



## 2024 CONVENTION WORKSHOP AND TRAINING SESSIONS

**SUNDAY, JUNE 23, 2023**

**1:30-2:30 pm**

**Regional Growth Teams Seminar .....Great Room BC, Third Floor – Mark Feilmann, Jan Oord Graves**

If you are a member on one of the new Regional Growth Teams, this training session is critical for you! You will learn the responsibilities and expectations for this new and exciting role. You will also have the opportunity to meet the other members of your team and hear President-Designate Jan share her vision that led her to create this team and how it will help our organization continue into the next century.

**Benefits with Friends..... Strategy Room 1, Fifth Floor-Abigail Jones, Passionate Advocate for Social Fitness Movement as Account Manager with Grouper**

Being social is good for you. You know it. Your doctor knows it. The U.S. Surgeon General knows it (he even wrote a whole book about it)! Grouper’s mission is to encourage healthy living through activities that build meaningful social connections and shared experiences. In this fun, interactive session, you will learn about how Grouper helps you build vital connections by supporting and encouraging your activities. You will also find out why nearly 500 Optimists tapped into their free social fitness benefit through Grouper in under two months. You may walk in questioning “This is healthcare?” But you’ll walk out exclaiming, “This is healthcare!”

**Risk Management and Insurance Boot Camp for Clubs .....Strategy Room 2, Fifth Floor-Erin Reese, MAOL, Senior Associate, Client Relationship Manager, Association Member Benefits Advisors (AMBA)**

Planning and executing successful events require more than just creativity and organization- it also requires a thorough understanding of risk management. From small gatherings to large-scale conferences, every event carries inherent risks that can impact the safety of attendees, the reputation of the organizers, and the overall success of the occasion. In this breakout session, we will delve into the world of risk management and discuss the overarching coverage available to Optimist International Clubs in the US. We will break down actual OI claims and common coverage questions from clubs. By the end of the session, you will have a checklist you can use to plan and execute safer events

**Make Every Day Happy, Healthy, and Smart!.....Fallsview Studio A, Third Floor-Deanna S Morrow**

Your best day starts here! This session is designed to help participants unleash their full potential and create a life of good health and personal fulfillment. Research has confirmed that lifestyle changes can make a significant difference in your health and in your life particularly as we age, with brain health being a byproduct of efforts. Through a blend of practical strategies, this class will empower each individual to design and live an ideal day, every day. It’s time to make each day a celebration of happiness, health, and enrichment!

**1:30-3:45 p.m**

**District Secretary-Treasurer Seminar ..... Strategy Room 7, Fifth Floor Marlene Phillips & Sandi Schmidt**

**District Member Engagement Chair Seminar .....Fallsview Studio C, Third Floor-Michael M Shue**

"Optimist International and its members utilize many ways to recruit and add new members, such as W.O.W., Just Invite, and the Elevator Pitch, among others. But, as Optimists, are we opening the door for new and existing members to walk right out..." Member Deleted: Lack of Interest." We can add all the members in the world, but if we aren't also doing something to retain our members, we will continue to watch our membership roll like a roller-coaster. This training will continue the great work we have already done as an organization and lay the foundation for the tasks ahead in the 2024-2025 Optimist Year and beyond. We will start our journey together on encouraging member retention within all clubs in the districts, member engagement within our clubs as well as at district conferences and events, and membership pride. Actively participate in meaningful discussions, share information and ideas, and provide feedback. Plus, promote and support the use of the C.A.R.E. Program within your club.

**District Marketing Chair Seminar.....Fallsview Studio B, Third Floor-Marketing Committee & Lorin Richter**

The Power of Storytelling in Marketing: Techniques for Building Strong Connections with your Audience.

**2:45-3:45 p.m.**

**District Growth Chairs Great Room BC, Third Floor-Mark Feilmann**

Are you the District Growth Chair for this upcoming year? Whether you are a returning chair or someone brand new, this session is for you!! You will hear about the Regional Growth teams and how they work. You will also hear from the International Growth Chair about what resources are available to help you be successful in your district.

**Harnessing the Power of Emotions for Effective Leadership..... Strategy Room 1, Fifth Floor-Cameron Wein, Athletic Academic Advisor, Rensselaer Polytechnic Institute**

In this dynamic training session, attendees will explore the power of emotional intelligence in effective leadership. Through interactive discussions and activities, participants will lead practical strategies for developing essential emotional intelligence skills and applying them in their leadership roles within Optimist International clubs. Join Cam to discover how you can lead with optimism, empathy, and resilience to bring out the best in your community.

**Unconscious Bias: Decode the "Why" Behind How You Think and Connect with Others ..... Strategy Room 2, Fifth Floor-Erin Reese, MAOL, Senior Associate, Client Relationship Manager, Association Member Benefits Advisors (AMBA)**

Talking health, happiness and prosperity to every person you meet can be difficult if you don't acknowledge your own unconscious biases. This session will use storytelling and humor to explore learned hidden biases, as well as provide solutions to overcome them. With entertaining videos and activities, this session will help you better connect with different generations, creeds, races, gender, income levels and more. Give so much time to the improvement of yourself that you walk away with an improvement plan for your interpersonal communication for a better community.

**Let's make the OFC shine: Together, we're unstoppable / Faisons briller l'OFC : Ensemble, nous sommes-Fallsview Studio A, Third Floor-Robert P Doyle & Claire Labrèche**

We invite you to an exclusive French OFC members-only workshop designed to prepare an English-language presentation highlighting the success of a federated organization within OI. Together, we'll review the PowerPoint presentation prepared by our Director of Communications and determine how best to answer questions during the English workshop to proudly express our optimism and commitment. Nous vous invitons à un atelier exclusif pour les membres français de l'OFC afin de préparer une présentation en anglais soulignant le succès d'une organisation fédérée au sein de l'OI. Ensemble, nous examinerons la présentation PowerPoint préparée par notre directeur de la communication et déterminerons la meilleure façon de répondre aux questions lors de l'atelier en anglais afin d'exprimer fièrement notre optimisme et notre.

**4:00-5:00 p.m.**

**What Makes Clubs Strong? .....Great Room BC, Third Floor,**

**Member Feedback Session- Patrick Prendergast & Cheryl Brenn, Optimist International Executive Director**

Last year we conducted a club survey to learn what makes strong clubs. In this interactive session, we will share what we learned from the survey and discuss how we're using this information to focus on developing stronger, sustainable clubs.

## **MONDAY, JUNE 24, 2024**

**1:30-2:30 p.m**

**Soaring to Success: Implementing S.O.A.R. Analysis at the Club Level.....Fallsview Studio C, Third Floor-Tim G Bell, and André Michelet-Figueroa (CCOF)**

Take your Club's strategic planning and fundraising to new heights! Join us for an interactive workshop where we delve into the power of S.O.A.R. analysis – a dynamic framework for evaluating Strengths, Opportunities, Aspirations, and Results. The Canadian Children's Optimist Foundation (CCOF) has harnessed S.O.A.R. analysis to drive its strategic planning and fundraising initiatives. Through real-world examples and practical exercises, you'll learn how to effectively implement this analysis to gain valuable insights into your Club's current state and future potential

**Choosing the Best of the Best – De-Mystifying how the Candidate Qualifications Committee Works..... Strategy Room 7, Fifth Floor -H. Nick Prillaman Jr & Candidate Qualifications Committee**

Have you ever wondered how the decision-making process used to select the nominees for our International Officers works? During this session, the members of the Candidate Qualifications Committee will provide you with an overview of the step-by-step process the committee members go through to select the " Best of the Best" candidates for the International President-Elect, Regional Vice Presidents, and the Board of Directors. Committee members will also be prepared to answer your questions regarding the strategies and steps you should take should you aspire to seek one of these leadership positions

**Unity in Service: Embracing Diversity for Collective Success Strategy Room 1, Fifth Floor-Cameron Wein, Athletic Academic Advisor, Rensselaer Polytechnic Institute**

Join Cam for an engaging workshop designed for clubs committed to fostering inclusive environments and maximizing their impact. This interactive session will explore the vital concepts of diversity, inclusion, and belonging with the context of service delivery. Participants will gain practical insights and strategies for creating inclusive service environments, addressing bias, and promoting cultural competence. Leave with actionable steps to enhance diversity and inclusivity within your organization, ultimately empowering your team to better serve diverse communities and drive positive change.

**Exploration of Kindness, a model for a club project..... Strategy Room 2, Fifth Floor-Carroll L Metzger, RN, B.S, N. M.P.A**

The understanding of kindness will be explored along with interactive activities which participants can use in their clubs

**Protecting Yourself Online ..... Strategy Room 3, Fifth Floor**

**Bonnie J Sherbert, IT Governance Manager, BlueCross BlueShield of South Carolina**

Join us for an informative session tailored for Optimists, where we empower ourselves with the knowledge and tools needed to stay safe and secure in today's digital age. Should you click that link? Is it safe to answer that phone call? Did your bank really send this text? Through engaging discussions and practical tips, we'll learn to recognize common tactics used by bad actors, protect ourselves against scams, and respond effectively to suspicious activities. Whether you're new to technology or a seasoned internet user, this session will provide valuable insights and strategies to safeguard your personal information and assets

**Oratorical & Kids Speak Out.....Fallsview Studio B, Third Floor**

**Diana Carlin & Sunny Fridge Ph.D**

Learn more about Optimist International's longest-running program, the Oratorical Contest! This program is designed for youth to gain experience in public speaking, perfect self-expression, gain self-assurance, improve communication skills, and provide them with the opportunity to compete for a college scholarship!

**Maximizing Grants for Your Club Strategy..... Room 5, Fifth Floor**

**OIF Board of Directors & Craig Boring, OIF Executive Director**

The Foundation would like to present a basic training on filling out grants in general for clubs. We will give basic "best practices", guidelines for submitting grants to corporations, private foundations and other sources. This would be a high-level view of basic principles such as:

- How to search for grants
- Background data gathering
- Filling out applications correctly
- Developing outcomes-based objectives

In addition, we will briefly cover the OIF Grants available to the Clubs. This will include information about Childhood Health & Wellness, Club Grants and Disaster Relief

**1:30-3:45 p.m.**

**Capital Care (C.A.R.E. from Beginning to End).....Great Room BC, Third Floor-**

**Member Engagement Committee & Michael M Shue**

The Member Engagement Committee will be offering an overview session on the C.A.R.E. program that will show how to use this program from beginning to end.

**2:45-3:45 p.m.**

**Building Stronger Teams: Tips for Effective Team Building and Inspiring Team Success ..... Strategy Room 7, Fifth Floor-Deanna S Morrow**

Team building is essential for creating strong, cohesive teams that can effectively achieve their goals and drive success. This training will provide a comprehensive approach to team building, focusing on strategies to foster collaboration, communication, and harmony. Participants will learn key principles and explore a variety of techniques for forming supportive, high-functioning teams that achieve results. In this session, theory will meet practicality! Don't miss this opportunity to unlock the full potential of your team and make a positive impact

**Optimist Institute Questions & Answers..... Strategy Room 1, Fifth Floor**

**Heather Myers**

Come get all your Optimist Institute questions answered! The content of this workshop is completely up to you! Bring all your questions, from basic to advanced, and get the answers you need!

**Lead, Follow, or Get Out of the Way..... Strategy Room 2, Fifth Floor**

**Cheryl Brenn, Optimist International Executive Director**

Everyone has a role to play but it's not always to be the leader. In fact, sometimes the followers and those who remove obstacles are the most important members of our teams. In this session, we'll dig into team dynamics and help you understand what and when to step into these important roles.

**Bylaws, Policies and Resolutions.....Fallsview Studio C, Third Floor**

**Marlene Phillips**

So how does my club go about bringing a suggested change to our Bylaws? What is the difference between Bylaws and Policies? What are Resolutions for? Come in and find out.

**Tips on Planning District Conferences and Conventions ..... Strategy Room 5, Fifth Floor  
Convention Committee**

A practical "how to" session with ideas on determining site selection, hotel and vendor selection, budgeting, contract negotiations and planning the agenda for District Conferences and Conventions.

**Behind the Scenes of Optimistes Francophones Canadiens: All that You Need to Know ....Fallsview Studio A,  
Third Floor- Robert P Doyle & Claire Labrèche**

Have you heard of the OFC and wondered what that's all about? Members of Optimiste Francophones Canadiens will give you a behind the scenes look at the OFC Pilot project to create a federated region of OI and get insight as to how this project is progressing.