South Central Section Leadership Teams & Advisors,

We are excited to announce that there are currently 12 leadership opportunity workshops available during LCORT. Leadership teams need to select their three top choices from the activities/workshops listed below and return the choices by **Friday, October 14, 2011**. Other leadership opportunity workshops may be available upon request, providing they meet the theme criteria. Early sign-up is appreciated and will assist us in confirming assignments to counties. The LCORT theme is **Reeling in Success Through 4-H**.

**WORKSHOP OPPORTUNITIES:**

Sessions are **30 minutes** long and will be presented 12 times. We recommend 5 minutes for an introduction, 15-20 minutes for the activities, and 5 minutes to review, wrap up, and close the session. Keep in mind that your participants will be 7th-, 8th-, and 9th-graders and sessions need to be interactive. Handouts are recommended. The topics suggested below have brief descriptions of our expectations. Some include possible resources. Internet searches, leadership advisers, and county 4-H staff may provide additional source materials. *Your team may also propose a topic that is not listed, but final approval is at the discretion of the LCORT staff.*

**WORKSHOP ROOM ASSIGNMENTS:**

Please see the attached map and chart for your team’s workshop room assignment.* The chart includes information on the size and location of each room, whether the projection screen is built-in or portable, etc. These factors may influence your choice of topic and how you present it. *If you feel that a different room would be more suitable, you can ask the team assigned to it if they are willing to trade—just be sure to let LCORT staff know about the change when you submit your proposal.*

*Beginning in 2012, counties will rotate through the available workshop rooms. The 2011 room assignments were used as the baseline.*

**WORKSHOP TOPIC OPTIONS:**

**Communication**

Teach the importance of communicating effectively to team members, your family, or to a crowd of strangers. Teach how to make small talk and the importance of initiating conversations and learning names.

- Say it with Power and Confidence by Patrick Collins
- The Pocket Guide to Successful Small Talk
- Talking with Confidence for the Painfully Shy: How to Overcome Nervousness, Speak-up, and Speak out in Any Social or Business Situation by Don Gabor
- Fine Art of Small Talk by Debra Fine

**Community Service**

Set up a community service project that can be completed during the session, such as small craft items to donate to a convalescent home or letters to service men and women.

- Complete Guide to Service Learning by Cathryn Berger Kaye
- Where’s the Learning in Service Learning by Janet Eyler & Dwight E Giles

**Conflict Resolution**

Teach the importance of keeping your cool in situations dealing with difficult people. What happens when “Plan A” isn’t what someone else wanted? Teach how to deal with situations beyond one’s control.

- [http://www.ohrd.wisc.edu/onlinetraining/resolution/index.asp](http://www.ohrd.wisc.edu/onlinetraining/resolution/index.asp)
- Conflict Resolution: The Win-Win Situation by Carolyn Casey
**Decision Making**

Choosing A over B and dealing with the consequences. Hocky players must consider several factors when choosing where to pass the puck, including what will happen if the opposing team steals it. [http://www.managementhelp.org/prsn_prd/decision.htm](http://www.managementhelp.org/prsn_prd/decision.htm)

- Smart Choices: A Practical Guide to Making Better Decisions

**Goal Setting**

Teach the importance of making short- and long-term goals, how to prioritize them, and how to stay focused.

- Who Moved My Cheese?
- Winning through Negotiation by John Ilich
- The Only Negotiating Guide You’ll Ever Need: 101 Ways to Win Every Time in Any Situation by Peter B. Stark & Jane S. Flaherty
- What Teens Need to Succeed

**Individuality**

Teach the importance of self confidence and using it in the “REAL” world.

**Interviews**

Teach how to prepare to interview for 4-H and other positions, including techniques for writing effective resumes and cover letters. Teach how to get hired.

- The Resume Handbook: How to Write Outstanding Resumes and Cover Letters for Every Situation by Arthur Rosenberg
- Speaking for Personal Success by Michael S. Hanna

**Listening & Communication**

Teach how to make small talk and the importance of initiating conversations and learning names.

- 21 Laws of Leadership by John Maxwell
- Leadership for Dummies
- Winging It (available from Fresno County Cooperative Extension office)
- Look Ma, No Notes! Workbook (available from Fresno County Cooperative Extension office)
- Public Speaking for Dummies by Malcolm Kushner
- 10 Days to More Confident Public Speaking by Lenny Laskowski
- What Do You Stand For? By Barbara Lewis

**Organization**

Show and teach the importance of organization, how to organize and prioritizing your life, and keeping things in order. With the busy schedules teenagers have today, this workshop should help them organize to relieve stress.

- Organizing from the Inside Out by Julie Morgenstern

**Perseverance and Motivation**

- Making the Most of Today by Pamela Espeland

**Power of Positive Thinking**

Teach the importance of always looking on the good and positive side, and how it affects life and leadership.

- [http://www.successconsciousness.com/index_000009.htm](http://www.successconsciousness.com/index_000009.htm)
- The Power of Positive Thinking by Norman Vincent Peale

**Public Speaking**

Help delegates overcome their fear of public speaking. Teach how to perfect public speaking skills through understanding the elements of a good speech, presentation, or introduction, and the importance of careful preparation.

- 10 Simple Solutions to Shyness: How to Overcome Shyness, Social Anxiety, and Fear of Public Speaking by Martin M. Antony
- Public Speaking for Dummies by Malcolm Kushner
- 10 Days to More Confident Public Speaking by Lenny Laskowski
- Public Speaking- An Audience Centered Approach by Steven Beebe 5th Ed.
- Teach Public Speaking to Anyone by Milton Wood

**Responsibility**

Teach how to stay responsible while being involved and juggling multiple activities.

- Kids With Courage

**Retaining Older Members**

Older 4-H member opportunities and conferences are the highlight of the 4-H year.

- <www.Ca4h.org>
Teamwork

Teach the importance of teamwork with team-building activities such as the ropes course, egg drop, etc.
- More Team Building Challenges by Donald R. Glover
- Team Building Activities for Every Group by Alanna Jones
- The Big Book of Team Building Games: Trust building activities, Team spirit exercises, and other fun things to do
- Teamwork & Team play: Games & Activities for Building & Training Teams by Glenn M. Parker & Sivasailam Thiagarajan

Possible resources for any leadership topic:
- What Do You Stand For by Barbara Lewis
- Who I Am Depends On Me by Patti Hendrickson
- Life Strategies for Teens by Jay McGraw
- 21 Laws of Leadership by John Maxwell
- The 7 Habits of Highly Effective Teens
- The 7 Habits of Highly Effective Teens Workbook
- Fighting Invisible Tigers- Stress Management for Teens

SUBMITTING YOUR WORKSHOP PROPOSAL:

The deadline to sign-up for any of these sessions is **Friday, October 14, 2011** via the online survey tool at [http://ucanr.org/lcortteams](http://ucanr.org/lcortteams). After you receive confirmation of your session topic, a detailed outline of your plans and sessions **MUST** be submitted by **Monday, December 5, 2011** by e-mail or post mail. Note that a video of your session **MAY** be requested and required for session approval. All opportunities will be assigned to best serve the overall needs of the conference.

If you have any questions, please contact Pauline Smoke via the Fresno County 4-H Office.

Thank you,

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