



**2010**

***The 12th Annual Journey: A Young Women's Conference  
Create Your Place in The World!***

*Submitted May 5, 2010*

*By Kori Wilford, 2010 Conference Chairperson*

*[www.fortcollinsjourneyconference.org](http://www.fortcollinsjourneyconference.org)*



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# Journey Mission Statement

*Our mission is to mentor, motivate, and inspire young women in Poudre School District through a dynamic and meaningful intergenerational conference experience that empowers them to change their world.*

## Summary Statement

**Journey: A Young Women's Conference** is dedicated to the idea that women of all ages and backgrounds have much wisdom and life experiences to share with one another. The conference focuses on issues faced by adolescent girls and provides a forum for them to do the following:

- ❖ Discuss in a safe environment issues of personal growth, safety and health
- ❖ Meet women who through their lives model self-confidence and success
  - ❖ Learn new ways of dealing with everyday problems
  - ❖ Begin to create networks of like-minded young women
  - ❖ Find strength in unity

The Journey Young Women's Conference brings together women from a variety of backgrounds, ages and competencies to address issues important to the healthy, successful growth of adolescents. Journey provides young women with accessible, inspiring role models, and gives experienced women an enlightened view of the potential of today's youth. The event is designed for young women, by women, and is the only one of its kind in Fort Collins.

The Journey Conference accommodates up to 300 young women and 50 chaperones. Many students attend throughout their high school experience. Journey is entirely funded and organized by donations and volunteer support. The conference is offered free of charge to female PSD students grades 10-12 on a first-come, first served basis. The Women's Resource Center is the fiscal agent for the Fort Collins Young Women's Journey Conference.

### **Demographics of Participants at the 2010 Journey Conference:**

46.5% Caucasian/White  
30.2% Hispanic/Latino  
2.3% African American/Black  
2.3% Asian  
2.3% Native American  
1.8% Middle Eastern  
1.8% Pacific Islander  
1.3% Other

## **2010 Journey Conference Steering Committee**

Judy Filusch, American Association of University Women

Peg Frohberg, Community

Cate Jesser, Recent PSD Graduate

Karen Perez, PSD Student

Jeanette Yanez, PSD Student

Marsha Kaplan, Retired Social Worker

Judy Lilly, Retired PSD Teacher

Lynda Lloyd, Community/Retired Teacher

Amy Hahn, Community

Linda Maher, Community

Brownie McGraw, Larimer County Department of Justice

Ashley Mertz, CSU Student

Amanda Mills, Poudre School District/Sexual Assault Response Team

Lizzy Slatt, Sexual Assault Victim Advocate Center

Karen Streeter, American Association of University Women

Maggie Tibbetts, Therapist

Kori Wilford, Larimer County Department of Health

Annette Zacharias, Women's Resource Center

**February 23, 2010**  
**Journey Conference Schedule**

- 8:00 Girls arrive at Marriott
- 8:30 Welcome and Announcements
- 8:35-9:10 Keynote Address-Dawn Duncan**
- 9:10 Break/students find breakout session rooms
- 9:20-10:15 Breakout Session One***
- 10:20-11:15 Breakout Session Two***
- 11:15-11:45 Lunch/Pasta and Salad Bar
- 11:45-12:05 Lunchtime Presentation-*Three Cups of Tea* video presentation**
- 12:15-1:10 Breakout Session Three***
- 1:15-2:00 Capstone Presentation-Comedy Improv**
- 2:00-2:10 Thanks, evaluations, closing
- 2:10 Bus transportation of girls back to schools

# Overall Evaluation of Conference

Rate **each** question from 1 to 5, with **1 as the lowest and 5 as the highest** evaluation you would give.

The keynote address in the morning by Dawn Duncan was:

1      2-1%   3-13.8%      4-30%   5-55.3%

The "Improv Comedy" capstone presentation at the end of the day was:

1      2      3-2%   4-10.9%      5-87.1%

My overall evaluation of this conference is:

1      2      3-3%   4-19%   5-78%

I would attend again next year if possible:

**100% of respondents said "absolutely" or "probably" or "I'm a senior this year"**

I would recommend this conference to a friend:

**100% of respondents said "absolutely" or "probably"**

List one thing you learned today that will help you.

- Be more confident (40)
- I learned about safety when tattooing or piercing (25)
- Follow your dreams (20)
- About healthy eating, the food rainbow (17)
- That dancing can be exercise! Zumba! (12)
- Never give up (15)
- Be comfortable in your own skin (14)
- That how I dress says alot about who I am and what I'm feeling (10)
- We can do anything, girls can do anything (8)
- To respect all girls (7)
- Be yourself and stand out (6)
- I can express myself through art (6)
- Not to let a boy get in the way of my dreams (5)
- To value myself
- My body and my body only
- To focus on myself. I am important!!
- Peace of mind is a great thing
- Be a friend, keep positive
- Push yourself and don't let anyone stop you
- Your body is your own to cherish
- I can be a powerful and beautiful woman

- That confidence is the fuel that gets you everywhere
- Today I learned that dream killers have no place in my life.
- That I should not be a bully and should forgive. Thanks, Joslyn.
- That everything I want starts with me and I can be what I want to be.
- Thinking about what I might do if I didn't worry about failing.
- This conference put some things into perspective for me.
- Not to cause drama
- To keep my goal in mind
- To help all women
- When you strip away all of the distractions of life, you are left with yourself.
- Empowerment is important!
- Love yourself and don't be mean
- To be myself and keep my head straight
- Projecting what you want people to think doesn't work
- To be happy with myself
- Respect yourself and dream
- That even though you may not think someone is paying attention to you, there is.
- Girls can do anything
- I learned to laugh at myself
- Confidence is key to success
- Women are powerful
- Yoga is about finding yourself
- To express emotions in different ways through art and or writing
- I can make my own decisions and solve my own problems
- That what I focus on expands
- Girls CAN get along!
- That I need to surround myself with strong women
- To focus on myself because I am important to the world
- How to work as a group with other girls
- Not to hide who I really am
- That appearance is not the most important thing
- Not to use a piercing gun-ever!
- How to deal with women and "queen bees"
- That we need to make time for ourselves and relax

**Please identify one of the women you heard today who models self-confidence and success for you.**

- Dawn Duncan (42)
- Ryan Corely (38)
- Rachael Jayne Groover (30)
- Improv Comediennes (29)
- Joslyn McGriff (25)
- Ena Burrud (20)
- Lisa Scott (20)
- Yvette Stahr (8)
- Christine Christman (2)

- Lynda Lacher (2)
- Lindsey Melsen and D Allen (2)
- Every girl that was a part of the Journey Conference

**What would you like us to offer in future years?**

- keep doing what you're doing/nothing (38)
- relationships/guys/dating/making relationships work sessions (23)
- breakfast (18)
- more art sessions (6)
- Drums! (5)
- Queen Bee class again (3)
- Queen Bee class should be mandatory for all participants
- cooking class-hands on (5)
- better food (6)
- health session offered in English (4)
- condoms (9)
- more sexual health and sexual identity sessions (3)
- authors and book talking
- recycling (7)
- a football/sports class (4)
- more dance (6)
- something with music (5)
- more opportunities to interact with other conference participants (8)
- tables for lunch (18)
- Zumba (6)
- more about diversity and tolerance (3)
- more interaction in classes (12)
- more women on international panel
- body and face painting
- more giveaways/gifts
- money
- business sessions
- writing/journaling
- be careful having loud sessions next to quiet ones
- more help with my life and anger
- more hands on activities like the jewelry making
- Qdoba bar for lunch
- some sort of "get to know each other" in each session
- put us in a circle instead of rows next time
- women in the military
- women and disabilities--opportunities for success
- martial arts

**Would you like to be part of the Journey Planning Committee next year?**

- 54 participants indicated YES and provided contact information

# Main Sessions

## **Journey Conference 2010 Keynote Address**

Dawn Duncan, Owner of Broadreach Recruiting and Consulting

No matter what it is you want from life--you can get it. You can create your world by following your *own* dreams and doing things *your* way. In this fun and interactive session, Dawn will help you understand that having confidence and being your own unique person is the key to getting what you want and becoming who you want to be. YOUR wildest dreams *are* worth going after!

*85% of survey respondents said Dawn was great or excellent.*

## **Journey Conference 2010 Capstone Presentation**

We are excited to have the amazing talent of Sara Alan and Pam Farone, who will perform a series of improvised scenes that explore topics unique to Journey participants. After a lively question and answer session with audience members, Sara and Pam will weave together scenes and stories based on audience input to create a fun, interactive, customized improvised show.

*87% of survey respondents said the Sarah and Pam were great or excellent.*

# Breakout Sessions

## **Health-For Girls Only!**

**Summer Laws, Claudia Nichols, Dr. Deborah Archer** *(Presented in Spanish with English interpretation)* This is your chance to sit down with women experts and get the information you need! Learn about girl-specific issues and topics that you might be too embarrassed to ask anyone else! Get ready to go way beyond what you've learned in health class.

*100% of survey respondents said this session was great or excellent.*

*100% said the presenters were great or excellent.*

*100% would definitely recommend this session to a friend.*

**Select Comments:**

- *I will be safe when I decide to have sex by always using protection and also make sure to get regular exams.*
- *How to protect myself and take care of my body and health.*

## **The Body Doesn't Lie: Yoga**

**Ena Burrud** Yoga teaches us how to slow down a racing mind, how to breathe in ways that change our moods, and how to move our bodies to express our deepest feelings. For all body types, abilities and fitness levels.

*100% of survey respondents said this session was great or excellent.*

*100% said the presenter was great or excellent.*

*100% said they would definitely or probably recommend this session to a friend.*

**Select Comments:**

- *I learned that you're beautiful and perfect just the way you are and have control of your life and your body.*
- *Couldn't have had a better instructor! She related well to the girls.*

## **Zumba**

**Yvette Zahr** Zumba combines high energy and motivating music with unique moves and combinations that allow participants to dance away their worries. Add some spice and flair to exercise! This Latin based group exercise class is fun and easy to do.

*100% of survey respondents said this session was great or excellent.*

*100% said the presenter was great or excellent.*

*100% said they would definitely or probably recommend this session to a friend.*

**Select Comments:**

- *Dancing is fun and healthy!*
- *It is good for your body to always keep it moving!*
- *The presenter was so fun and influenced me to get active and healthy.*

## **Express Yourself: The Art Journal Experience**

**Christine Christman and Jennifer Davey** This session introduces the concept of art journaling and touches on vehicles through which we express and understand ourselves. You will gain self awareness and create your own art journal page.

*100% of survey respondents said this session was great or excellent.*

*100% said the presenters were great or excellent.*

*100% said they would definitely or probably recommend this session to a friend.*

**Select Comments:**

- *This makes me want to start journaling more and express myself in a healthy way.*
- *I cannot even describe how great this session was. It was fun and inspiring beyond what I expected.*
- *I enjoyed getting to connect with other women while in this session.*

## **Healthy Cooking**

**Lynda Lacher** This session will provide quick, easy, and healthy techniques for delicious cooking. Learn important skills for preparing food on the go! Samples are included in this yummy session.

*86% of survey respondents said this session was great or excellent.*

*90% said the presenter was great or excellent.*

*81% said they would definitely or probably recommend this session to a friend.*

**Select Comments:**

- *I should make my plate more colorful with fresh foods.*
- *Eating a rainbow of foods will help me look and feel better.*
- *It's not as difficult as I thought it would be to make healthy food choices.*

### **It's Your Body...Decorate it! (or not!)**

**Ryan Corley** Interested in getting a tattoo or piercing? In this session, the emphasis will be on ownership of your own body and respecting yourself. Safety and sterilization procedures, as well as how to make good choices when considering a tattoo or piercing, will be discussed.

*100% of survey respondents said this session was excellent.*

*100% said the presenter was excellent.*

*100% said they would definitely or probably recommend this session to a friend.*

**Select Comments:**

- *This session gave me good information that I would not have ever considered before today.*
- *It's important to think about safety when it comes to tattoos and piercings.*

### **Feel Confident and Empowered**

**Rachael Jayne Groover** Discover how to look and feel more confident, healthy, and radiant when you walk into a room. You'll learn how to develop a physical and energetic presence that attracts the attention you want--and learn how to feel more comfortable with receiving positive attention.

*98% of survey respondents said this session was great or excellent.*

*100% said the presenter was great or excellent.*

*100% said they would definitely or probably recommend this session to a friend.*

**Select Comments:**

- *This truly was cool and helped me feel more confident and good with myself and my body.*
- *The presenter was great. She knew what she was talking about. I felt a connection.*
- *I don't have much confidence and this session has given me some great advice.*
- *Amazing, amazing presenter.*

**International Women's Panel** Meet women from countries around the world who will explain what it was like growing up—what they loved most about their country and what things they didn't like. They will also answer questions regarding their adjustment to living in the USA--the trials, tribulations, and joys of moving to a new place.

*100% of survey respondents said this session was great or excellent.*

*100% said the presenters were great or excellent.*

*100% said they would definitely or probably recommend this session to a friend.*

**Select Comments:**

- *I'm so excited that Fort Collins can accept all people no matter what.*
- *It was very informative. I enjoyed hearing the difference in life as well as similarities.*
- *It was very interesting to hear what these women went through.*

### **Heathers, Queen Bees, and Mean Girls**

**Joslyn McGriff** Explore the dark side of female friendship rivalry-when competition is healthy and when it isn't. Learn useful strategies to stop unhealthy competition and forge a new kind of relationship with the other women in your life.

*96% of survey respondents said this session was great or excellent.*

*98% said the presenter was great or excellent.*

*100% said they would definitely or probably recommend this session to a friend.*

*Select Comments:*

- *Mainly the positive attitude the presenter had struck me. I would really like to be as positive as she is. I have not been hurt like she was, but I'm kind of a floater and don't quite fit in.*
- *The session was very meaningful! I loved it!*

### **Look Good= Feel Good**

**Renee Jelinek** What you wear says a lot about who you are, and how you feel about yourself. What are you saying? Learn how to dress for any occasion so that you have confidence and portray a positive self image. You'll learn how small details can make a big difference in what you're saying to the world.

*98% of survey respondents said this session was great or excellent.*

*95% said the presenter was great or excellent.*

*100% said they would definitely or probably recommend this session to a friend.*

*Select Comments:*

- *It's always good to be yourself.*
- *The clothes I wear describe how I'm feeling, so it's important to reflect that.*

### **Jewelry Making**

**Angela Wasserman and Jeanette Trytek** Ever wish you could have a perfect piece of jewelry but can't find anything that matches all of your tastes? As you work with metals, clay, and even little pieces of random stuff, this session will teach you how to make jewelry that truly reflects who you are.

*95% of survey respondents said this session was great or excellent.*

*94% said the presenter was great or excellent.*

*99% said they would definitely or probably recommend this session to a friend.*

*Select Comments:*

- *That I could make a living doing what I love to do.*
- *The presenter was very helpful and knowledgeable about her craft!*
- *This teaches you to be unique and express yourself.*

### **Sexuality and Gender Issues**

**D Allen and Lindsay Melsen** Know someone who is struggling to feel comfortable about their sexuality or gender because they don't feel they "fit?" This session offers an open discussion in a supportive environment about the broad spectrum of human sexuality and gender identity.

*96% of survey respondents said this session was great or excellent.*

*95% said the presenter was great or excellent.*

*98% said they would definitely or probably recommend this session to a friend.*

*Select Comments:*

- *This subject is important!!*
- *I learned that it is OK to be different.*

# Expenses

**Journey Conference  
Detailed Income and Expense Report  
2010 Conference**

**Monetary Donations/Grants**

<b>Fund Source</b>	<b>Amount</b>
<b>Bohemian Foundation-Event Fund</b>	<b>1500.00</b>
<b>Shelly Hill, Realtor</b>	<b>1000.00</b>
<b>Individual Donations</b>	<b>2780.00</b>
<b>Total Donations/Grants for 2010 Conference</b>	<b>\$5280.00</b>

**Total Funds Available for 2010 Conference:**

<b>Journey Account/ Balance Forward</b>	<b>620.44</b>
<b>Pre-Paid Deposit to Marriott/Balance Forward</b>	<b>500.00</b>
<b>Donations/Grants for 2010 Event</b>	<b>5280.00</b>
<b>Total Funds Available for 2010 Conference</b>	<b>\$ 6400.44</b>

**Journey Conference Expenses  
2010**

<u>Expenses</u>	<u>Amount expended</u>
<u>Conference Supplies</u>	
(labels, nametags, speakers materials and reimbursements, miscellaneous)	281.57
<u>Printing</u>	
(registration brochure, conference program, speaker hand- outs, evaluation surveys, misc. printing)	508.83
<u>Event Venue</u>	
(Marriott rental, a/v equipment rental, snacks, lunch, service)	5751.85
<u>Marketing/Advertising/Fundraising</u>	
(web site/annual cost)	129.50
<u>PayPal Donation Fees</u>	
(for online donations via website)	34.62
<u>Marriott sales tax credit</u>	(361.19)
<u>Total Conference Expenses</u>	<b>\$6345.18</b>

*Ending Fund Balance/Women's Resource Center /Journey Account: **\$55.26**  
5/10/2010*

**Additional Conference Costs Paid By Other Sources**

**In-kind  
PSD Support  
2010**

<b>Service/Expense</b>	<b>In-Kind</b>	<b>Fund Source</b>	<b>PSD Support</b>
<b>Transportation Buses To/From Marriott</b>		<b>\$600.00</b> <i>Bohemian Foundation Field Trip fund Directly provided to PSD Transportation Services</i>	
<b>Registration Brochure/Graphics</b>	<b>\$500</b> <i>10 hours Kristin Pintauro Graphics</i>		<b>\$100</b> <i>2.5 hours PSD Graphic Services</i>
<b>Substitute Teachers</b>			<b>\$1,300</b>
<b>Sign Interpreters</b>			<b>\$300</b>
<b>Speakers Gifts</b>		<b>\$225.00</b> <i>Linda Lloyd and Peg Froberg</i>	
<b>Goody Bags</b>	<b>\$1,000</b> <i>in coupons, snacks, cosmetics, goody bag items</i>	<b>\$200</b> <i>Whole Foods gift card</i>	
<b>300 Logo Water Bottles</b>		<b>\$700</b> <i>from PVHS Foundation</i>	
<b>Fort Collins Marriott-Venue</b>	<b>\$2,000</b> <i>in rental fees, service fees, and equipment charges</i>		
<b>300 Participant Folders</b>		<b>\$120.00</b> <i>Larimer County Sheriff's Office purchased</i>	
<b>Totals</b>	<b>In Kind Support \$3,500</b>	<b>Expenses paid by other sources \$1,845</b>	<b>PSD Covered Expenses \$1,700</b>

*Total Costs Covered From Other Sources (in kind, transportation grant, PSD) \$ 7045.00*

*Total conference costs, including conference expenses, in kind support, expenses paid by other sources/donations, and PSD covered expenses \$ 13,390.18*

**Conference speakers/presenters and the steering committee contributed an estimated 600 volunteer hours to the organization and implementation of the conference.**