

4-H Alberta Leader's Conference – 2015 Session Descriptors & Speaker Biographies

Keynote Presentation:

“Leaders as Bridge Builders – Inspiring and Shaping the Future Through the Power of Youth”

There is no more important responsibility than mentoring and influencing youth – our future leaders. As one of Alberta's most recognized and valued youth programs 4-H changes lives and ensures a better future by building strong youth leaders. This presentation will give you fresh inspiration to affirm and strengthen your ability to guide youth to shape the future.

Take this opportunity to step back and gain new perspective on your leadership responsibility by strengthening your competence as a 4-H leader. One of Canada's most respected voices on leadership and organizational culture, David Irvine, will provide a new perspective and timely reminders of what you must continue to do to amplify your vital influence on young people.

- Learn how leaders build leaders – through the power of connection.
- Discover how to amplify your impact on others – through the power of authentic leadership.
- Realize your most powerful source of influence as a leader: your authentic presence.
- Fortify your ability to guide youth to discover their talents and passions, and transform their lives.

David Irvine: the Leaders' Navigator™

David Irvine is sought after internationally as a speaker, author and mentor. His work has contributed to the building of accountable, vital and engaged organizations across North America. As one of Canada's most respected voices on leadership and organizational culture, David Irvine is the CEO and President of Irvine & Associates Inc., an international speaking and consulting firm dedicated to building strong families, strong organizations and strong communities.

With more than thirty years of experience as a consultant to family businesses, and as an entrepreneur and advisor to executives, David has developed a unique, personal and practical approach to transforming leaders. Every year, thousands of people attend David's inspiring and thought-provoking programs on authentic leadership, accountability, building strong family relationships, and balanced living.

As one of Canada's most respected voices on leadership and organizational culture, David has authored five best-selling books, and has taught courses at three universities and the Banff School of Management. Raised in a rural community, David attributes much of what he knows today to what he learned on the farm and from hanging out with farmers and ranchers. As a former 4-H member, he has a strong commitment to help support and sustain agriculture, the roots of a sustainable, healthy society.

On a personal note, David was a nationally ranked distance runner for more than two decades, and as a Canadian, trained with the US Olympic team. He is a father of three and husband of one. David lives with his wife and family in the foothills of the Rocky Mountains near Cochrane.

Website: <http://www.davidirvine.com/about/>

Concurrent Sessions:

8:30 am – 10:00 am

Leading Youth Using True Colors®: Have you ever found yourself in a group of people whose ideas and thoughts are seemingly different than your own? Have you ever asked yourself “What is wrong with these people?” Elaine can help you discover your own True Color® Spectrum, give you clues to identify other colour blends and most importantly, help you celebrate similarities and embrace differences. True Colors will give you the tools to develop stronger relationships with the members, parents and leaders of your club.

Please note: there will be a \$5 fee for the session materials that will be collected at the door.

Elaine Manor: Has been public speaking for 25 + years. She is a certified True Colors® facilitator since 2010. Elaine has presented this workshop to youth of all ages, adults, teachers and volunteers. She is the owner of Colours Edge Seminars.

Website: <http://colouredge.com/home.html>

Conflict and Dispute Resolution: So much unproductive time results from the issues and emotions surrounding unresolved conflicts and disputes. Effectively seeking resolution is critical to establishing a positive, constructive results oriented work environment. Learn the skills for working through inner politics; “family” based conflict, resentment, jealousy, and misunderstandings leading to conflict, arguments, and disputes.

Brenda Robinson: Is a speaker, trainer, writer and consultant. She has been addressing groups for over twenty years on topics related to communications, humour, laughter, positive working skills and wellness in general. Brenda received her Bachelor of Arts from Brandon University in Brandon, Manitoba (Major in English) and her Masters of Education from Simon Fraser University in Burnaby, B.C. in 1998.

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Communication Activities & Games: 4-H is well-known for producing excellent speakers, but where does a club start, in order to help to show members that it can be easy and fun, rather than scary and overwhelming? Join the Ambassadors in learning some great games and solid strategies that will make speaking in front of a group less intimidating for 4-H members. For club leaders and parents too!

Louise Erskine is the Ambassador for the West Central Region and **Jess Verstappen** is the Ambassador for the Peace Region and the 2014 Premier's Award Recipient.

Back to the Table: The smell of home-cooked meals and family sit-down dinners seem to be a thing of the past. Our fast-paced lives leave us making unhealthy choices and eating on the run. As a result, health issues are on the rise and knowledge about food and cooking skills are on the decline. In this session, learn practical steps on how to make healthier living achievable and why family mealtimes are not just about food.

Brenda Arychuk: B.Sc., RD – Registered Dietitian, Pivot Point Inc. With 25 years of experience in the field, Brenda aims to take the confusion out of understanding nutrition. Through her writing and speaking, she educates and motivates people of any age to take charge of their health through practical lifestyle changes. Brenda also consults in the fields of clinical geriatrics and addictions.

Programming with the Pledge: Do you use the 4-H pledge when making plans for the year or is it simply something recited by rote? Take a more thoughtful look at the pledge, what it means, and how it can guide your program planning. We'll look at the four Hs, three Cs (and one W) and some simple ways to make sure you are including all of them in everything your 4-H group does this year. Take home some activity instructions, information, ideas and a new appreciation for the 4-H pledge.

Janet Kerr: Has been a 4-H specialist for over 20 years. She is currently the 4-H Specialist for the East and West Central Regions and previously she has worked in the Peace, Northwest and Northeast regions. When not working with 4-H Janet enjoys theatre, skiing and her nieces and nephew. Janet volunteers with the Edmonton Fringe Theatre Festival, the Canadian Bull Congress and the Bashaw Agricultural Show Committee.

Planning for the Future: Every successful business has a succession plan to ensure that it continues on in perpetuity. It is no different for an organization and 4-H is no exception. No club or community wants to see a club fold; especially if it is due to the lack of a leader. One of the most important tools a club can do to ensure that the club lives on is to have a plan in place for leader succession. This session will address the reasons for succession and how to develop a plan to move the club forward in the future. Sharing of experiences is encouraged.

Andrea Church: As a 4-H member of both the Irricana Country Riders 4-H Club and the Irricana 4-H Beef Club, Andrea's interest in the 4-H program started at the age of 10 and it hasn't changed. Andrea has experienced many aspects of the 4-H program as a member, Summer Assistant, 4-H Specialist, volunteer to parent, leader, key leader and more recently back to a 4-H Specialist for the Calgary Region. Each role has their challenges, but she would have to say being a leader was likely the most challenging and absolutely the most rewarding; followed very closely by being a parent.

When Andrea isn't working with 4-H, her 2 children Colton (17) and Cailey (13) keep her busy with school activities and sports. When life gets stressful, Andrea enjoys helping her companion on his farm at Arrowwood; it allows her to get back to her agricultural roots.

Adult Bullying: Through this interactive presentation, Kim Edwards will raise public awareness and define adult bullying, initiate a common language to identify and report incidents, explain how the social hierarchy impacts this and empower the silent majority with strategies to create and promote solutions for individuals.

Kim Edwards: With her B. Ed., has been a classroom teacher, a Special Education Teacher and most recently a Dare to Care Facilitator who has worked in several hundred schools as well as with many corporations and community groups. Her expertise in this area allows her to help children, parents and staff members create a common language to foster a respectful and caring environment within their organizations. Kim is a born and raised Albertan who fills several volunteer roles within her community.

Website: <http://daretocare.ca/facilitators/#kim-edwards>

Managing Risk Confidently: The topic of risk management can be overwhelming and complex. David Hartley provides practical techniques to handle risk not avoid it. This session will provide a complete look on risk management. The session presenter has a wealth of useful and practical information through tools, web links, personal experience, case studies, anecdotes, information and sometimes humour.

David Hartley: has had the great privilege of directly training or assisting over 16,000 Canadian non-profit staff or board members since 2007 across 85 Canadian communities. David carries the Canadian Risk Management (C.R.M.) designation. He worked until 7 years ago in the insurance industry. David's greatest passion is coming alongside exceptional but tired non-profit staff and their board. Whether the organization has one or one thousand staff, David will provide a gracious but honest assessment with workable, low-cost ideas for improvement. David can also provide workshops on succession planning, becoming the leader people want to follow, conflict resolution, strategic planning and more.

Cleaver Kids: Positive youth development begins at an early age, there is no better way to start that development as a Cleaver Kid in 4-H. Cleaver Kids in Alberta focus on four areas of skill development to introduce them to 4-H and prepare them to become a Junior 4-H Member. This session will provide an overview of Cleaver Kids, how to incorporate Cleaver Kids in your club and a focus on skill development and progression. Be prepared for hands on activities and to see the world through a 6 to 8 year old. The Cleaver Kids session is open to all leaders in attendance.

The Cleaver Kids Committee is enthusiastic about involving 6-8 year olds in the 4-H program. they have listened to leaders, parents and have build the requirements and Cleaver Kids around that feedback. Committee is knowledgeable about Cleaver Kids and open for discussion to strengthen Cleaver Kids and have long lasting 4-H Members.

Panel Presentation: Join representatives from the 4-H Branch, Government of Alberta; 4-H Council of Alberta and the 4-H Foundation of Alberta for a panel presentation. There will be an opportunity to ask questions following the presentation.

Games to Play with Your Club: Fun is one of the first things that members say they like about 4-H. This session will be covering a mix of quick and easy, new and old, 4-H games that are sure to bring some smiles and laughter into your club.

Aaryn Lynham is the Ambassador for the East Central Region and **Allyson Wrubleski** is the Ambassador for the West Central Region and was a 4-H Summer Staff member in 2014.

Leaders 101: The paperwork, the stress of trying to keep things together, what if I miss something – what is a leader to do? Sit in on this session and learn some of the “tricks of the trade” to help organize yourself and kept it all together. 4-H's motto of “Learn to do by Doing” applies to leaders too. You will leave with some of the tools that have been developed to make your job easier and hopefully more rewarding as a 4-H leader. Please come prepared to share your experiences.

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How Campfires, Canoeing, and Colour War Prepares 4-H Members for a Life of Success: Ask any kid what they like most about camp, and the first thing out of their mouth is typically “it's fun!” No denying it, camp is fun. But fun is not the main goal of our camping program. When used in conjunction with other 4-H delivery modes and activities, our 4-H camping program helps to provide positive youth development throughout the year. This session will touch on how the camping program provides our 4-H youth with a multi-dimensional platform for developing the skills, competencies, and personal qualities required to succeed in life.

Katelyn Strang: Program Specialist for the 4-H Branch. She's graduated from three university programs – her parents feared she would never leave school. She hails originally from New Brunswick, but traversed the great plains of Canada to settle in Alberta. Other than being passionate about youth development, she curates an Instagram account, likes painting pictures of pugs, and is an avid traveller.

1:00 pm – 2:30 pm

Recess Isn't Just For Kids!: This session will get you in touch with your inner child. Moreover, by participating in fun and thought provoking games, energizers and team building activities, you will leave this session with tools that you can use with your club. Children learn best when they are engaged and having fun. This session will help you bring a "spark" to your club meetings.

Tom Yonge: A Leadership Teacher and Speaker from Edmonton, Alberta. Tom loves working with students and serving the local and global community. In the last six years, Tom's leadership program at Strathcona School has raised over \$265, 000 for charity and has a ton of fun doing it. In 2007, Tom was the recipient of the Alberta Provincial Teaching in Excellence Award and was named as one of Edmonton's Top 40 Under 40 by Avenue Magazine in 2012. His favorite song is "You get what you give" by the New Radicals because it defines his philosophy on life. Tom is excited to give his best during this presentation.

Website: <http://www.captainleadership.ca/>

The Intergenerational Challenge for Communities "Differences are Not Difficulties": Today's world is different. This can present your community with a challenge or a chore - the choice is yours. What can we do encourage intergenerational understanding? Have we joined the "I" generation? Are we isolated, insulated, independent, individualized and sometimes even indifferent? Do we pre-judge and get set in our ways?

What about the new generations? What motivates younger people to work with us? Is the new era difficult - or just diverse in ways of thinking and doing? Do they have no respect or just a different respect? Is their work ethic gone or just changed? Working together works when we work at it! Diversity builds the strength we need. Understanding differences can lead to enhanced decision making and informed processes. Celebrating differences will bring excitement and energy to the work we do.

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Building Bridges of Trust: Trust is the one thing that changes everything, 4-H leadership is about building bridges of trust with each of your stakeholders – members, branches, council and regions. This session deals specifically with the art of building a culture of trust around you in order to amplify your ability to influence others. It is a practical application of David's inspiring keynote address.

- Learn to earn trust by being a person who is trustworthy: the power of personal accountability
- Leave with strategies and tools for creating a positive and cohesive team environment
- Learn a practical model for resolving conflicts productively that can be applied to any relationship.

David Irvine, Irvine & Associates Inc.

Inspiring Rural Leaders: The continuing development of rural leaders is essential to enhancing the capacity of businesses and organizations in rural Alberta. Rural agricultural organizations in Alberta have long echoed the need for training that includes interpersonal skills, communication, understanding leadership styles and team dynamics to assist with succession planning, and the recruitment and engagement of effective leaders. In response to this need the Rural Development Division of Alberta Agriculture and Rural Development has secured funding through Growing Forward 2 to develop and deliver a Rural Leadership Certificate program. Aimed at rural Albertans who serve with organizations in our rural communities, the Rural Leadership Certificate will be an all-encompassing program to build capacity in the areas of Governance, Leading Change and Building Community, Leadership Styles and Coaching to Develop Others, Strategic Thinking, Values Based Leadership, and Teamwork and Communication. This interactive workshop will provide an overview of how this program will be delivered, an opportunity for participants to share and learn from "rural leader" stories and for the program to garner advice from 4-H leaders for ensuring this program is accessible, engaging and effective for their learning needs.

Shari Hanson: Newly recruited to the position of Leadership Specialist with Alberta Agriculture and Rural Development, Shari has worked as a Community Development Officer with the Government of Alberta for the past 15 years. Shari has provided exceptional facilitative and consultative leadership that has motivated and enabled change and action with a variety of organizations. Feedback from clients consistently shows the effectiveness of the highly interactive training sessions and workshops she designs and delivers.

Shari's educational pursuits were greatly influenced by her participation with Canada World Youth (having traveled on a youth exchange to India), her rural background, and especially her involvement with "learn to do by doing" (she was a 4-H member for 8 years). She holds a Bachelor of Arts degree in Social Anthropology from Dalhousie University and a Master of Science degree in Rural Extension Studies from the University of Guelph. Through this multi-disciplinary department, her focus for her Masters was in Community Development and Adult Education.

How Rewards and Punishments are Ruining our Kids: Do you prepare your child for the road or the road for your child? When your child misbehaves, doesn't complete homework, or receives a failing grade in school, is it ok to ground them, or take away a privilege? What if the answer is no? What if the consequences you have been inflicting on your children is the driving factor for why we are raising a generation of unmotivated kids? Parents and 4-H Leaders alike will be interested to discover that the answers aren't as obvious as you might think.

Shari Smith: is the Manager of Marketing, Communications and Learning Tools with the 4-H Branch of the Government of Alberta. Since starting with the branch she has worked with her team to implement the On-line registration system, the greatly revised 4-H website, and number of new learning tools and resources to make life easier for Leaders, members and parents. Shari has a degree in Communications and a Master's Degree in Leadership and Training. In addition to her role with the branch, Shari teaches a leadership development program and is certified facilitator for the DRIVE workshop, which focuses on how to motivation and engage employees.

My Hands to Larger Service: One of the requirements of 4-H membership is to complete a Community Service activity annually. This session will examine the importance of Community Service within your club's activities, how much 4-H club members are giving back to their community and how it best fits into a member's 4-H diary. The discussion will also provide additional pointers to leaders to help successfully mentor club members on the completion of their 4-H diary as an important record of involvement and participation in 4-H and the community

Ginny Smith: has worked in the 4-H Branch of Alberta Agriculture for 10 years and became the 4-H Specialist for the Southern Region in 2013. She completed 15 years as a 4-H leader with horse and beef clubs. 4-H is a large part of Ginny's life as both children completed 9 years as members with horse and beef projects, her husband Russell was a beef project leader, and they both were club members as well. They have a small farm outside of Lethbridge where they raise a small herd of Angus cows and assorted other critters. Ginny is active with the Coaldale Agricultural Society, the Classroom Ag Program and within the horse community, helping in many capacities at various horse shows and events.

Leila Hickman: Leila Hickman is a 4-H Specialist based out of the Vermilion Agriculture and Rural Development office.

Leila, her husband and three children, live on a farm outside of Vermilion and all share a passion for agriculture and a desire to educate others about the importance it plays in everyone's life. As the youngest member of an extremely active 4-H family, Leila was born into 4-H and really does not know a life without it. She stands by the 4-H Philosophy of youth and adults learning project and life skills together through cooperation and of course "fun".

Becoming a Leader People Want to Follow: Leading requires building trust and creating clarity around a common passion. David will present some easy to use principles that will help good leaders become excellent and everyone leaves with a copy of the most well-known leadership test ever written. Bonus: Handling with the most difficult 10 types of people. You won't forget this session.

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Level 1 Leader Training: This session is designed for first year leaders. It will introduce you to the basics of 4-H in Alberta – how it organized, your role as a leader, resources available to you and much, much more. After completing this workshop, leaders will have completed their training requirement under the leader-screening program.

Please Note: You are required to attend the entire 3-hour workshop to receive credit for the new leader training. **

Joyce Winter & Holly Trenson : Co-Key Leaders for Ponoka District.

3:00 pm – 4:30 pm

Key Leader Session – for Key Leaders only.

Courageous Conversations: Why is it so difficult to talk to people when we feel we disagree or we are in conflict with each other? Why do we end up saying:

"I wish I had said ..."

"I have to talk to her ..."

"Why didn't I think of ..."

"I just couldn't say it ..."

There are many situations when we have to say things that feel awkward or uncomfortable. What are we afraid of? Learn more strategies for gathering up your courage to have those difficult conversations. Say what needs to be said! It is the only way to achieve clarity and ensure change or positive outcomes.

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Building Accountable Young People: Accountability – the ability to be counted on – is a core trait required by young people to meet the challenging of living and thriving in their world. Because you are not born with it, accountability must be relentlessly fostered in one's upbringing.

David's down-to-earth approach will help you work with youth through:

- Balancing supports, demands and strong character
- Taking fear and blame out of your relationships and replacing them with ownership and trust
- Dealing with rights, responsibilities and contribution

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Building a Leadership Strategy for 4-H Leaders: For a number of years, the 4-H Branch of Alberta Agriculture and Rural Development has provided Levels 1, 2 & 3 Leader Training. At a minimum, 4-H leaders are required to complete Level 1 of the training, which has been available on-line as well as through in-person workshops. This session is an opportunity for participants to help evaluate leadership development in the 4-H program and consider ways of ensuring effective and supported 4-H leaders in Alberta. This interactive workshop will seek feedback from those who have participated in 4-H Leader Training in the past and garner ideas for updating and ensuring the relevance of Leader Training in the future. As well participants will hear the very best of advice from their peers for being effective 4-H leaders and learn about other leadership training opportunities available to them.

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Getting in the Game: This session provide an update on major highlights over the past year in 4-H Alberta sponsorship, it will clearly illustrate how clubs, districts and regions can help the 4-H Foundation of Alberta lay groundwork for a successful sponsorship platform.

This session will provide insightful knowledge that all levels of 4-H can incorporate into their yearly plan in order to create and sustain partnerships and "Get in the Game" of sponsorship.

Carmen Stone: Manager, Corporate Partnerships, 4-H Foundation of Alberta. Carmen Stone has a strong and varied 4-H background that is truly a benefit to the 4-H Alberta organization. She was a 4-H member in Lakedell for 8 years, participating in beef and light horse projects. During her time in 4-H, Carmen awarded the opportunity to travel to the USA National 4-H Conference in Washington, D.C. In 2007, Carmen graduated from Simon Fraser University and joined Alberta Motor Association (AMA) as Communications Coordinator. From there she went onto join the World Professional Chuckwagon Association (WPCA) as Marketing Manager. Since joining the 4-H Foundation of Alberta's Corporate Partnerships team in 2010, Carmen Stone has led and managed the direction of Corporate Partnerships. As manager of the Corporate Partnerships team at the 4-H Foundation, Carmen has continued to strengthen and leverage existing partnerships, as well as to work toward continuously adding to the list of dedicated 4-H Alberta sponsors.

What Your Child is Doing on Social Media (and other things you might be wondering)

Social media has brought an unprecedented and ever-changing element to parenting. While the various social networks change in a blink, social media itself isn't going away anytime soon. Join Shari Smith as we discuss the 10 most widely used social media tools for teens and the potential effects. You will leave with a clear understanding of social media, safety and useful tips for how to manage as parent in the new social media reality.

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