



STUDENT LEADERSHIP AND WELLNESS WORKSHOPS AVAILABLE FOR SCHOOLS AND LEAGUES

The MIAA is available to help support and coordinate education and leadership training for student leaders, team captains and all student-athletes. Please see the list below for examples of workshop topics currently available for in-person or virtual formats. Additional topics and speakers beyond this list can also be organized to meet the needs of your school, league or district. For additional information about scheduling a workshop for your students, please contact your MIAA District Liaison.

Defining Leadership and The Value of Relationships

This workshop will cover the Foundation of Leadership and the value of building meaningful and intentional relationships. The simple truth is that leadership (and life, really), is about people and relationships. Relationships are the focal point of the leadership process. Your ability and willingness to establish MEANINGFUL AND INTENTIONAL relationships with others determines our leadership effectiveness.

Courage, Comfort Zone and Collaboration

The belief that my (our) way is the best or only way represents a “fixed mindset” that hinders a leader’s ability to see beyond their perceptions, beliefs, and biases. It takes courage to let go of ego, biases, and judgments to be willing to tap into the diversity, ideas, abilities, and strengths of others to get the desired results. Understanding comfort zones, the level of value or defeat they represent in your everyday living, have a direct impact on your leadership potential. Effective leaders create an environment of collaboration, working together.

Everyone Communicates, Few Connect

If you want to succeed, you must learn how to connect with people. And while it may seem like some folks are just born with it, the fact is anyone can learn how to make every communication an opportunity for a powerful connection. In Everyone Communicates, Few Connect, we will cover principles and practices to develop the crucial skill of how to communicate so that you can be effective in connecting, including:

- * Finding Common Ground
- * Understanding the Goal of Communication
- * Keeping Communication Simple
- * Inspiring People

The ability to connect with others is a major determining factor in reaching your full potential! Connecting is a skill you can learn and apply in your personal, professional, and family relationships.

Invaluable Laws of Growth

To reach your potential, you must be intentional about personal growth. This workshop will help you understand how personal growth really works, and how you can develop yourself to become a more effective and fulfilled individual that can lead others effectively. You will learn how to build up your sense of purpose and become more successful in every area of your life. Learn valuable lessons that will teach you to become the person you are destined to be!

WHY I CAN

Amid a pandemic there are many reasons why we should look at our purpose and our intentions of WHY we do what we do. Understanding that everyone is facing a battle we know nothing about, we will address empathy, tolerance, and the ability to focus on what we can do, not what we cannot do. What is your PURPOSE - what is your WHY?

College & Career Mapping (Mind Mapping/Goal Setting for the Future)

During this session, we will help students Goal & Mind Map their college and career aspirations.

What is your WHY? (Role of Student Leaders/Captains)

During this session, we will help students clarify their role as student leaders while helping them think through their responsibility and own leadership style. Each student-athlete will write out their personal leadership statement that they will hold themselves to.

Financial Education (Who Wants to Be A Millionaire?)

Who Wants to Be A Millionaire? During this session, we will Goal & Mind Map their financial goals and we will layout the basic principles of financial education.

Mentors and Mentorship During Distance Education

In this session, we will discuss how to make obstacles become stepping stones. This session will be where students can submit all their questions pertaining to the career, athlete, and personal goals, and Passion to Purpose will address each one.

Got Dreams? What's Your Plan?

During this session, the students will expand their personal goal and mind mapping to plan out how they will move forward. Think ready, set, action.

My Struggle With My Mental Health As An Athlete. You Are Not Alone

- Learn about Ivy's story of her struggle with her mental health as an athlete (anxiety, depression), her fear of speaking up, but how speaking up saved her life.
- Change your mindset from seeking help as a sign of weakness, to seeking help as a sign of strength.
- Identifying importance and beauty of finding self-worth and self-love and recognition that recovery is possible
- Learn self-care and mental wellness tools to build strength and resiliency
 - Understand the importance of practicing mental wellness in difficult times such as COVID-19 and racial injustice
 - Understand that it is okay to not be okay
- Feel empowered to be part of the solution to change mental health culture
- Understand the vast resources available in the school system, locally and online

Digital and Social Media Landmines and Posting Responsibility

High school students have access to new powerful technology like smart phones, tablets, social media, and more. However, with great power comes great responsibility. All too often, students are making poor decisions with this new technology without realizing the dangers and consequences.

This presentation covers the different social media "land mines" that students face, including:

- Technology Addiction & Anxiety
- Cyber bullying & hateful posting
- Posting too much information
- Predators using the information you post
- Your digital profile & whose looking (colleges, employers, etc.)
- Illusion of security & privacy on social media
- Sexting (why it's done and potential legal and social consequences)
- Texting & driving
- and more...

High School Bullying & Cyber Bullying Prevention

Over recent years, high school bullying has become well known as the media has covered numerous stories about students who have been bullied and either taken their own lives or taken violent actions against their peers. With new technology, including texting and social media, students can now be bullied 24/7. The bullies and bystanders are unaware of the damage they are causing and need to be educated on the consequences of these actions.

Sober Thoughts - Motivational High School Speaker on Drugs & Alcohol

High school students have heard the same thing for years from parents, teachers, organizations and speakers..."Don't do drugs". Although this is an important message, students have begun to ignore this message and not listen to speaker that speak at them. It's important that students hear these important messages in new creative and though provoking ways. For this reason motivational high school speaker, Robert Hackenson Jr., specializes in delivering a highly interactive and engaging presentation on drug, alcohol, & tobacco awareness, perfect for high school assemblies. Since 2004 Robert has been delivering this amazing edutainment presentation that focuses on why students make poor-decisions and teaches them how to see through certain mis-perceptions and negative influences. He has a unique ability to truly connect with the students and keep them engaged as he discusses possible life goals, tells his personal stories, gets the students to participate in skits, and has them understanding how to make smart decisions.

Vaping, Tobacco and Marijuana Awareness for Teens

Students continue to smoke tobacco while others are turning to smokeless tobacco, and the rate of teens vaping continues to skyrocket. In addition to this, more and more teens don't see any dangers associated with using marijuana, especially as states continue to legalize it's recreational use. The problem is that there are many common misperceptions about these substances and students are making choices without knowing all of the facts. This highly interactive presentation focuses on enlightening your students on the risks and expose the misperceptions. We touch upon the commonly known dangers your students may already know, but then dive deeper by educating them on much less known medical studies and other eye opening information. Students need to get all of the facts so they can make well educated decisions.

High School Speaker on Problem Gambling

Student gambling problems continue to grow in middle schools, high schools and in colleges at astonishing rates. Parents have given their teen their credit cards to play online poker or have their friends over to gamble. Although this is often seen as harmless, as the parents feel that playing poker is better than having their child out partying, it is exposing teens to gambling early on and can result in dangerous gambling addictions.

Transition to High School

High School is a life changing experience that can be overwhelming and challenging for some students. When entering high school students may look to find themselves, trying to understand where they fit in, struggling with an increased work load, and could make poor-decisions during the process. As a speaker on transition to high school, Robert Hackenson Jr. provides your students with a glimpse of some of the challenges they will face and discuss what they can do to make smart decisions.

Appearance and Performance Enhancing Substances: What Do You Know?

These core, research-based education programs are designed to raise awareness and educate students, coaches and parents about the dangers of appearance and performance enhancing substances including dietary supplements. Program topics that can be covered during this session include:

- *Appearance and Performance Enhancing Substances*
- *Body Image and Other Pressures Driving Substance Use*
- *The Ins and Outs of the Dietary Supplement Industry*
- *Evidence Based Dietary Supplements: The Safety and Efficacy of What Works*
- *Sports Nutrition Principles for Athletes*
- *Dietary Supplements Safety*

Not in the Playbook and Taylor's Message

Kathi Meyer began to speak about alcohol awareness and the importance of making good choices in 2009 after her daughter passed away from underage drinking. She met her future husband, Chris Sullivan, when she presented at her first parent night. A former NFL player, Chris was attending not as a parent, but as a man suffering from substance use disorder, anxiety and depression. They say through tragedy, beautiful meetings can happen. That was the case with Kathi and Chris's struggles surrounding substance use. Their powerful messages were destined to join forces in more ways than one! Kathi's perspective as a mom combined with Chris's perspective as someone with a long time heroin/alcohol addiction and mental health concerns touches many aspects of the listener. Kathi and Chris consider it a gift to be a small part of the ripple effect that happens from sharing! We never know how one word, one message, one act of kindness can change the outcome of someone's life and make a positive change in this world.

Let's Talk About the "A" Word: Managing Anxiety in the COVID-19 Era

B.C. (before COVID-19) anxiety was the #1 diagnosed mental health condition in the USA and it's gotten worse, but we can minimize its negative impact on our lives. Students and adults are invited to an engaging presentation to learn concrete strategies and tips to manage all types of anxiety.

Additional Topics Available...

If there are other workshop topics that your school or league would like to provide for your students, please contact your MIAA District Liaison. The MIAA staff will coordinate the speakers and topics to meet the needs of your students through in-person or virtual formats.