



2017 SYMPOSIUM WORKSHOP DESCRIPTIONS

1) INTERNET SAFETY ON SOCIAL MEDIA

WORKSHOP PRESENTER: **Amber S. Hawkins, M.Ed (HR Spec)**, President/CEO, Your Computer Needs of Toledo, LLC, Toledo, OH.

Workshop Description: Social Media has advanced over the years, and so have the dangers of it. The aim of this workshop is to bring forth awareness to parents and adolescents of Social Media and Internet safety. With the increase in tactics such as cyber bullying, hacking, and fake accounts, in turn so must safety measures. Finally, this workshop will expound on the current increased number of Social Media sites and how to step up the safety game for the child and the parent.

Learning objectives: Participants will know:

1. The top 7 Social Media sites and their purposes
 2. The increase and meanings of cyber bullying, fake accounts, and hacking
 3. Safety techniques for social media
 4. How you can collaborate with your children to become more effective on Social Media.
-

2) WHO WANTS TO BE A WOMEN'S HISTORY MILLIONAIRE?

WORKSHOP PRESENTER: Carolyn Wilson, W.O.W. Planning Circle

Workshop Description: Attend this workshop for a fun and entertaining way to review milestones in the history of women and for a chance to win fabulous prizes (or if not fabulous, at least fun). Playing a version of "Who Wants to Be a Millionaire" participants will answer trivia questions and review or learn about the history of women and all our tremendous accomplishments. No previous knowledge is necessary nor should anyone feel intimidated, as there will be lots of "ask the audience" lifelines. March is Women's History Month- come celebrate!

3) WE CHANGE OUR LANGUAGE, WE CHANGE OUR LIVES

Workshop Presenter: Dr. Cathy L. Shaffer, CEO; The Next Level Techno, LLC

Workshop Description: Too often we speak to ourselves in a disagreeable manner (consciously and subconsciously). Then, we turn right around and let others speak to us in a disagreeable fashion. We must “Stop The Madness!” And, we will then know We (Can/Will) Change Our Language, (Therefore) We Change Our Lives. Come check this session out and I promise you will be a “New You.”

Learning objectives:

- 1) Stop the Unacceptable Self-Talk
 - 2) Only Speak Positivity To Yourself
 - 3) Don't allow others to speak to you unless it is (a) positive (self-critique); and that is positive coming from friends/loved ones);
 - 4) Positive Visualization.
-

4) The Lies That Blind “Pick Your Pain”

Workshop Presenter: Crystal Harris; LaDonna Knabbs; Alexii Collins

Workshop Description: Pain of sacrifice & discipline or the pain of the consequences of seeking instant gratification. This workshop will discuss and process the choices you make, and how those choices can impact your life. This workshop will help youth understand that they are going to have pain in this life no matter what choices they make. They will have either the pain of sacrifice and discipline or the pain of the consequences for seeking instant gratification. This group will include two presentations after the foundation has been laid. One person will discuss the pain she endured going to college, struggling for six or eight years, and the results. The other person will discuss the pain she endured being shot, losing everything he or she had accumulated, and going in/out of prison for most of his or her life.

Pick your Pain gives you two scenarios you can:

- Pick the pain of education or the pain of poverty.
 - Pick the pain of looking for love and acceptance in all the wrong places or the pain of learning to love yourself and waiting for true love and friendship.
 - Pick the pain of being like everyone else or the pain of being true yourself.
-

5) Powerful Stories Project: Abortion Stigma & the Strength in Sharing

Workshop Presenter: Hillary Gyuras, Community Education Manager, Planned Parenthood of Greater Ohio

Workshop Description: Abortion stigma remains a consistent barrier to reproductive health care access, including abortion care, in the United States. Abortion stigma manifests itself in multiple facets of society and is sometimes difficult to recognize. Planned Parenthood continues to work on initiatives to point out

stigma where it exists, combat it, and protect access to sexual and reproductive health and rights. The purpose of this presentation is to provide the audience with accurate information regarding abortion care in the United States, to clearly define stigma, and to outline Planned Parenthood's work in relation to abortion care and stigma. It will then explore the ways in which stigma creates barriers to this care, as well as encourage participants to think about the ways in which they perpetuate stigma, intentionally or unintentionally. Finally, participants will investigate the many ways in which they can become involved in fighting abortion stigma and protecting access to reproductive health care, including abortion.

6) Everything Credit

Workshop Presenter: Michelle Gorsuch, Experienced coach and Financial Opportunity Center (FOC) Site Administrator currently serving at ProMedica's Ebeid Institute

Workshop Description: This interactive workshop demystifies credit by addressing common misconceptions about what it is and what it can help you achieve.

Learning objectives:

Participants will learn how to use credit as an asset to help them achieve their individual financial goals.

After participating in this course you will be able to:

- Describe the purpose of a credit report and how it is used;
 - Describe the purpose of a credit score and how it is used;
 - Order a copy of your credit report;
 - Read your credit report;
 - Identify ways to build and repair your credit history.
-

7) How to Be A Trailblazer While Being Yourself!

Workshop Presenter: Ronda Cobb, BSME; Money Coach, Independent O&P Solutions, LLC

Workshop Description: As NW Ohio's first female US Service Academy graduate who was nominated from a rural school by a Republican Congressman, I think I can tell you about being a trailblazer! Attendees will be enthralled by the stories of going to a Federal Academy as a "girl" and travelling the world all prior to my 21st birthday. Have you been to Borneo? Singapore? Italy? Greece? Syria? Egypt? I have and I can tell some stories. People who hear them don't believe them, but they are true. The best part is I got a FIRST CLASS college education at a 100% scholarship. I'm a private person and I have never talked about this experience before, so I doubt this program will be repeated.

Learning objectives: This program will:

1. Be entertaining
2. Require a world map and increase attendees geography knowledge

3. Encourage young, smart women of all economic groups to STAY IN SCHOOL and perform to the highest standards.
 4. Tell attendees how to enter into the selection process for US Service Academies.
-

8) Language of Empowerment to End Gender Violence

Workshop Presenter: Arielle Patty, Community Outreach & Education Specialist; The Cacoon

Workshop Description: Join us to become a leader in the movement to end gender violence! We all are part of a society that continues to perpetuate myths around sexual and domestic violence. We will discuss how the language that we use impacts survivors, and how to change our language to engage our peers. This workshop will give you the tools to be a leader in your school, in your workplace and in your community. We will focus on understanding the basics of sexual and domestic violence, empowering survivors of all identities, and how to change our culture, starting with you! Whether you want to reach millions or just your friends, we can all be part of the solution.

Learning objectives:

1. Learn language of empowerment in the movement to end gender violence. This will be broken into two areas: language that is empowering for survivors and language that is inclusive
 2. Gain tactics and strategies to strengthen your skills as an activist, specifically around engaging peers
 3. Discuss concrete ways to change the culture around gender violence, on both the macro and micro levels.
-

9) Women's Self-Defense

Workshop Presenter: Mary Jo Feldkamp, Head Instructor; Toledo/Temperance Martial Arts

Workshop Description: Build confidence, knowledge and awareness. Basic techniques that can be used by all body types and fitness levels to defend yourself.

Learning objectives:

1. Learn the mental and physical aspects of creating awareness
-

10) Honoring Gloria Steinem: Toledo's Own Global Feminist

Workshop Presenters: Dr. Deborah Swartz, Dr. Susan Shelangoskie

Workshop Description: This workshop will introduce Gloria Steinem's feminist ideas about inclusion, intersectionality, activism and community building. Using these ideas, participants will develop and facilitate

their own “talking circles,” a strategy Steinem recommends we use to include diverse voices, empower each other, and develop positive solutions to societal problems.

Learning objectives: Participants will:

- 1) Develop an understanding of Steinem’s feminist ideas about inclusion, intersectionality, community building and activism
 - 2) Be able to develop a “talking circle” related to Steinem’s ideas
 - 3) Be able to facilitate a “talking circle”
-

11) Heaven Help Us

Workshop Presenter: Vera Taylor, Evangelist; Calvary Assembly of God

Workshop Description: How do we stay positive during perilous times? With all the challenges facing our society, we need to know that we still have hope and that our faith will sustain us.

Learning objectives:

- 1) Learn how poetry can be inspiration
 - 2) Learn how to recite a scripture for comfort
 - 3) Understand when to contribute to make a difference
 - 4) Understand that we need someone spiritual that we can lean on
 - 5) Know that our good efforts are not in vain
-

12) HerStory In Stamps

Workshop Presenter: Dr. Frances C. Collins, Retired Public Schools Administrator

Workshop Description: Historian and Philatelist, Dr. Frances C. Collins will discuss African American women trailblazers who are honored in U.S. Postage Stamps and share examples of her extensive collection.

Learning objectives: This workshop will:

1. Ensure African American women trailblazers are included in the Women’s History Month discussion
 2. Emphasize that “our history is our strength”
 3. Stress the importance of including the contributions women have made to United States history
-

13) When Someone In Your Life Has Cancer

Workshop Presenter: Jean Schoen, Founder/President; Cancer Connection NOW, Inc.

Workshop Description: Everybody knows somebody with cancer. But do you know what to do when someone has cancer? How do you help? What do you say?

Learning objectives: Participants will know:

1. What to say and not to say to someone who has cancer
2. How to help
3. How to explain cancer to children