



November 6 & 7 Workshops

Sunday, November 6th

1. Putting Your Faith To Work

Presenter: Judge Colin Westman & David Seljak (UofW)

How do we live out our faith in our day-to-day work life? Is there a separation between church and workplace? Judge Colin Westman and Dr. David Seljak (St. Jerome's University) discuss their personal experiences of bringing their faith to work.

- What values do we get from our faith?
- How does faith sustain us at work?
- How does it inspire us?
- How does it challenge us?

2. Social Justice – What's Available

Presenters: Dwyer Sullivan & Students

Students obtain a broader understanding of programs available during and following high school including:

- Three possible week long high school experiences
- Following high school - an eight month "One World Experience" to Africa, Central America or India as explained by recent student participants.

Time to stop talking and start doing!

3. Making The Right Choices

Presenter: Hardy Premasukh

Our thoughts precede all actions, behaviors, emotions and choices in life. It is easy to fall into the trap of a standard response. However, if you stop and think one second more before you respond to a situation or question you can often change your action, behaviors, emotions and choices in life.

4. How To Plan An Event from Conception To Completion

Presenter: Jeannie McCarroll

This workshop will provide students with an overview of working with a team, assigning tasks and timelines to successfully plan and manage an event. Whether a dance, carnival or fundraising event, team involvement and cooperation are key and will allow students to learn and broaden their project management and leadership skills.

Monday, November 7th

1. Setting Priorities, Multi-Tasking & Time Management

Presenter: Marion Thomson Howell

The goal of the workshop is to help student leaders become more organized, efficient and balanced in their role. This session will open with a brief discussion of what it means to be out of balance and talk about strategies that back fire.

2. Effective Communications

Presenters: Secondary Staff – J. McKinnon, T. Forestell, P. Tratnyek

Presenters explore factors that enhance and impede effective communication, as well as, make suggestions for best practices that promote effective working relations. Students will also gain an understanding of the roadblocks and challenges for preparing and submitting proposals for approval. Staff will provide an outline of elements required for submitting a successful proposal.

3. Substance Abuse – Drug & Alcohol Free Activities

Presenters: Jennie Ritter, Carol Perkins, Constable Swainson

How do you know what's out there? How do you know who might be a potential target or someone already involved with illegal substances? Uncover the legal, personal and health consequences related to substance abuse and how Student Council can be part of the solution by planning activities to inform the student body.

4. Ice Breakers and Team Building Resources

Presenters: Sharon Kelly (St D) & Gerald Foran (Our Lady of Lourdes)

This workshop will provide students with an excellent framework to develop and execute activities to break down barriers and building on skills and knowledge with their teams.

5. Media

Presenter: Brian Scott, City of Kitchener

This workshop will provide insight into effectively using media to bring social justice forward. Providing the necessary information to ensure factual, interesting and thorough coverage is obtained.