



**MICHIGAN'S AMERICORPS
MEMBER CELEBRATION
THURSDAY, NOVEMBER 14, 2019
9:30AM – 4:30PM * LANSING, MI**

“Living with Passion!”

AGENDA

- | | |
|-----------------------|--|
| 8:30–9:30 a.m. | REGISTRATION / EXHIBITOR NETWORKING |
| 9:30 a.m. | KICKOFF
<i>WITH REMARKS FROM CHESTER SPELLMAN, DIRECTOR OF AMERICORPS, CORPORATION FOR NATIONAL & COMMUNITY SERVICE</i> |
| 10:30 a.m. | BREAK / EXHIBITOR NETWORKING |
| 10:45 a.m. | WORKSHOP BLOCK I |
| 12:00 p.m. | BREAK / EXHIBITOR NETWORKING |
| 12:15 p.m. | LUNCH PLENARY / KEYNOTE
<i>FEATURING <u>LUKE WYCKOFF</u>
FOUNDER/CHIEF VISIONARY OFFICER
SOCIAL MEDIA ENERGY</i> |
| 2:15 p.m. | WORKSHOP BLOCK II |
| 3:30 p.m. | BREAK / EXHIBITOR NETWORKING |
| 3:45 p.m. | CLOSING / SWEARING-IN CEREMONY
<i>WITH REMARKS FROM <u>ROBERT GORDON</u>, DIRECTOR OF THE MI DEPARTMENT OF HEALTH & HUMAN SERVICES</i> |
| 4:30 p.m. | DEPART |



2019 MICHIGAN'S AMERICORPS MEMBER CELEBRATION WORKSHOPS

WORKSHOP BLOCK I (11:00 a.m. – 12:15 p.m.)

Room 101

Eating Well on an AmeriCorps Budget

Erin Paskus, Kai Kepski, Sean Pearce, AmeriCorps Members

Ingham County Health Department AmeriCorps State Program

Bring your appetite... for knowledge! Join three second-year AmeriCorps members as we discuss the essentials for eating well on an AmeriCorps budget. All presenters have first-hand experience serving in food systems and creating delicious budget-friendly meals. Topics covered will include an overview of the Supplemental Nutrition Assistance Program (SNAP) and how you can get the most out of it, home and community gardening, finding bargains at the grocery store, locating free food resources, eating vegan, thrifty recipe resources, and more!

Room 102

Delegation Skills

Christine Heverly, Extension Educator

Michigan State University Extension

Volunteer managers often have a lot to do and very little time to do it, which is why a volunteer base is so important to them. Volunteers are often utilized to help organizations complete tasks that would otherwise seem unachievable. But how is it that volunteer managers are able to get so much done with and through volunteers? It's through delegation. Delegation may seem like a simple concept, but it can actually be much more difficult than one might think. This hands-on workshop will explore essential information individuals need to know to better understand their role in delegating tasks to volunteers and others. Participants will discuss barriers to effective delegation, best practices in delegation for effective volunteer management, learn about appropriate volunteer delegation tasks, and gain insight about responsibilities volunteer managers hold.

Room 103

Connect, Collaborate, and Lead

Marsha Hazen, AmeriCorps Partnerships Coordinator

Michigan Community Service Commission

Over 1,500 AmeriCorps members serve in communities across our state each year. Collaboration is a key element that brings members together to form lasting friendships, build community partnerships, expand your professional network, and multiply the impact of national service. This interactive session is an opportunity to meet other AmeriCorps members serving in your region, learn about collaboration opportunities, and start planning collaborative initiatives. If you want to take your service to the next level, be a leader on your team and in your community, and connect with other national service members, this session is for you!

Room 104

Serving the LGBTQ+ Community

Leslie Boker, LGBTQ Educational Consultant / Proud to Be Healthy Coordinator

Grand Rapids Pride Center / Cherry Health AmeriCorps

Serving the whole community will always mean serving lesbian, gay, bisexual, and transgender community members and interacting respectfully with diverse populations. This workshop will explore LGBTQ+ terms and concepts, trans etiquette and pronoun use, creating inclusive spaces, and navigating barriers to access. Attendees at any level of experience can benefit – from those who are about to meet a trans person for the first time, to LGBTQ+ folks who want to be stronger allies to other parts of the community.

Room 201

Attitude Is Everything

Darnell Blackburn, CEO and Facilitator

PRAT LLC Training & Consulting Services

This workshop will illustrate how our attitude influences our perceptions and how our perceptions influence our attitudes. We will also explore how personal attitudes toward people and situations directly affect our success at home, in service, at work, in school, and in every other facet of life.

Room 202**Body Language: Unlocking Hidden Messages**

Adam Bonarek, Partner/Trainer

Coeus Creative Group

No matter how carefully you prepare, your body will betray you. In this humorous and award-winning training, attendees will explore advanced concepts of body language, building rapport, and controlling anxiety while learning the strategic communication practices necessary to establish immediate credibility in social and professional settings. Additionally, attendees will gain a better understanding of human behavior, and learn how to read and understand basic motivations and intentions, providing a significant advantage in all aspects of daily communication, whether at work or play.

Room 203**Setting & Maintaining Healthy Boundaries**

Lisa Bottomley, Senior Specialist

Michigan State University Extension

Boundaries define what is appropriate and allowed in any relationship. Setting and maintaining healthy boundaries early on in your service is an important task that will help you avoid some common pitfalls members may face. In this session we will define boundaries and discuss how members can set and convey their boundaries in person and online.

Room 204**Graduate School After Service**

Panel of Presenters, University of Michigan

Join panelists from the University of Michigan to discuss preparation for graduate school after your service year. Topics include how to know if you're ready for graduate school; how to research graduate programs; the application process; advice and tips for the application; funding/financing for graduate programs; and Q&A.

Room 205**7 Habits of Highly Effective People**

Joy Alston, AmeriCorps Program Officer

Michigan Community Service Commission

Kelly McClelland, Nutrition Program Manager

Crim Fitness Foundation

In today's ever-changing society the need to be effective and efficient in service, employment, and our personal lives is greater than ever before. Having the skills needed to 'Get Things Done' is critical to success. Join us for a workshop on Steven Covey's famous text, *The 7-Habits of Highly Effective People* where we will delve into understanding and practicing what it takes to live our best professional and personal lives.

Governor's Room**Understanding the Grant Lifecycle**

Kayla Doyle, AmeriCorps Program Director

Cherry Health

Grants are commonly used in the nonprofit sector to bring in funds needed to start and implement programs. Knowing how to write a viable grant application is a key skill for today's workforce and can increase one's employability. Staff who are not involved in the writing of a grant will likely be impacted by the administration or implementation of grants that are received. This course will focus on all aspects of the grant cycle.

River St. Pub**Serving with a Justice Mindset**

Anna Balzer, AmeriCorps Program Director – Youth Energy Squad

Josh Musicant, AmeriCorps Member – Youth Energy Squad

EcoWorks

Are you serving with people of color, women, communities of different mental/physical abilities, or other marginalized groups and vulnerable populations? Chances are, as an AmeriCorps member, that answer is yes. What role does justice and equity play in our interactions and engagements with marginalized and underserved communities? How can we be stewards of our community and approach our service in an inclusive manner? These and other questions will be addressed in this workshop. We will also develop a shared language around justice and equity we can use in our approach to service; consider the societal factors and needs that impact us and the people we serve; and explore best practices for effective justice-minded service.

WORKSHOP BLOCK II (2:15 p.m. – 3:30 p.m.)

Room 101

Preparing for Life After AmeriCorps – Resumes & Interviews

*Laurie Rivetto, Extension Educator
Michigan State University Extension*

Your AmeriCorps service will provide a unique variety of training and professional development opportunities. As you transition to the next phase of life, it will be important to capture those experiences in a concise and meaningful way. This session will cover tips and best practices to help you record your AmeriCorps service on your resume and speak to the skills and talents you possess during future interviews. Prepare yourself for the next step in your journey!

Room 102

Positive Youth Development

*Christine Heverly, Extension Educator
Michigan State University Extension*

Positive Youth Development is an important concept to understand when working with young people. Volunteers need to focus on building positive attributes, instead of focusing on deficits. In this session, participants will learn about positive youth development and explore ways youth development professionals and AmeriCorps members can assist youth in developing assets.

Room 103

A National Service Carol: the Past, Present, and Future of National Service

*Rachel Puckett, AmeriCorps Program Manager
Michigan State University Extension*

AmeriCorps is 25 years old! To celebrate its birthday, join a group of members and program staff for a guided conversation on the history, current state, and future of AmeriCorps. We'll be chatting about where national service started – with LBJ? JFK? FDR? We'll talk about the current state of national service. How many service members are there? Why aren't there more? What are the barriers to service? We will finish with a conversation about the future of AmeriCorps. Where are we going? Where should we go? Should AmeriCorps members #getthingsdone...on Mars? Bring your ideas and reflect and reconnect to AmeriCorps!

Room 104

Lions and Tigers, Oh My, What am I?: Communication Styles

*Jean Aldrich-Simmons, AmeriCorps Member / Health Ambassador
South Lansing Community Development Association*

Do I roar like a lion or pounce like a tiger? This session will focus on different styles of communication and explore ways to effectively communicate with others. It's more than just exchanging words; it's about emotions and intentions. Learning to be an effective communicator will help you anytime, anywhere.

Room 201

Personal and Professional Networking

*Jodi Schulz, Senior Extension Educator
Michigan State University Extension*

Having a strong personal and professional network is a valuable asset both during and after your service year. This workshop will help participants learn how to create their network and discuss why it's important to have a rich and diverse network. Participants will also explore location ideas in your community where you can meet people who can provide personal and professional support; learn about some do's and don'ts of networking; figure out how and when to best utilize your network; and much more!

Room 202

Dealing with Difficult People

*Adam Bonarek, Partner/Trainer
Coeus Creative Group*

We all know that there are some people in our professional and personal lives who get on our last nerve. In many cases, they are unavoidable; they can be employees or superiors, teammates or antagonists, or sometimes family or friends. No matter how they are connected to you, you have to deal with them. This training explores some of the most common personality and communication-based conflict types, and provides strategies to mitigate uncomfortable situations.

Room 203**Exploring Opportunities in the Nonprofit Sector**

Panel of Presenters

The nonprofit sector is vast and diverse and includes more than 1.6 million organizations, including charities, foundations, social welfare organizations, and professional and trade associations. Join this panel of nonprofit experts and gain an introduction to the nonprofit world. Panelists will discuss what a nonprofit is, how they were introduced to the sector, and the education, skills, and experience needed to obtain a nonprofit career. Panelists will also discuss how your AmeriCorps service can help you explore various opportunities and organizations within the nonprofit sector. If you hope to lead or work at a nonprofit organization someday, then this workshop is for you!

Room 204**Graduate School After Service**

Panel of Presenters, University of Michigan

Join panelists from the University of Michigan to discuss preparation for graduate school after your service year. Topics include how to know if you're ready for graduate school; how to research graduate programs; the application process; advice and tips for the application; funding/financing for graduate programs; and Q&A.

Room 205**Getting the Most Out of Your Segal AmeriCorps Education Award**

*Marsha Hazen, AmeriCorps Partnerships Coordinator
Michigan Community Service Commission*

Learn about using your Segal AmeriCorps Education Award and avoiding some common pitfalls that could end up costing you. This workshop includes information about putting your award toward student loans and college/university tuition, matching institutions, and the tax implications of using your Education Award. Since everyone has a different situation, this workshop will give you valuable information to help you make the best decision for your circumstances.

Governor's Room**Understanding the Grant Lifecycle**

*Kayla Doyle, AmeriCorps Program Director
Cherry Health*

Grants are commonly used in the nonprofit sector to bring in funds needed to start and implement programs. Knowing how to write a viable grant application is a key skill for today's workforce and can increase one's employability. Staff who are not involved in the writing of a grant will likely be impacted by the administration or implementation of grants that are received. This course will focus on all aspects of the grant cycle.

River St. Pub**Building Power with Young People**

*Bryan Lewis, Consultant
JR Lewis LLC
Jordan Connally, Student*

What does it mean to truly uplift the voice of young people? How do we, as adults serving youth, create a space for youth power to dominate? In this session, we will take an interactive approach to understanding best practices around building authentic youth-adult partnerships and implement a framework for our youth development work in communities.