

United Way Youth Programs

Workshop Catalogue



Building Community, Changing Lives ... Together, WE make a difference



Provided by United Way of
Peterborough & District—
Community Leadership &
Learning Services

Youth Grants Program



If you are a group of motivated students who have a great idea for a Community Project but you don't have the funds to get it started, this program is for you.

United Way of Peterborough & District provides up to \$500 in funding for youth led initiatives in our community.

Encouraging youth to make a positive difference!

For applications please contact the United Way of Peterborough & District—705.742.8839.

To declare your interest in any of these workshops or programs, please fill out the Interest Form included with this catalogue or contact the United Way of Peterborough & District—705.742.8839

There *IS* an "I" in Team!

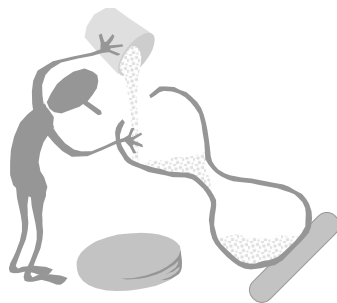


When it comes to working in a team, the 'I' is more important than we think. Each of us brings the potential to make or break a team. This workshop helps participants understand the nature of group dynamics and what role they play on a team. Chock full of team building initiatives and activities, this workshop is sure to get your group thinking about how they can make a difference in the teams they are a part of!

Curriculum Connections: Social Science-Challenge & Change in Society, Health & Physical Education-Healthy Active Living-Recreation & Fitness Leadership, Guidance & Career Education, Business Studies

Where am I going? - A Road Map to Time Management and Goal Setting

Sometimes it is easy to float through the months without a destination in mind, but this is a trap that a lot of people can fall into. By establishing a clearer understanding of where you want to go, you can spend your time more wisely, and with greater purpose. Bring this workshop to your group and participants will learn about the importance of short term and long term goals and time management strategies.



Curriculum Connections: Guidance & Career Education, Health & Physical Education, Social Science- Individual & Family Living, Business Studies-Entrepreneurship-Business Leadership

Welcome to the United Way Youth Leadership Workshop Catalogue!

Inside you will find a wide variety of workshops and training opportunities for students and youth.

At United Way, we are committed to helping young people get involved in the community. These workshops are designed to be engaging and interactive, encouraging youth to think about how these topics apply to their lives.

Each of our workshops can be adapted to be age appropriate for different audiences, adjusted to fit different time slots, and shaped to meet the needs of your group.

To request a workshop for your class or group, contact the Youth Leadership Coordinator at United Way of Peterborough & District. There is no cost for this service and it is available to all schools and youth serving groups in Peterborough City and County.

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United Way

of Peterborough & District

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Leadership 101

What does it take to be a leader? How can you identify a good leader? How can I be a leader in my community?

These are all questions that will be explored in Leadership 101! Using hands on games and exploration activities, participants will be challenged to take a look at their ideas about leadership and discover the leader within.



“Help! I have to volunteer and I don’t know how!”

For many students, the requirement of the Community Involvement Hours is a daunting mystery. Let us help your students discover the benefits of volunteering.

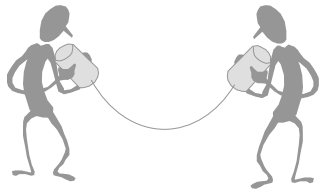
Through this engaging workshop, we will help students discover their interests and help them establish a direction for their volunteer hours. We will provide students with ideas and strategies to help the forty hours work for them.



Curriculum Connections: Business Studies-Entrepreneurship, Guidance Education-Leadership and Peer Support, Health & Physical Education-Recreation and Fitness Leadership

Curriculum Connections: Guidance and Career Education, Health and Physical Education—Healthy Active Living, Community Involvement Hours

Keys to Communication



All too often great teams and leaders are thwarted by poor communication. It happens between friends, family, and classmates.

This workshop helps identify the importance of clear communication and provides participants with ways they can improve their relationships with improved communication. The session is filled with activities and exercises to help participants bring their learning to life!

Volunteering and Your Career



United Way is pleased to present this interactive and informative workshop focusing on the connections between volunteering and employment. Participants will discover how volunteering can help them:

- Develop skills
- Gain work experience
- Learn to market yourself
- Find out more about the world of work and career options

Curriculum Connections: Business Studies - Business Leadership, Guidance and Career Education-Leadership and Peer Support, Health & Physical Education-Healthy Active Living, Social Sciences –Individual & Family Living

Curriculum Connections: Business Studies, Guidance & Career Education-Career Studies-Designing your Future, Social Sciences-Individual & Family Living