

SISTA-2-SISTA YOUTH SUMMIT GET LIFTED

WORKSHOP & PANEL DESCRIPTIONS

WORKSHOPS

SELF-RESPECT

Oh...She Thinks She's Cute...and She Is!

This interactive workshop will examine how we acquire and define our values and the influence of Pan-African culture (i.e. music, media, fashion) on how we define ourselves. By looking at our environment, education, and surrounding culture, we can find ways to promote healthy self-esteem and respect.

Presenters: Joyce Allison and Anzala Anzolie, Revelations

RESPECT!: Working From the Inside Out!

Through the examination of the seven principles of Kwanzaa participants will be able to realize that self-respect is at the core of relationships with oneself, family, the community and the world. Participants will walk away from this workshop with a full understanding of how to develop their own tools to maintain and develop self-respect.

Presenter: Monique Fortune, Fortune & Associates

RESPECT 101

This interactive workshop will explore the relationship between popular culture and how one comes to understand and define herself.

Presenter: Antoinette Alexander Sarpong, Your Own Unique Image (YOU'!)

DEFINING ONE'S PASSION

Defining Your Personal Shine

With all the pressures young girls face today, it is often difficult for you to carve out enough space to figure out your passions. Define your Personal Shine is a workshop that will urge you to get to the heart of your story. With a focus on self-mastery, you will confront the following question: how can I get the most out of the life I currently lead, as well as the one I will eventually grow into? Each girl will walk away with their own personal mission statement and a statement of purpose that can be used as sources of inspiration and to guide future action.

Presenter: Ozioma Egwuonwu, Burn Bright Lifeworks Inc.

Dream It. Do It

In this workshop, you will learn that you can be a part of the growing movement of young change-makers. You will identify some of your true passions and interests, and then point out some of the problems that you see in your community. You will then be challenged to brainstorm ways in which your passions and interests can address the problems that you've identified. At the end of the workshop ideas will be presented in the forms of short commercials.

Presenter: Nyasia Bowles, Youth Venture NY

Pure Passion: The Journey of Finding Your True Passions

What do you really want to do with your life? What is really going to make you happy? These are questions that people take a lifetime to answer and some never find the answers. This interactive workshop will allow you to explore your passions, identify what you really want out of life, and provide you with techniques for overcoming the challenges of pursuing your passions.

Presenter: Shelli Branscomb, *Fierce Sistahs*

PERSONAL ACCOUNTABILITY

The Mirror Doesn't Lie: Learning to Look for the Answers Within

This workshop will help you gain a working knowledge of how your own thoughts, fears, beliefs, and dreams shape the experiences of your life. This workshop will provide you with the necessary tools to allow you to become conscious contributors and creators of your future life experiences.

Presenter: Kioni Carter, *Tru Transformation Coaching*

Choosing Happiness: What it Really Means To Be Responsible for Your Feelings

This workshop will discuss the differences between choices based on fear and those based on values. It will challenge you to be responsible for your feelings and the actions that result from them.

Presenter: Randie Shane, *Forward Motion Coaching*

Manage Your Time and Make Money

Time is our most valuable resource, yet oftentimes we waste it. This workshop will challenge some of our current understandings of time and help participants look at their lives in a new light. The first half of the workshop will be an open discussion about the cliché "time is money" and it will conclude with each participant creating a personalized action plan on how to spend their time more effectively in 2008.

Presenter: Jullien Gordon

FINANCIAL MANAGEMENT

JA Personal Finance

This workshop will help you make informed decisions about the effective use of income to reach personal financial goals. You will learn about the Concepts of budgeting, credit, economic institutions, insurance, interest rates, savings, etc. At the conclusion of this workshop you will have your own budget drafted and will know how to map out your financial goals as well be able to make well-informed decisions about money.

Presenter: Jacqueline Dolly, *Junior Achievement*

Money Management 101

This workshop will allow you to determine your "money personality" as well as provide you with the tools on how to develop short and long term "SMART" (Specific, Measurable, Attainable, Realistic, and Time bound) financial goals.

Presenter: Summer K. Lee, *Esq.*

Money Matters

This workshop will show you the importance of financial planning for the short-term and long-term. You will also learn about the basics of financial management and key financial terms.

Presenter: Raj Thakkar, *Charter School Business Management Inc.*

Fashioning Wealth: A Roadmap to Envisioning Success and Styling Your Future

You're only as big as your dreams and in this workshop, participants will learn how to make their dreams their reality through creating a sophisticated personal style and developing savvy financial management techniques to achieve success.

Presenter: T.I. Williams (*Tree*)

PANELS

Pan-African Women Unite

A discussion about the importance of Pan-African women working together to evoke change.

Panelists: Lisa Burriss, Nadia Campbell, Geneva Farrow, Eunice Gilmore, Zykeya McLeod, Vivian Saleh-Hanna, and T.I. Williams (Tree)

Representation of Pan-African Women in the Media

A discussion about how women are portrayed in the media and your responsibility.

Panelists: Anita Bryant, Dominique Jackson, Chenits Pettigrew, Dominga Martin and Darlene Walker

Moderator: Najwa Moses, Styleaholics Productions LLC

The “Hush-Hush” Health Topics in the Pan-African Community

A discussion about the health topics that we never want to talk about such as mental illness, therapy, mental illnesses, bulimia, obesity, counseling, etc.

Panelists: Anzala Alozie, Shelli Branscomb, Anna Ortega, Khadijah Mani, Panin Soadwa-Humphrey, Kakra Soadwa.

Moderator: Diana Placide, MIC Women’s Health Center (Astoria)