Session Details and Descriptions

1st Session - Boldly Build Relationships

Toastsmasters
Does the thought of speaking to parents at an enrolment ceremony keep you up at night? Is the prospect of directing “more experienced” Guiders at your District meetings intimidating?
Then we have a session for you!
Toastsmasters operate clubs worldwide for the purpose of helping people improve their communication, public speaking and leadership skills.
Come join a Toastmasters member as she helps you along your journey of public speaking.

Dove: Free to be Me
Did you know that 95% of people with eating disorders are between the ages of 12 – 25?
In this session participants will be doing the Free to Be Me Preview activity, which will give you the confidence to complete the Free Being Me Activity with your units, which is a great launch into the Girl Guides of Canada Challenge: Love Yourself

Effective Communication
Come build and practice your communication skills to: work more effectively with others; learn how to communicate clearly and discover different communication methods.

Diversity Training
Become more aware of what is involved with providing a welcoming space for girls in your unit; leaders in your district and members of your community.

2nd Session - Boldly Express Yourself

Dramatic Arts
Arts in the Program!! Come discover the benefits of different styles and techniques of drama and how to engage the girls in this form of self-expression. Participate in puppetry and improvisation.

Singing Games
Complete the About the Girl TEAM Module by learning why girls need singing games; how it helps their physical development and social interactions. Leave with an arsenal of songs and games you can use for years!

Sing, Sing a Song...
Come discover the difference between a sing song and a campfire and take away some Girl Guide classics to use in your meetings, campfires and ceremonies.

Visual Arts -
Come unleash the creativity inside you and create a wonderful work of art to take home!
3rd Session - Boldly Venture Outdoors

Night Games for all ages
Whether you are looking for an adventurous night game to play with your 3rd year Ranger or trying to entice your first year Spark to go outdoors in the dark, this session will provide you with activities that can be adapted for all ages!

Preparing for GM 2016
Want to know what to expect from a large, International Camp; unsure if your girls are ready; not sure if you want to volunteer when the time comes? Come speak with an experienced Guider who has been there, done that! She will give you great tips on how to have you and your unit all prepared for GM 2016!

Leading Active Games
What are the benefits to leading active games? How do games enhance your programming? Why should you modify games to be inclusive? Come learn the answers to these questions and much more through playing Active Games!

Knotty Girls and Games
Does the thought of hoisting a flag at camp have you all tied up in knots? Meet a group of cute “knotty girls” and make a set of your own to take home and play a few games sure to excite the girls!

4th Session - Boldly Expand Your Horizons

New Twinning Initiative
Come learn about the new Twinning Initiative with Guyana – a country in South America – games, activities and general knowledge will be shared.

The Four F's of International
Forms, Finance, Fundraising and Fun!
If you are thinking of planning an international trip come for a quick introduction to the Four F’s!

Be Prepared Not Scared
Come participate in this Provincial Challenge and learn how to be prepared in an emergency.

Two Stars and a Wish - the National Web Site Demystified
We have all heard great things about the National Web Site, and have a suggestion on how perhaps it could be improved... Come with your own wifi compatible laptop or tablet and discover how to navigate the National Web site and make it work for you! (Participants must know their own log in credentials)
5th Session - Boldly Experiment

# Social Media
Discover how to use social media to keep in contact with your unit members, parents and other guiding communities. Participants must bring their own Wi-Fi compatible device and will be notified ahead of time of any special downloads that will be required.

CSI Challenge
Come unravel the mystery of science through the Alberta Girl Guide CSI Challenge and discover how to make chemistry part of your unit meetings!

Go Green in your Community Challenge
Is the concept of “going green” a bit overwhelming for you to share with your unit? Come do the activities in this challenge and discover how easy it is to take action for a better world!

Robotics
Come explore the world of Robotics in this introductory session. Learn concepts and techniques to take back to your unit on: Human Robotics; Logic; and how to build a robot using household items. Time will be set aside to play with the robot kits as well!