



Program Agenda

<u>Time</u>	<u>Description</u>
9:00-10:00 AM	Check-in @ Info Desk Pick up or download materials, nametags, and swag and get oriented! Get started on Action Session Activities.
10:00-11:00 AM	Welcome & Keynote: Richard Taylor Jr. Room # 186/188/194 Zoom Link
11:00-11:15 AM	BREAK: Connect with others Meet someone new, fill out a Your Bingo Card, use restrooms, and <i>Look out for games, raffles, activities!</i> Find your session- Don't be late!
11:15-12:15 PM	Session 1 See Workshop Descriptions and Zoom links below.
12:15-1:15 PM	Lunch Break Eat, stretch, get outside, and Fill out a Get to Know You Bingo Card and connect with others. Find your next session- Don't be late!
1:15-2:15 PM	Session 2 See Workshop Descriptions and Zoom links below.
2:15-2:30 PM	BREAK: Connect with others Meet someone new, fill out a Your Bingo Card, use restrooms, and <i>Look out for games, raffles, activities!</i> Find your session- Don't be late!
2:30-3:00 PM	ACTION Session Write a letter to your legislative representative, put your comments on our Padlets, look out for the Grand Spot Prize!
3:00-4:00 PM	Closing and Keynote: Senator T'wina Nobles Room # 186/188/194 Zoom Link



Workshop Locations and Zoom Links

Opening and Keynote- Richard Taylor- Room # 186/188/194 [Zoom Link](#)

Closing and Keynote- T'wina Nobles- Room # 186/188/194 [Zoom Link](#)

Workshop Overview and Zoom Links:

<u>Session & time</u>	<u>Room / Zoom link</u>	<u>Pre-College Student-Focused</u>	<u>College Student-Focused</u>
Session 1	Rm# 194 Zoom Link	Hilary Powers- HeartMath	
Session 1	Rm# 186 Zoom Link Passcode: 020063	Jordan Chaney-Theater of Oppressed	
Session 1	Rm# 189 Zoom Link		Silva-Gutierrez and Farias- Leadership Under Pressure
Session 1	Rm# 188 Zoom Link	Richard Taylor-Leading Through Imposter Syndrome	
Session 1	Rm# 183 Zoom Link		Dr. Monica Cortes Viharo- Communication Tool Kit
Session 2	Rm# 183 Zoom Link		Nitasha Lewis- The Price of Success is My Smile
Session 2	Rm# 186 Zoom Link Passcode: 89377	Stacey Black- Financial Reality Fair	
Session 2	Rm# 194 Zoom Link		Jordan Chaney-Theater of Oppressed
Session 2	Rm# 189 Zoom Link		Sara Potter-Gittelson- Unpacking our Money Stories



Workshop Descriptions: College Student-Focused

Jenifer Silva-Gutierrez and Charlie Farias

Room # 189, [Zoom Link](#)

Session 1: *Leadership Under Pressure*

The presentation will explain what makes a good leader under stressful situations and develop strategies or plans for overcoming adversity when facing challenges that might be overwhelming. Alma Rangel is a senior at WSU pursuing a B.S. Degree in Psychology. She is also a TRIO student ambassador and first-gen student as well as the oldest sibling. Charlie Farias is a senior in WSU-Tri-Cities pursuing a bachelor's in Psychology. He is the first in his family that will graduate from college. He is also a first-generation Mexican American.

Dr. Monica Cortes Viharo- Will be presenting in-person to both virtual and in-person participants

Room #183, [Zoom Link](#)

Session 1: *Communication Tool Kit for College Students*

Learn the three most important skills for professional communication: 1. Addressing speech anxiety, 2. Introducing yourself, 3. Building your network. This interactive workshop will arm participants with the tools needed to communicate effectively in college and beyond. Topics good poster and projection, the perfect handshake as well as creating and using business cards and LinkedIn. Communication expert, Dr. Monica Cortés Viharo will also guide attendees through exercises to prepare them for tough questions like “Tell us about yourself,” and offers advice on cultivating and embracing your professional personae in person and online.

Nitasha Lewis

Room #183, [Zoom Link](#)

Session 2: *The Price of Success is My Smile*

This workshop will reflect on an important dialogue between Nikki Giovanni and James Baldwin. Giovanni and Baldwin discuss the manhood of black males, racism, the dynamic of black couples in America, and the responsibility to teach. This session will include an in-depth discussion on code-switching and its impact on people of color. Nitasha Lewis, Director of Upward Bound at Peninsula College, loves advocating for social/economic liberation and education. She received her master's degree from WGU in Management and Leadership. As a first-generation student, she enjoys giving back and supporting students in their academic pursuits.



Jordan Chaney

Room, #194, [Zoom Link](#)

Session 2: *Theater of Oppressed - a workshop to build your voice*

Have you ever witnessed a stranger become the target of prejudice or discrimination based solely on their identity and you wanted to do or say something about it but for some reason you stayed quiet and did nothing? Daniel Goleman would say that you were “emotionally hi-jacked” and Augusto Boal, originator of the world renown Theater of the Oppressed forum theater, created life-changing tools & practices that can and do turn “spectators into protagonists”. This forum theater/workshop will enhance your social courage and give you social tools to speak up and speak out in moments of injustice. Jordan Chaney is a digital-nomad lecturer, storyteller, poet, speaker, writer, philanthropist, and artist residing in the Pacific Northwest. He is a regular supporter of our Civic Leadership Conferences.

Sara Potter-Gittelson

Room #189, [Zoom Link](#)

Session 2: *Unpacking our Money Stories: Examining our Identities and Relationship to Money*

This workshop teaches us how to unpack our histories with money and how that can, in turn, impact how we approach the topic of finances as well as the ways we learn about our financial well-being. As many Trio students come from lower income communities, financial empowerment is vital to support social class identity development. Financial trauma can be generational, and this workshop takes a step to interrupt that cycle in a way that uplifts, educates and affirms.

Workshop Descriptions: Pre-College Student-Focused

Hilary Powers

Room #194, [Zoom Link](#)

Session 1: *HeartMath Resilience Advantage Introductory Workshop*

Based on HeartMath’s 20+ years of published, peer-reviewed research on the science of resilience, The Resilience Advantage program provides a powerful skillset and engaging technology to prepare you to thrive in a world of flux, challenge and opportunity. This best-in-class program is used by the US Navy, hospital systems and Fortune 500 companies world-wide. In this introductory workshop, you will learn about resilience, our body as energy systems, coherence, and how HeartMath techniques can help you. People use HeartMath techniques to: destress, improve sleep, conserve more energy throughout the day, have more effective communication, and more!



Stacey Black

Room #186, [Zoom Link](#) Passcode: 89377

Session 2: *Financial Reality Fair (virtual only)*

During this interactive simulation, you'll make the sort of real-life budgeting decisions people face every day. Staying within the means of your assigned career, you'll choose which housing, transportation, clothing, and other purchases make sense for you and your family. It's eye-opening and extremely helpful for anyone about to embark upon the real world.

Richard Taylor Jr.

Room #188, [Zoom Link](#)

Session 1: *Leading Through Imposter Syndrome*

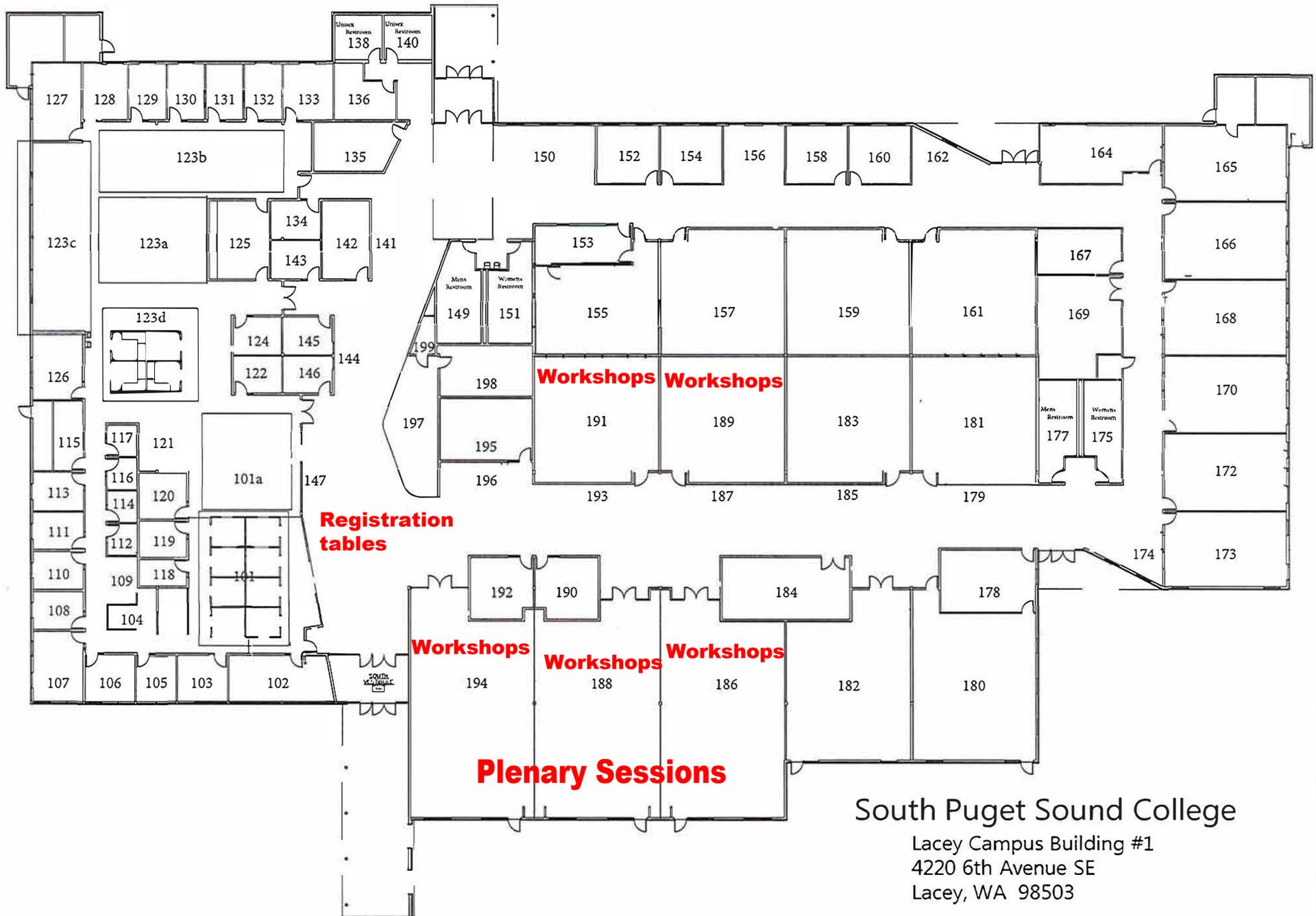
In his workshop Richard Taylor Jr. will discuss some of the emotional & mental hurdles that come with becoming the change the world needs to see. We will learn how to combat the feelings of being an imposter & take a deep look at what causes us to Self-Sabotage in moments where we are presented with opportunities to change the world.

Jordan Chaney

Room #186 [Zoom Link](#), Passcode: 020063

Session 1: *Theater of Oppressed - a workshop to build your voice*

Have you ever witnessed a stranger become the target of prejudice or discrimination based solely on their identity and you wanted to do or say something about it but for some reason you stayed quiet and did nothing? Daniel Goleman would say that you were “emotionally hi-jacked” and Augusto Boal, originator of the world renowned Theater of the Oppressed forum theater, created life-changing tools & practices that can and do turn “spectators into protagonists”. This forum theater/workshop will enhance your social courage and give you social tools to speak up and speak out in moments of injustice. Jordan Chaney is a digital-nomad lecturer, storyteller, poet, speaker, writer, philanthropist, and artist residing in the Pacific Northwest. He is a regular supporter of our Civic Leadership Conferences.



South Puget Sound College

Lacey Campus Building #1

4220 6th Avenue SE

Lacey, WA 98503