

## **2025 Kansas Youth Leadership Forum Workshops**

### **101, 201 How to Un-Hurry**

Do you find yourself always in a hurry and feeling like you get nothing done? Learn ways to unhurry your life and destress to a slower, simpler life.

Main Presenter: Judy J Parsons

### **102, 202 Leaders and Counselors in Training**

Rock Springs Ranch encourages youth to start professional development early and prepare them for the working world by providing opportunities to experience the onboarding process, on site training, and practicum experiences while still getting a camp experience. We want to invest in our youth and lower barriers to access this programing, our LIT & CIT programs are free and designed to provide a pipeline to future employment.

Main Presenter: Jared Gleason

### **103, 203 Mic Drop: Amplifying Your Voice**

This isn't just a class, it's your backstage pass to make an impact. Want to know how your voice can spark action and fuel causes you care about? Join Callie, Maria, and a team of youth leaders to explore how 4-H members just like you are using powerful communication to inspire real support (and real dollars) for big ideas. Whether you're into public speaking, social media, video, learning how to use AI tools, or just finding your message, this is your chance to grab the mic and own it!

Main Presenter: Callie Lehman

### **104, 204 Spark Your Entrepreneurial Spirit with the Youth Entrepreneurship Challenge**

Meet fellow aspiring entrepreneurs and unleash your creativity, innovation, and business expertise. Learn about the exciting opportunities awaiting you in the Youth Entrepreneurship Challenge! Get ready to brainstorm and get creative! Engage in interactive activities and exercises to generate innovative business ideas that solve real-world problems and meet market demands. Learn the art of pitching your ideas with confidence and conviction and turn your passion into profits that supports entrepreneurship and small business development in Kansas!

Main Presenter: Bailee Henry

### **105, 205 Live Well, Lead Well - Healthy Choices for Growing Leaders**

Join in a variety of activities that let you explore all facets of healthy living choices through your Head, Heart, Hands and Health. Exercise your leadership skills by leaving with a Tool Kit to implement these fun, creative, hands-on activities in your local clubs and communities.

Main Presenter: Patsy Maddy

### **106, 206 Society of Women Engineers presents: No Scramble Here!**

The Society of Women Engineers at K-State would like to host a session on a stem activity.

We will be doing an Egg Drop. The youth will be put into groups/partners and have to come up with a design that will get their eggs safely to the ground.

Main Presenter: Kennedy Ratliff

### **107, 207 Resume to Riches: Grow Your Future with Scholarship Success**

Kansas 4-H Scholarships recognize civic engagement, involvement, and the impact you've made in your community—your resume and cover letter are your chance to tell that story. In this hands-on workshop, you will learn how to build a standout resume and craft a compelling cover letter, specifically for the Kansas 4-H Scholarship application.

You'll learn how to highlight your 4-H experiences, leadership roles, and community involvement in a way that connects with reviewers. Whether you've been in 4-H for years or just a few, we'll help you put your best foot forward with confidence and clarity.

Leave with skills you can use to create a polished resume and cover letter that will help you grow your future through scholarship success.

Main Presenter: Sarah Keatley

### **108 Inside Out: Understanding Systems from Within**

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This immersive workshop uses the metaphor of Inside Out—understanding internal drivers and external dynamics—to explore how agricultural leaders can apply systems thinking to solve complex challenges in food systems, sustainability, and rural development.

Main Presenter: Colleen Helmers

### **109 209 Grow Global Citizen Leadership through 4-H International Exchanges**

Living and experiencing daily life with a new family is a great way to develop global citizenship skills and give you leadership opportunities you'll not find at home. This workshop gives you a sample of what 4-S members' and their families' lives are like in rural Costa Rica. 2025 Kansas 4-H delegate to Costa Rica Ariana Baltazor will share the culture and lifestyles she experienced there and expose you to some of them in this workshop. Besides photos, you do a craft, try a game, and sample Costa Rican food. Before we are done, we'll share how you can experience Costa Rica and other countries through 4-H International Exchanges in 2026-2027.

Main Presenter: Dr. Mary Kay Munson

### **110 MESH - Metal, Emotional, Social Health in 2025**

Youth and adults are under unprecedented levels of health with being multifaceted and with so many influences in this space we will talk about real world situations while acknowledging the physiology and stimuli causing our own experiences.

Main Presenter: Garrett Johnson

### **211 When Everyone Leads**

Leadership is not about authority and position. Leadership is actually an activity—small actions taken in moments of opportunity. That means everyone can lead, no matter where they sit in an organization or community. And when more people feel empowered to see and seize their moments to lead, we make more progress on our most important challenges. Join members of the Kansas 4-H Youth Leadership Council to learn what you can do to right away to achieve a future When Everyone Leads!

Main Presenter: Jaryth Barten

### **212 What does "You Can be Anything You Want to Be" actually mean?**

We will use real-world leaders to break down how youth can set high goals and reach them through topics including mindset, community, friends, navigating adults, what it takes, and power.

Main Presenter: Garrett Johnson

**Kansas State University Agricultural Experiment Station and Cooperative Extension Service**

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