



## Training Workshop Descriptions

### **Advancing Youth Development**

This interactive training is a MUST for any seasoned or new youth worker who wants to learn more about the positive youth development philosophy. Participants will walk away from this training with a better connection to other service providers in their area, a strong grounding in the positive youth development framework, and a renewed enthusiasm to work with youth.

### **Homework Help**

Homework Help is a component of many youth programs, but often it's a time for youth to work while the adults supervise. This workshop introduces participants to the relationship ABC's and the concept of "focus". These elements help participants view homework as an opportunity to build relationships and nurture positive growth, beyond getting the work done.

### **Structure and Clear Limits**

How do you prevent chaos in a youth environment without stifling youth's positive energy? Youth need structure and clear limits in order to feel safe. In this workshop, participants analyze structure in their programs and practice identifying and maintaining clear limits.

### **Reframing Conflict**

What role do you play in conflict situations with the youth in your program? Do you know how to turn a conflict into an opportunity for growth? This workshop introduces participants to the High/Scope model for reframing conflict and general principles of conflict resolution.

### **Active Learning**

Do you know the difference between active learning and "hands-on" learning? Giving youth materials is just the beginning. This interactive workshop introduces the "ingredients" of active learning, explains the role that active learning plays in the experiential learning cycle, and helps participants create more powerful learning opportunities for youth.

### **Cooperative Learning**

Do the youth in your program have opportunities to work together in groups, teaching and learning from each other? Cooperative learning is a way to nurture youth leadership, build community, and keep things fun. This workshop will equip participants with grouping strategies and ways to think about building cooperative learning into any program offering.

## **Building Community**

Do you know what it takes to build an emotionally and physically safe space for youth? Building a safe community of peers and adults is essential for youth to learn and develop. This workshop introduces activities designed to support the community building process.

## **Planning and Reflection**

Are you engaging youth in the critical life skills of planning and reflection? Are you ready to be more intentional about including planning and reflection strategies into your program? This workshop introduces participants to powerful methods that promote youth engagement in planning, implementing, and evaluating activities and projects.

(This is a brief overview of both planning and reflection, separate workshops going into more detail, are listed below.)

## **Engaging Youth in Meaningful Planning**

Are you engaging youth in the critical life skills of planning? Are you ready to be more intentional about including planning strategies into your daily routine and activities but not sure where to start? This interactive workshop will introduce participants to powerful and easy to use methods that promote youth engagement in planning and implementing activities and projects.

## **Reflection**

Are you engaging youth in reflection? Are you ready to be more intentional about including reflection strategies into your program? This workshop introduces participants to powerful methods that promote youth engagement in remembering and evaluating activities and projects.

## **Youth Voice**

Research shows that quality programs incorporate youth input at both activity and organizational levels. This workshop emphasizes the importance of offering real choices and meaningful participation to youth, and nurturing youth leadership. The workshop focuses on providing meaningful choice and opportunities for youth input within the youth program itself.

## **Engaging Youth in Communication**

Do you communicate with youth in a way that makes them feel supported and heard? This workshop introduces various communication techniques that help you build more supportive, youth-centered relationships. Participants learn how to ask more effective questions and actively listen in conversations.

## **Encouraging Youth**

What are the differences between praise and encouragement and how can we encourage youth without passing on our own ideas and expectations are items that will be discussed in this session.

## **Ages and Stages of Youth Development**

Understanding the ages and stages of youth development is crucial to program success. What are appropriate expectations for youth of different ages and how you can design programs for a range of ages will be covered.

## **Games for Groups**

Games can be a great vehicle for teambuilding, transitions or creating energy. Come ready to play a variety of games, including active games, puzzles, team challenges and more.

## **Authentic Youth Engagement**

Authentic youth engagement goes beyond the creation of a youth advisory council. This workshop will introduce participants to the theories and research behind youth engagement, common pitfalls adults typically fall into, and suggestions on how to create effective youth/adult partnerships.

## **Celebrating Success**

All too often, we finish an event or group only to move on to the next task on the never-ending list. As tempting as it is to check off another chore, it's important to slow down and celebrate the accomplishments of youth, staff, volunteers, and organizations. This workshop will provide the theory behind celebrating successes and will help the group brainstorm simple and effective ways that can be used to slow down and appreciate the great work that's done in our community.

## **Answering Tough Questions**

Has a youth ever asked you a question that stopped you in your tracks, made you blush, or you lost sleep over? This training is for you! During this session, we will review the types of sensitive questions youth ask, discuss strategies for responding, and practice role-playing in a values-neutral method. Feel free to bring questions you've encountered as examples.

## **Engaging Youth in Service Learning**

The words "service learning" sound simple, but what do they really mean? This workshop will introduce participants to the best practices in service learning, and a step by step process that has been used to engage over 2000 youth in the creation of their own SMART service learning projects. Through this process, youth are intrinsically motivated to plan for the future while learning about and giving back to their community. Participants will also learn various ways to engage youth in reflection, a key piece of the service learning process.

**Community Youth Concepts is also able to create and/or modify sessions to fit your needs, for more information or to schedule a workshop, please contact us**