

What is it?

The Fort Collins Journey Conference is a free, one-day conference for up to 300 young women in grades 10 – 12. The conference is a collaborative effort for young women by women in the community.

This fun-filled, information-packed conference will provide girls with hands-on experience in breakout sessions on various topics.

The purpose of the conference is to provide a safe environment for girls to:

- discuss issues of personal growth, safety and health
- meet women in the community 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.

Where will it be held?

The conference will be held at the Fort Collins Marriott Hotel.

How much does it cost?

The conference is offered at no cost to participants. Generous organizations, businesses, and individuals donate funds to make Journey possible each year.

If you would like to make a tax-deductible donation, you may attach a check, payable to "Journey Conference," to your registration form or visit www.fortcollinsjourneyconference.org.

How do I register?

Approximately 300 students will be invited to attend this year's conference on Tuesday, February 23. Applicants should complete the attached form and return to the counseling office (or designated person at your school) **no later than noon on February 10.**

What do I wear?

This is a professional conference. It is important to dress respectfully. Dress as you would for school.

How do I get there?

Transportation to and from the conference will be provided by Poudre School District. Participants are required to ride the bus both ways. You will be chaperoned and returned to your school in time to meet your busses.

What about my school absence?

Girls who attend the conference will be given a "school excused" absence. However, making up any work missed will be your responsibility.

Create Your Place in the World!

12th Annual Event!



Journey

a young women's
conference

Tuesday, February 23, 2010

8 a.m. – 2:30 p.m.

The 12th annual day-long conference for young women in grades 10 – 12.



Schedule of Events

Tuesday, February 23, 2010

Fort Collins Marriott

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!

Breakout Session I

Breakout Session II

Lunch Provided

Lunchtime Presentation

Enjoy lunch on us and a local Mexican Folk Dancing Group while you eat and spend some time with girls and women from around Fort Collins.

Breakout Session III

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.

Breakout Sessions

Please select your top **six** breakout sessions. You will be scheduled for at least two of your requested sessions. Please mark your preferences 1 through 6 (1 = top priority, 2 = second priority, etc.) on attached registration.

Health-For Girls Only!

(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.

The Body Doesn't Lie

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.

Zumba

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.

Express Yourself: The Art Journal Experience

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.

Healthy Cooking

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.

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

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.

Feel Confident and Empowered

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.

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.

Heathers, Queen Bees, and Mean Girls

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.

Look Good = Feel Good

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.

Jewelry Making

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.

Sexuality and Gender Issues

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.

For complete session descriptions, go to www.fortcollinsjourneyconference.org

Complete form and return it to the counseling office by noon on February 10th

Registration Form

(Please Print)

Student's Name (Last/First)

Age _____

Grade _____

School _____

ID # _____

Please mark your preferences 1 through 6.

1. Health-For Girls Only! (Spanish) _____
2. Yoga _____
3. Zumba _____
4. The Art Journal Experience _____
5. Healthy Cooking _____
6. It's Your Body...Decorate it! (or not!) _____
7. Feel Confident and Empowered _____
8. International Women's Panel _____
9. Heathers, Queen Bees, and Mean Girls _____
10. Look Good = Feel Good _____
11. Jewelry Making _____
12. Sexuality and Gender _____

Release: In consideration of this application being accepted, I hereby release and discharge any and all rights and claims for damages which I or my daughter may have against the sponsors, organizers, agents and volunteers of the Journey Conference for any injuries of any kind that I or my daughter may incur as a result of participation in the Journey Conference. I understand that it will be my responsibility to pay for any emergency services that I or my daughter might require during the Journey Conference.

I understand that the Journey Conference will be photographed by a designated photographer. Photos may be used in promotional materials, reports, and/or other printed materials relating to the Journey Conference. Names will not be used with any published photographs.

I further understand that the Journey Conference is sponsored by Poudre School District and agree that it shall have no liability of any kind in relation to my, or my daughter's participation in the Journey Conference.

Signature _____

Date _____

(Parent/guardian must sign if student is under 18 years of age.)



a young women's
conference