Girl Scouts of the Missouri Heartland, Inc.

# Learn 2 Lead Training Event

## Central Region – Jefferson City
## September 26, 2015

### Event Schedule

8-8:40 a.m. Check-In/Registration/Visit the Girl Scout Shop

8:40-8:45 a.m. Welcome

9-9:45 a.m. Session 1 (select one or free time)

1. CPR/FA (Session 1 of 5 needed for this training) – Attend this American Heart Association course to become certified in first aid and CPR. All leaders are encouraged to have this training. (Class Limit: 12)
2. Daisy Level Training – This course covers in-depth information about the Girl Scout Program for your Daisies. (Class Limit: 20)
3. SWAPS - Do you know the Girl Scout lingo? If you don't know where to start when creating a SWAP, we're here to help! You'll discover new and unique ways to create "Special Whatchamacallits Affectionately Pinned Somewhere." (Class Limit: 20)
4. Shiny Awards Training – What are Shiny Awards? Attend this workshop to find out what you need to know about the Girl Scout Gold, Silver, and Bronze Awards. (Class Limit: 20)
5. Beauty DE-stress - This workshop is about how to be good to yourself and your body, and have some fun while you're at it! We will be working on recipes for homemade beauty products that you can use yourself or make with your girls. They are healthy, non-toxic, and good for the environment concoctions that you can make with what you've already got on hand: avocados, honey, flour, oatmeal, etc., if you can eat it, you can put in on your face! (Class Limit: 15)
6. Sing Along! – Learn some new and old Girl Scouts favorites. (Class Limit: 30)

10-10:45 a.m. Session 2 (select one or free time)

1. CPR/FA (Session 2 of 5 needed for this training)
2. Brownie Level Training – This course covers in-depth information about the Girl Scout Program for your Brownies. (Class Limit: 20)
3. Drums Alive (Active High Impact) - Feel and experience the pulsating rhythms, dynamic movements, and powerful percussions of this new and unique high energy dance rhythmical while drumming to the beat. (Class Limit: 20)
4. Day Camp/Twilight Camp Ideas and More – Learn the basics in planning a Day Camp/Twilight Camp for your service unit. Theme ideas, workshop ideas, safety considerations, and more! (Class Limit: 20)
5. Multi-Grade Level Leaders - If you're looking for guidance in leading a multi-grade level troop you'll find it here. (Class Limit: 20)
6. Service Unit Event Planning – Learn how to connect the Girl Scout Leadership Experience with event planning for your girls or service unit. If you're the series/event coordinator for your service unit this is the class for you. (Class Limit: 20)

11:-11:45 a.m. Session 3 (select one or free time)

1. CPR/FA (Session 3 of 5 needed for this training)
2. Junior Level Training – This course covers in-depth information about the Girl Scout Program for your Juniors. (Class Limit: 20)
3. A World of Thanks! - This course will cover easy, frequent, and inexpensive ways to recognize or thank your fellow volunteers all year long. Also learn all the details of how you can recognize others by nominating them for council awards and local service unit awards. (Class Limit: 20)
4. School Organizer Training – Are you a school organizer for your service unit? If so, this is the training for you! Learn the basics of the position and about resources available to help make your job easier. (Class Limit: 20)
5. Fall Product Program Basics – This course covers the basics of the Girl Scout Fall Product Program including paperwork and the Nut-E website. (Class Limit: 30)
6. Girl Scout Ceremonies – This course will teach you simple Girl Scout ceremony ideas. (Class Limit: 20)

12-12:45 p.m. Networking Lunch/Visit the Girl Scout Shop

1-1:45 p.m. Session 4 (select one or free time)

1. CPR/FA (Session 4 of 5 needed for this training)
2. Sew Simple: Machine Sewing (Session 1 of 2 needed) – Join Cecile Mazan to learn a simple machine sewing project for girls from an expert. Machines will be provided, but you may bring your own; please let us know if you will be bringing a machine. (Class Limit: 8)
3. Drums Alive! (Sitting Low Impact) - Come and experience powerful rhythms, percussive beats and the sheer joy of moving while drumming the beat of music in a sitting position. (Class Limit: 20)
4. Journeys 411 – This course covers the basics in understanding the Girl Scout Journeys, resources to help you with the Journeys, and how to best use Journeys as part of the Girl Scout Program. (Class Limit: 20)
5. Sing Along! – See Session 1 for course description. (Class Limit: 30)
6. SWAPS – See Session 1 for course description. (Class Limit: 20)

2-2:45 pm Session 5 (select one or free time)

1. CPR/FA (Session 5 of 5 needed for this training)
2. Sew Simple: Machine Sewing (Session 2 of 2 needed) – (Class Limit: 8)
3. Volunteer Support Coordinator Training – This course will cover the basics of the volunteer support coordinator position in the service unit structure. (Class Limit: 30)
4. Cookie Booth Essentials – This course covers what you need to know to have a successful Girl Scout Cookie Booth. (Class Limit: 30)
5. Beauty DE-stress – See Session 1 for course description. (Class Limit: 15)
6. Day Camp/Twilight Camp Ideas and More! – See session 2 for course description. (Class Limit: 20)

2:45-3 p.m. Closing/Evaluations

Girl Scouts of the Missouri Heartland, Inc.

# Learn 2 Lead Training Event

## Central Region – Jefferson City
## September 26, 2015

Please complete this registration form and return with payment. Postmark by September 4. PLEASE PRINT.

Name_____ Service Unit #_____ Troop #_____ Level _____

Address_____

City _____ County _____ State _____ Zip _____

Home Phone (_____)_____-_____ Cell Phone (_____)_____-_____

Email _____

*Confirmations, including workshop assignments, will be sent via email. If you do not have email, your confirmation will be mailed.*

**Workshops**

*Please be sure to select a 1st and 2nd choice for each session. If your 1st choice is filled and you do not list a 2nd choice, you will be assigned Free Time. Workshops are filled on a first-come, first serve basis.*

**Session 1 (9:00 a.m.-9:45 a.m.)**

_____ CPR/FA (1 of 5 required)
_____ Daisy Level Training
_____ SWAPS
_____ Shiny Awards Training
_____ Beauty DE-stress
_____ Sing Along!
_____ Free Time

**Session 2 (10:00 a.m.-10:45 a.m.)**

_____ CPR/FA (2 of 5 required)
_____ Brownie Level Training
_____ Drums Alive! (Active High Impact)
_____ Day Camp/Twilight Camp Ideas and More!
_____ Multi-Grade Level Leaders
_____ Service Unit Event Planning
_____ Free Time

**Session 3 (11:00 a.m.-11:45 a.m.)**

_____ CPR/FA (3 of 5 required)
_____ Junior Level Training
_____ A World of Thanks!
_____ School Organizer Training
_____ Fall Product Program Basics
_____ Girl Scouts Ceremonies
_____ Free Time

**Lunch (12:00-12:45 p.m.)**

**Session 4 (1:00 p.m.-1:45 p.m.)**

_____ CPR/FA (4 of 5 required)
_____ Sew Simple: Machine Sewing (1 of 2 required)
_____ Drums Alive! (Sitting Low Impact)
_____ Journey 411
_____ Sing Along!
_____ SWAPS
_____ Free Time

**Session 5 (2:00 p.m.-2:45 p.m.)**

_____ CPR/FA (5 of 5 required)
_____ Sew Simple: Machine Sewing (2 of 2 required)
_____ Volunteer Support Coordinator Training
_____ Cookie Booth Essentials
_____ Beauty DE-stress
_____ Day Camp/Twilight Camp Ideas and More!
_____ Free Time

**Event/Training Fees: Circle One**

L2L Only Fee - includes lunch and workshop supplies $ 15

CPR/First Aid Training and Lunch $ 45

**Payment Method**

_____ Check enclosed, payable to Girl Scouts of the Missouri Heartland

_____ Credit Card Credit Card Number _____ Exp. Date _____

Name on Card _____ Signature _____

_____ Financial Assistance requested. Return completed Financial Assistance form with registration.

**Please include payment with this form and postmark by September 4, 2015 to**
**Girl Scouts of the Missouri Heartland, Attn: Learn 2 Lead, 230 Metro Drive, Jefferson City, MO 65109.**