

2024 CLC Workshops

SESSION ONE: Saturday, November 2

Connections: To Self and Community

Foster evidence-based engagement strategies for meaningful connections to self and community. Build and nurture connections to engage, educate, and empower all communities. Open to indoor or outdoor workshop space.

Presenter: Les Peters

Are You Up For the Ragger Challenge?

Understanding the ragers program and how to become a ragger.

Presenter: Brian Russel

The Power of Storytelling

Ways to incorporate your faith in your leadership at any level within the YMCA. This session will prepare you with practical tools and activities to help you lead others in your organization through an examination of your faith.

Presenter: Jeremy Echnoz

The Rise & Thrive Through an Artistic Lens

Embracing creativity as a means of personal growth and resilience. Art can offer unique perspectives on challenges, helping us to express ourselves and find strength and vulnerability.

Presenter: Kelly Gomez

Building Emotional Resilience

Understanding and managing emotions in the workplace. Learning coping tools to utilize in your everyday work.

Presenter: Maria Perez

Thoughts on the Road of Personal Leadership

Discussing about key markers along one's personal journey towards excellent leadership.

Presenter: Joe Marasco

SESSION TWO: Saturday, November 2

Hiking with Intentions

This is your chance to step out of your thoughts and into nature. Take time to appreciate the beauty around you, relax, and breathe deeply. By the end of the hike, you'll feel calm and happy, with tools you can use in your daily life. Let's go hiking!

Presenter: Audrie Echnoz

Cultivating Wellness and Spiritual Growth

Spiritual practices, stress management, and self-care for leaders

Presenter: Feltus Frost

Reflections to Rise & Thrive

Use journaling practices as a tool of your personal growth and reflection journey...aligning your leadership and faith to rise & thrive!

Presenter: Lauren Burt

Dia De Los Muertos Traditions and Meaning

Provide participants with a deep understanding of the Day of the Dead tradition and a greater importance of remembering and celebrating loved ones who have passed away.

Presenter: Alex Izaguirre

Lessons Learned From a Children's Book: The Boy, the Mole, the Fox and the Horse.

Four unusual friends share truths about life, such as facing fears, practicing self-kindness, and finding joy in simplicity. They learn from challenges, connect with nature, perform acts of kindness, and embrace gratitude, highlighting the importance of sharing these experiences with others.

Presenter: Sue Baker

