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A Leadership Journey Workshop for Girl Scout Ambassadors

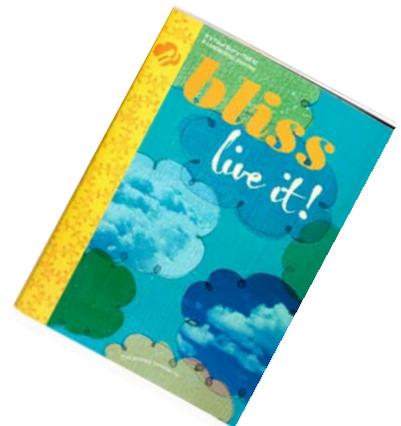
BLISS!: Live it! Give it!

This Program Brought to you by GSCNC and R.E.A.C.H.



Building girls' confidence...

- Girl Scout Ambassadors learn to dream big, for themselves and others.
- Girl Scout Ambassadors see exactly what it takes to plan for and move toward dreams
- Girl Scout Ambassadors climb the ladder of leadership in their own lives and in the world!
- And so much more...



BLISS!: Live it! Give it! JOURNEY FOR GIRL SCOUT AMBASSADORS

Workshop Schedule

January 22-23, 2011

Program Begins at 9 am Saturday and continues until 10 am Sunday

Lead Facilitator: Marcia Booth
Other Volunteers:

Girl Scouts were advised to bring a Bag Lunch. Lunch is not provided as part of this program.

Location

Camp Brighton Woods, located near Ashton, MD
120 Brighton Dam Road, Brookeville, MD 20833

The Program will be located in the Brighton Lodge

Schedule for the Day

Saturday

- 0900—1100 *Gold Award Workshop*
1100—1115 *Opening Session*
1115—1200 *Exploring Dreams Session*
1200—1230 *Lunch*
1230—1245 *Selecting a Dreamer Session—Working with Girl Scout Daisies during their “Introduction to Red Robin Projects Group Session”*
1245—1315 *The Real Deal Session*
1315—1345 *“Free” Activity Session*
1345—1415 *What’s My Label? Session*
1415—1445 *Assisting the Dream Session—Working with Girl Scout Daisies during their “Red Robin Project Work Session”*
1445—1500 *Creating the BLISS! Gift Session*
1500—1545 *Give It! Gift it! Session (Girl Scout Daisies’ Red Robin Presentations)*
1545—1600 *“Free” Activity Session*
1600—1630 *Time to Share What We Read! Session*
1630—1700 *Mirrors for Dreaming Session*

Sunday

- 0900—0930 *Valuing Values Session*
0930—1015 *The Power of Media Session*
1015—1045 *Let’s Make a Deal Session*
1045—1100 *Closing Session (Awards Presentation)*

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Gold Award Workshop

Objective

During this Session, Girl Scout Ambassadors will learn about the Steps to earning the Girl Scout Gold Award and how completing this Journey gets them one step closer to earning theirs

Format: Whole group together with the Senior Girl Scout Seniors

Materials

- Journey Books for the Girl Scouts who ordered theirs during Registration
- Pens or pencils
- Other materials provided by Gold Award Panelist(s)

Steps to Complete Activity

1. Have the girls get out their books and look at how BLISS! can help them earn their Girl Scout Gold Award (page 5 of the **Give It!** Side of their book).
2. Introduce the Gold Award Panelist(s) who will be talking to them about the steps they will be taking to earn their Girl Scout Gold Award.
3. Let the Panelist(s) have the floor.

Following the Gold Award Workshop, the girls move to their *Opening Session* for the Journey.

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Opening Session

Objective

During the Opening Session, Girl Scout Ambassadors will be introduced to the program, meet one another, learn about the Dream Maker Award they will earn along their Journey.

Format: Whole Group

Materials

- Journey Books for the Girl Scouts who ordered theirs during Registration
- *Cotton Dream Cloud* Prop
- Copies of *Make It Your Own* worksheet from pages 32-33 of Facilitator's Guide
- Pencils or Pens

Steps to Complete Activity

1. Introduce the Journey. Gather the girls together and let them know they are starting a Girl Scout leadership Journey about pursuing dreams and the BLISS! that can bring. *On this Journey, Girl Scout Ambassadors will explore how wide-ranging dreams can be and how they shape one's life story. To begin, we are all going to voice some of our own dreams—our wildest dreams!*
2. Next, bring out the *Cotton Dream Cloud* prop. Have the girls pass the dream cloud around—each girl taking a chance to state her greatest, wildest, or craziest dream. Give each girl about 15 seconds to state her dream and say whether she believes she can achieve it (or she can “pass”); then have her pass the cloud to the next girl. Keep passing the cloud until every girl has stated at least one dream.
3. Introduce the Journey's Dream Maker Award. The Journey Award has four steps which are listed and defined on page 5 of the ***Give It!*** Side of the girl book:
 - ◆ Meet Successful Dreamers
 - ◆ Seek & Select a Dreamer
 - ◆ Defining the Dream
 - ◆ Give it! Gift it!
4. Pass out copies of *Make It Your Own* Worksheets and have the girls consider how to make the Journey their own adventure... (There are free sessions built in for activities the girls may want to do to unwind (like taking a short hike, or singing some silly songs).

After this session, girls move on to the *Learning How to Identify Dreams*

Time Required: 15 minutes

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Exploring Dreams

Objective

During this Session, Girl Scout Ambassadors will learn more about their own dreams and how to identify their dreams and those of other people.

Format: Whole group

Materials

- Pens or Pencils
- Index cards
- Poster board & markers
- Paper, cut into 1-inch wide strips
- Glue or tape
- A (3/4" dia.) dowel rod

Steps to Complete Activity

1. **Needs & Dreams:** The Ambassadors will use the index cards to brainstorm things they consider their basic needs—in other words what the girls need to survive on a daily basis. They should write their needs on the index cards (one need per card). The Facilitator will keep one card and write the word 'Dreams' on it. When all the cards are made, the girls will mix the cards up, written-side down and choose an equal number of cards from the pile. They will then work together to put the cards in order of importance with the most basic needs at the bottom. When they are finished ordering their cards, the Facilitator will present the 'Dreams' card, asking the girls to place it where it fits among their needs.
2. **Defining Dreams:** Using the Poster board, the Ambassadors will create a list of all the kinds of dreams that exist in the world—including those that involve personal, family, career, and community desires. (examples: Prizes/awards, money/possessions, lifestyle, fame/success, adventure, education, relationships/family, social change). Then they will discuss which of the dreams seem more attainable than others, which each of them would likely pursue, and if it is possible to pursue more than one dream fully.
3. **Curtain of Dreams:** Using the 1-inch strips of paper, glue or tape, and dowel rod—the Ambassadors will use the dreams they just talked about to create a symbolic *Curtain of Dreams* that they can hang up for the Journey—then divvy up to take home. The girls will write one of their dreams on each of the strips, and then glue or tape the strips into loops, one at a time to create a chain of interconnected loops. When finished, the girls can look to see if any of the dreams intersect—create another loop to connect them. Ask the girls to complete the *Networking for Dream Stories* activity on pages 8-9 of the **Give It!** Side of their book.

Following this session, the girls break for lunch.

Time Required: 45 minutes

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Selecting a Dreamer

Objective

During this Session, Girl Scout Ambassadors will work with Girl Scout Daisies to help them plan their Red Robin Projects by 'interviewing' them about their ideas.

Format: Whole group, working as individuals

Materials

- Pencils or pens
- Paper

Steps to Complete Activity

1. Have each girl pick one of the Daisy Teams to work with.
2. Tell them to interview the girls by asking questions about what they know about taking care of animals and themselves. They need to find out what the message is the girls would like to share on this subject.
3. The Daisy Teams will have Red Robin Project Planners. Let the Ambassadors know this worksheet is available to help guide them in their interviews.

Following this session, the girls will move on to *The Real Deal*

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The Real Deal

Objective

During this Session, Girl Scout Ambassadors will discover who they are so they can better help themselves and others achieve their dreams

Format: Whole Group

Materials

- Real Deal Handouts
- Pencils or Pens

Steps to Complete Activity

1. Using the Real Deal handouts as a guide, get the girls talking about the what matters most in a person and the five qualities that best describe each of them. Are the qualities that matter most ones the girls possess, or qualities they will strive to attain?
2. Then have the girls share their talents and strengths. These are qualities they can use when helping themselves others strive to reach their goals.
3. Have the girls look at the page labeled “Would You Ever?” and ask them to answer the question about each of the activities listed there. Explain how taking risks to try new things/activities is much like striving to make dreams come true. *If you never take a chance, you will not fail—but if you don’t try, your dreams cannot come true.*
4. Have read the pages that start with the title “Just a Little Touch Up?” and have them complete the activity “Love me not? Love Me!” in the handouts. Have each girl share one thing from their flower petals that she does not like about herself and the positive spin she placed on it. (Each girl should give a different answer: e.g. “I don’t like my nose”, should not be said by more than one girl).
5. If time permits, have the girls complete the mirror image worksheet. If time runs out, encourage the girls to complete the worksheet on her own.

Following this session, the girls will have a “Free” Session to work on their *Make It Your Own* goals

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“Free” Activity

Objective

During this Session, Girl Scout Ambassadors will begin to customize their Journey experience through an activity they choose from the *Make It Your Own* worksheets they completed earlier in the day.

Format: Whole group

Materials

- Completed *Make It your Own* worksheets
- Materials the girls determine they need (from materials on hand)

Steps to Complete Activity

1. Guide the girls to choose an activity from their *Make It Your Own Worksheets* and do it.
2. If the girls prefer, they can spend this time reading from the **Live It!** Side of the girl book, or they may choose to do a physical activity such as a short hike or an active-play game.

Following this session, the girls will move on to *What's My Label*

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JOURNEY FOR GIRL SCOUT AMBASSADORS

What's My Label

Objective

During this Session, Girl Scout Ambassadors will discuss how labels can help or hinder us as we strive to reach our dreams..

Format: Whole Group

Materials

- Scissors
- Glue
- Hot Glue Gun
- Stapler or Safety Pins
- Cloth

Steps to Complete Activity

1. Get the girls talking about the labels we give ourselves and one another and all the kinds we see on material goods, including clothing.
2. Get the girls to talk about the ways labels can be positive and the ways they can be negative. Then ask what labels they would give themselves. *What do the labels we give ourselves say about our standards for ourselves? How do the labels we give ourselves help or hinder us?*
3. Now encourage each girl to come up with her own label—a brief description of herself that speaks to, and empowers, her dreams. Sample labels—quick to laugh, always ready to help, happy-go-lucky, fast as lightning, great sport, creative thinker, etc...
4. After each girl has decided on her label, let them develop their label by putting their ideas into a fashion statement. Have them put their label together with the materials on hand to create something they can actually wear.
5. Once the girls are ready, invite them to stroll the runway and admire one another's designs! Ask them to improvise a story from all the labels they have created and perform it.

Following this session, the girls will move on to *Assisting the Dream*

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Assisting the Dream

Objective

During this Session, Girl Scout Ambassadors will work with Girl Scout Daisies to design the project that will make their Dream come true.

Format: Whole Group

Materials

- Girl Books
- Pens or Pencils
- Completed *Red Robin Project Planner* worksheets

Steps to Complete Activity

1. Using the resources on pages 24-27 on the **Give It!** side of the girl book and the *Red Robin Project Planner* worksheet the Daisies filled in, the Ambassadors will help the Daisies formulate a Mission Statement and the steps needed to accomplish their dream of creating a Red Robin Project about Caring for Animals.
2. The girls should work to create the steps they will take to achieve their dream. Have them start with their destination and work backward through the steps. Once they have a full set written, they can lay them out next to each other so they appear as steps leading upward.
3. Have the Ambassadors retain a copy of the steps they created for creating their gift to their dreamers.

Following this session, the girls will move on to *Crafting the BLISS! Gift* .

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Creating the BLISS! Gift

Objective

During this Session, Girl Scout Ambassadors will create a commemorative set of the steps they created with their selected dreamers to present following the Red Robin Presentations.

Format: Whole Group

Materials

- Variety of art materials
- Copies of the steps to attaining the dream from Daisy sessions
- Gift wrapping materials
- Scissors

Steps to Complete Activity

1. Encourage the girls to use the art materials on hand to create a commemorative set of the Steps they created with their Girl Scout Daisies. Be sure that each Daisy will get a set.
2. If the girls have time, have them make a set for themselves to keep as well.
3. Let the girls wrap the gifts if they desire.

Following this session, the Teams will move on to *Give It! Gift It!*

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Give It! Gift It!

Girl Scout Daisies' Red Robin Presentations

Objective

During this Session, Girl Scout Ambassadors will gift the Girl Scout Daisies with the steps they created together, following their Red Robin Project Presentations.

Format: Whole Group

Materials

- Completed *BLISS!* Gifts

Steps to Complete Activity

1. Encourage the girls to consider showing support to the Girl Scout Daisies they helped to achieve their Dreams, by watching them give their Red Robin Project Presentations.
2. After all of the Daisies have presented their projects, have each of the Ambassadors present their Daisies with a commemorative set of the steps they created together.

Following this session, the girls will have a “Free” Session to work on their *Make It Your Own* goals

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“Free” Activity

Objective

During this Session, Girl Scout Ambassadors will begin to customize their Journey experience through an activity they choose from the *Make It Your Own* worksheets they completed earlier in the day.

Format: Whole group

Materials

- Completed *Make It your Own* worksheets
- Materials the girls determine they need (from materials on hand)

Steps to Complete Activity

1. Guide the girls to choose an activity from their *Make It Your Own Worksheets* and do it.
2. If the girls prefer, they can spend this time reading from the **Live It!** Side of the girl book, or they may choose to do a physical activity such as a short hike or an active-play game.

Following this session, the girls will move on to *Time to Share What We Read!*

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Time to Share What We Read!

Objective

During this Session, Girl Scout Ambassadors will spend some time reflecting on the stories in the **Live It!** Side of the girl book.

Format: Whole Group

Materials

- Girl Books
- Pencils or pens
- Snacks

Steps to Complete Activity

1. If the girls haven't finished reading the stories on the **Live It!** side of the girl book, have them read quietly or together through the pages found there and complete the activities.
2. If the girls have read all of the stories on the **Live It!** side of the girl book, have them discuss some of their favorite stories or sections found there. Have them share some of the activities they completed while reading.
3. Serve the snacks provided for the girls to enjoy while working in their books or sharing what they read.

Following this session, the girls will move on to *Mirrors for Dreaming*

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Mirrors for Dreaming

Objective

During this Session, Girl Scout Ambassadors will get creative and design mirrors especially for dreaming.

Format: Whole Group

Materials

- Small Wood-framed mirrors
- Masking Tape
- Blue & White paints
- Sponges
- Small dishes to hold paints
- Old newspapers or brown kraft paper
- Sandpaper or wire wool

Steps to Complete Activity

1. Pass out the frames to each of the girls. Then, invite the girls to get started by affixing masking tape to the mirror face inside the frame. Then use blue paint to paint the frame. Allow the blue paint to dry.
2. While waiting for the paint to dry, get the girls talking about how often they daydream, and how they daydream... *Do you daydream while sitting in class, or riding the bus, or brushing your teeth? When you daydream, are you truly looking inward? Are your thoughts random? Do you consider how often you daydream about the same thing—or separate things that are really connected to one common passion or interest you have?*
3. Have the group cut cloud shapes from the sponges. When the frame is dried, they can use the sandpaper or wire wool to gently run the paint into the wood to create an aged effect. Using the white paint, the girls can dip their cloud shaped sponges and experiment making cloud shapes on the newspaper painting them on the frame.
4. Allow the clouds to dry and remove the masking tape.
5. Tell the girls they can use this mirror for completing the Mirror Image activity from earlier in the day, if they would like.

Following this session, the Group will break for the evening. The Program resumes in the morning with the *Valuing Values* session.

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Valuing Values

Objective

During this Session, Girl Scout Ambassadors will start to learn about the priority that they give to values in their lives and how that may differ radically from Ambassador to Ambassador. They will also take a look at how double standards pose problems for people throughout their lives.

Format: Whole Group (may be done as a Station)

Materials

- Pencils or pens
- Paper (small note size pieces)
- Small bowl or other container
- String, tape or chalk to draw a line on the floor

Values to Consider:

Commitment, Community, Cooperation, Courage, Discipline, Diversity, Determination, Equality, Faith, Family, Fitness, Friendship, Health and Wellness, Honesty, Integrity, Loyalty, Passion, Preparedness, Responsibility, Wisdom, and so many more...

Steps to Complete Activity

1. Invite the girls to write the names of values on pieces of paper, folding each in half and placing it in the bowl. Have each girl draw two values from the bowl, read them both aloud, and then state which one she feels is more important to her—and why that is. When each girl has had a turn, they can talk about how differently or similarly they weighed things. They could work together to rank all of their selected values from most important to least and see how much they agree or disagree about the value of each value.
2. Have the girls place a line on the floor, down the middle of an area where they can sit or stand. Explain to the girls: one side of the line represents “Agree”; the other side represents “Disagree”; the line itself represents “Undecided”. The girls will respond to the following statements by moving one side or the other of the line:
It’s OK to dress a little boy in pink.
It’s OK when a wife works and the husband stays home and takes care of the children.
It’s OK to lie to avoid hurting someone’s feeling.
It’s OK for grandmothers to wear short skirts.
It’s OK for the Police to stop someone who looks like a gang member.
It’s OK when men don’t hold doors open for women.
3. Discuss the responses with the girls to show how they may or may not be reinforcing a double standard when acting in certain situations.

Following this session, the girls will move on to *The Power of Media*

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The Power of Media

Objective

During this Session, Girl Scout Ambassadors will explore how Media plays a powerful role in shaping and reinforcing values and standards.

Format: Whole Group

Materials

- Girl book
- Magazines
- Copies of *Magazine Survey* (p. 48 of the Facilitator's Guide), one for each Ambassador

Steps to Complete Activity

1. Tell the girls how fashion magazines offer a wide range of idea about how women should look, act, think, and what they should do, in addition to a look at the various fashion styles available to them.
2. Have each girl take a few magazines from the selection available. Pass out the Magazine Survey. Now ask them to use the magazines they selected to fill out the survey.
3. When they have completed the survey, encourage them to share and compare their findings. Have them consider the following questions:
 - **How easy or difficult was it to differentiate between ads and editorial content? Why do you suppose that is?*
 - **Which magazines devoted more editorial space to articles about topics other than beauty and fashion? Which, if any of these topics interested you?*
 - **Pick one ad or article that you feel reflects your values and standards, and describe how it conveys a positive message.*
 - **In what way do magazines send messages about how girls and women should act, and what they should be interested in? What are some of those messages?*
 - **How do magazines set a standard of beauty for women? How can the standard of beauty portrayed in the magazine be widened?*
 - **What ideas do you have for improving the magazines?*

Following this session, the girls will move on to: *Let's Make a Deal!*

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Let's Make a Deal

Objective

Salary negotiations may not sound very dreamy, but so many dreams are involved, or tied to negotiations of some kind. During this Session, Girl Scout Ambassadors will learn negotiating skills that they can use—not only to increase their salary, but in other area of their lives as well.

Format: Whole Group

Materials

None

Steps to Complete Activity

1. Start off this session by telling girls that it doesn't matter how great their job is—how much they enjoy doing it—if they are not being paid a fair salary. Discuss briefly how in the past women and men were paid a different salary for doing the same job. Let them know that in the current workplace, most women only earn about 80 cents for every dollar that men earn, according to the US Bureau of Labor Statistics.
2. **Salary Talks:** Explain that Salary talks are a specific type of negotiating situation but many of the skills, tactics, and strategies used for salary negotiations can be applied to other bargaining situations. Share these negotiating tips with the girls:
 - ***Do the research**—find out what similar jobs pay by reviewing the sources available.
 - ***Be polite and patient**, yet firm and assertive.
 - ***Don't be afraid of silence or long pauses.**
 - ***Be a good listener, and read body language.** Be aware that a wince or other expressions of disbelief are common negotiating tactics, and don't be taken in by them.
 - ***Be prepared to walk away** if you can't come to a figure that's mutually agreeable.
3. Now have the girls pair off—one playing the candidate, and one playing the person in charge of hiring. The job candidate has been offered a job with a salary range between \$35,000 and \$50,000. The goal of the candidate is to get as close as possible to the upper end of the salary range. The goal of the person in charge of hiring is to get her to agree to an amount toward the lower end—and not above the middle—of the range.
4. Have the girls talk about how it felt to negotiate and whether they were happy with the results. Would having more information have been helpful to either candidate?

Following this session, the girls will move to the *Closing Session*

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Closing Session

Objective

During this Session, Girl Scout Ambassadors will celebrate their *BLISS!* journey by reflecting on what they learned by connecting with those they've assisted along the way.

Format: Whole Group

Materials

- Ambassador Awards, one for each Ambassador

Steps to Complete Activity

1. Have the girls gather together and take turns sharing one thing they learned about themselves along the journey.
2. Present each girl with the Dream Maker Award she has earned along the Journey. *This awards represents the confidence and leadership skills you gained by helping your "dreamers" attain their dreams. This Dream Maker Award shows that you can plan for others and yourselves; you can make use of your skills to carry out a project; and you have the confidence to lead others to plan for themselves.*
3. Let the girls know that the skills they gained and used along the Journey will help them in carrying out a Girl Scout Gold Award project, and that moves them to the top of the Girl Scout leadership ladder.

Thank any Guests for attending, then dismiss group.