

LCORT 2013
Happy Birthday California 4-H: Celebrating 100 Years of Building Leaders
Friday, January 25 - Sunday January 27, 2013
Wonder Valley Ranch & Conference Center -- Sanger, California

South Central Section Leadership Teams & Advisors,

We are excited to announce that there are currently **12 leadership opportunity workshops** available during LCORT. Leadership teams need to select their three top choices from the activities/workshops listed below and submit their choices by **Friday, October 19, 2012**. Other workshop topics will be available upon request, providing they meet the theme criteria. Early sign-up is appreciated and will assist us in confirming assignments to counties. This year's LCORT theme is "Happy Birthday California 4-H: Celebrating 100 Years of Building Leaders."

WORKSHOP OPPORTUNITIES:

Sessions are **30 minutes** long* and will be presented 12 times. We recommend 5 minutes for an introduction, 15-20 minutes for the activities, and 5 minutes to review, wrap up, and close the session. Keep in mind that your participants will be 7th-, 8th-, and 9thgraders and sessions need to be interactive. Handouts are recommended. The topics suggested below have brief descriptions of our expectations. *Your team may also propose a topic that is not listed, but final approval is at the discretion of the LCORT staff.*

*Session 1 will be extended by 10 minutes to allow time for an ice breaker. All workshops will include the same ice breaker, which will be selected by the LCORT staff. Details on this will be provided in December.

WORKSHOP ROOM ASSIGNMENTS:

Please see the attached map and chart for your team's workshop room assignment.** The chart includes information on the size and location of each room, whether the projection screen is built-in or portable, etc. These factors may influence your choice of topic and how you present it. *If you feel that a different room would be more suitable, you can ask the team assigned to it if they are willing to trade—just be sure to let LCORT staff know about the change when you submit your proposal.*

**Since 2012, counties have rotated through the available workshop rooms. The 2011 room assignments were used as the baseline.

WORKSHOP TOPIC OPTIONS:

Best Practices of Exemplary Leaders

Research and teach some of the methods that effective leaders use to involve others in reaching extraordinary goals. How do leaders create a climate in which people turn challenging opportunities into remarkable successes?

Collaborative Leadership

Leadership sometimes falls to a group, rather than to an individual. Develop a workshop that explores the principles of collaborative leadership. Consider comparing collaborative leadership to traditional leadership, and/or with simple cooperation within a group. What changes occur when leaders work in a unified way?

Communication: Active Listening

Research and teach techniques for improving understanding and cooperation through establishing feedback between the listener and the speaker.

Communication: Establishing Connections

Research and teach how to introduce yourself to strangers in social or business situations, initiate conversations, engage in small talk, and remember names.

Conflict: Its Positive and Strategic Uses

Conflict occurs constantly, and progress is impossible without it (for example, Thomas Edison's conflict with oil lamps led him to invent the electric light bulb). Research and teach strategies for identifying and harnessing conflict's power to spark creativity.

Conflict Resolution

Research and teach techniques for remaining calm when dealing with difficult people and situations.

Dealing with Change

How does change affect different individuals and groups? Design a workshop that guides delegates as they identify, define, and develop strategies for managing various types of change.

Decision Making

Research and teach techniques for making wise and effective decisions.

Fun with a Purpose

Research and teach about the different categories of ice-breakers, and how each category addresses a different aspect of team-building. Simply teaching a random selection of ice-breakers will **not** fulfill the goal of this workshop.

Goal Setting

Research and teach the importance of setting short- and long-term goals, and how to reach them.

Healthy Living

Research and teach essential aspects of healthy living, with an emphasis on its influence on the ability to lead.

Individuality and Self-Esteem

Research and teach strategies for building self-confidence based on each individual's genuine strengths, accomplishments, and interests.

Interviews

Teach delegates how to prepare for a successful interview—whether for a 4-H position, scholarship, or job. Include tips on such essentials as how to dress, writing resumes and cover letters, and seeking letters of reference.

Mentoring

Most successful people have had a mentor, but what exactly does a mentor do? Research the attributes of good mentors, and develop a workshop to teach older 4-H members how they can become role models and exert positive influence, within their clubs and beyond.

Parliamentary Procedure

Teach how to use "Roberts Rules of Order" to run effective meetings. Consider including tips on issues such as noise management, and maintaining the interest of members of widely varied ages.

Planning Fun Project Meetings

Research and teach techniques for making project meetings fun as well as informative and productive.

Public Speaking

Teach delegates how to overcome their fear of public speaking through proper preparation.

Resisting Negative Peer Pressure

Research and teach strategies for resisting social pressures that lead to drug and alcohol abuse, and other self-destructive behaviors; then help delegates identify positive ways of dealing with stress and temptation.

Setting Priorities and Staying Organized

Research and teach the importance of setting priorities, plus organizational techniques that will help delegates meet multiple obligations.

Social Media

How do social media affect teens today? Research and teach how teens can identify and minimize risks associated with accessing social media sites via computers, smart phones, gaming systems, and other digital devices, while still taking advantage of the resources and opportunities they provide.

Teambuilding and Trust

Trust is an essential ingredient of sustainable success, as well as a strategy for increasing both efficiency and effectiveness. Create a workshop on how to develop trust within leadership roles and groups. Identify the benefits of creating trustworthy relationships. You may also want to consider teaching the value of trust, the consequences of distrust, and the behaviors that build or destroy trust.

Transforming a Negative to a Positive

Even one person with a negative attitude can undermine the creativity and productivity of an entire group. Negativity can even be the foundation of bullying behavior. Research and teach effective strategies for spotting negative attitudes (sometimes they can be subtle), identifying their causes, and developing ways to help people redirect their thoughts and behaviors in positive ways. Don't forget methods for helping people to recognize when they are the ones draining energy from the group.

SUBMITTING YOUR WORKSHOP PROPOSAL:

The deadline to sign-up for any of these sessions is **Friday, October 19, 2012** via the online survey tool at <http://ucanr.org/lcort.topics.2013>

After you receive confirmation of your session topic, a **detailed outline** of your plans and sessions **MUST** be submitted by **Monday, December 3, 2012** by e-mail or post mail. Note that a video of your session **MAY** be requested and required for session approval. All opportunities will be assigned to best serve the overall needs of the conference. If you have any questions, please contact Pauline Smoke via the Fresno County 4-H Office.

**Thank you,
Ashley Abrahamson
Carson King
Keeley Phillips
LCORT Youth Chair, 2013**

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