushanski**

Be informed and go outdoors. Find out about the Adventure Smart suite of programs and be qualified to be a deliver the Hug a Tree and Survive program to your units

9. Training Delivery from TEAM (double session)

Trainer: **Shelley Matsalla**

You accept the script....you read the script...you practice the script.....Now, you take the stage! There is a bit of acting when presenting at a training workshop! Come and learn how Trainers can keep their audience engaged, encourage participation, and how to set up your stage! Find your inner Meryl Streep!

Lead Session (these are all related to leading a group)

1. Google Drive for Guiders

Trainer: **Melissa Gartner**

This session will be aimed at Guiders just starting to use Google Drive to communicate with each other and with parents. We will create google accounts, create documents, share documents and create a 'How to' document to share with parents.

2. Ceremonies In Guiding

Trainer: **Carrie Morrison**

This training offers a little taste of how ceremony fits into programming for all Branches. Ceremonies are a much loved tradition in Guiding. Imagine bringing some movie magic to your ceremonies and making them a special part of the girls' memories. Learn to help the girls plan a special event and make it their own. We will also cover protocols of marching on the colors (flags) and hoisting a flag at camp.

3. A year in Pre-view

Trainer: **Kristen Shantz**

Get a hand in planning out your year from start to finish- how to break up your year by months and weeks, fill in program areas by the month, break down each meeting into

pre-planned pieces, and share ideas. Please bring something that has worked well with your unit- an idea, a craft, a game or useful tip.

4. **Cookies**

Trainer: **Alice Gaveronski**

What is **COOKIE ALL STARS** and what is the **Guider's Role** in Cookie All Stars?
If you do not know the answer to these questions this is the session for you.

5. **Time Management**

Trainer: **Sara Horseman**

Are you feeling like all you do in life is Guiding? Come to this session to get some tips and tricks on managing your time and avoiding burn out.

6. **Effective Communication for Guiders**

Trainer: **Laurie Lanovas**

How to talk so they listen and how to listen so they will talk! Discover some basic skills and techniques to make dealing with any situation easy and anxiety free!

7. **Bringing Out Their Best**

Trainer: **Karen Litke**

Girls with Guiding come to us with a different profile of strengths and weaknesses. Like us they have their good days, and not so good days! But once in a while, we are challenged with a girl whose behaviour is pervasively difficult and disruptive. In addition to being extremely frustrating, difficult behaviour is time and energy consuming, disrupts the group functioning, interferes with programming, and decreases everyone's enjoyment of activities. Through discussion and activities, this session will explore skills and strategies for managing difficult and disruptive behaviour. All ages will be covered, but strategies for Sparks, Brownies and Guides will be covered in greatest detail.

8. **Making your meetings fit your space**

Trainer: **Lisa Wilde**

Does size really matter? What exactly is not enough space? Can you have too much space? We don't always get to pick the perfect meeting space, so what do you do about it when it's an awkward fit? Is there tricks to making it work? Part discussion, part exploration- this session will try to give you ways on how to Make it Work, no matter where you are!

Sunday Sessions (these are all three hour modules)

1. About your Branch Sparks

Trainer: **Ev Steciuk**

Learn about Sparks and the Sparks unit program. Ideas to use with your sparks on a weekly basis. This is a module that will be marked in IMIS once completed.

2. About Your Branch Brownies

Trainer: **Laurie Lanovas**

Want a peek into the mind of a Brownie? Join us to learn about the Brownie aged girl and how to engage them in your program. We will look at their wants, needs, developmental milestones and how to use their enthusiasm to create a girl centered program that both you and the girls will enjoy.

3. About Your Branch Guides

Trainer: **Sara Horseman**

An introduction to the Guide program, and some ideas, tips and tricks to make your year even better! This will also be a great opportunity to meet with other Guide Guiders in the province and to share ideas.

4. About your Branch Pathfinders

Trainer: **Kristen Shantz**

Over the session you will laugh with other Pathfinder Guiders. You will take away new ideas on ceremonies, events, program planning with your girls and strategies in behaviour management and inclusivity as well as a good understanding of your branch's program goals.

5. Safe Guide

Trainer: **Heather Levy**

Love it or hate it- you need it. A practical Safe Guide training session to learn how to use safe Guide to help you with your planning. Leave with a practical understanding of Safe Guide and forms completed for your next event.

6. The Masks Women Wear

Trainer: **Brenda Wilson**

Develop some ***Inspiration*** about *being a woman* while you take part in this unique session of “The Masks Women Wear”. Take this **Action** packed session to learn some ways to develop the woman in you who may need help emerging. **IMAGINE** your delight when it all comes together and you learn something about yourself that was hidden. A three hour session for women on women about women...for all ages of women!

7. **Girls United**

Trainers: **Alice Gaveronski and Lisa Wilde**

Girl United is a Girl Guides of Canada initiative that promotes healthy relationships and prevents bullying. This session gives an introduction to the dynamics of girl relationships an age appropriate strategies for promoting healthy relationships. It will give you the tools to help girls who are bullies and who are being bullied. We will also discuss how to use the Girls United Challenge with your girls.

8. **You Go Girl! Event Planning Module**

Trainer: **Karen Litke**

Special Guiding Events- such as rallies, sleepovers, try-it days, and camps- can be one of the best parts of Guiding. These events allow us to spread the word about Guiding, offer new activities, and facilitate bridging opportunities. Whatever your goal, this session has all the information you need to help you plan and execute a successful event.

9. **Free Being Me**

Trainer – **Shelley Matsalla**

Imagine a world where girls identify themselves as the perfect looking girl....Inspire girls to speak out and challenge the Image myth. WAGGGGS and Dove are working together because of a shared vision of a world free from appearance-related anxiety for girls. This session will provide background on the initiative and the opportunity to participate in the activities Guiders are encouraged to lead with the girls. No acting skills required!