

TOPIC DISCEPTORS: Saturday May 1st Day 2

A-4 9:00 – 10:00 Facilitating Collective Joy & Strength in our Communities through Arts, Culture and Heritage– Janet Nacilia

Throughout history, group celebrations have brought people together in a spirit of solidarity, joy and union. Celebrations involving arts, culture, music and dance have the potential to strengthen the families and communities, build our confidence and self esteem, express a vision for a kind of community we're seeking, and teach that joy can be achieved in sustainable ways. Join us as we share more about Alberta Recreation and Parks Association's (ARPA) ACE Communities and how it is working to bring more opportunities for bringing collective joy to our lives, organizations and communities. This session will share more about a groundbreaking Alberta Rural Talent Showcase (ARTS) Music and Dance Tour and how it is supporting communities to come together to celebrate and grow local talent.

B-4 9:00 – 10:00 NAPI – Cindy Deschenes

The Native Ambassador Post-Secondary Initiative (N.A.P.I.) is a project designed to provide information on post-secondary and to provide role modeling to Aboriginal youth enrolled in Junior and Senior High and other programs. Our primary goal is to motivate Aboriginal students of all grades and ages to consider pursuing a post-secondary education.

Ambassadors from Mount Royal College, SAIT and the University of Calgary will be available to visit Aboriginal youth in junior and high schools in order to facilitate "blue print for future" type workshops, provide campus tours for visiting groups, and travel to regional Aboriginal careers fairs.

C-4 9:00 – 10:00 Measuring Capacity Building-Pat Buffalo

This workshop will present the **GAUGE** in measuring real community capacity building and in many cases, the lack of "**Community spirit**".

In the sport world, we have the leaders and participants and in the many First Nations communities, it is a challenge to get organized.

The real gauge is on an individual/personal level. It does not matter if we are the leader or the participant. The gauge is based on how we **FEEL**. **Are we motivated? Are we pumped? Do we have a clear vision of what we want? Do we feel good? Or are we discouraged, worried, angry, and frustrated? Do we feel stuck? What do we use as our reference point?**

D-4 9:00 – 10:00 How the Mind Works – Robert R. Breaker

This session is designed to build on the participant's understanding of how their mind works, and how they control the way they think to achieve success. Explores attitudes, habits, beliefs and expectations and how they affect day to day automatic reactions and decisions. Provides individuals the understanding and tools to raise in their own ability to make things happen.

The concepts that will be presented are scientifically based on cognitive psychology and validated by the top psychologist's in North America

A-5 10:30 – 11:30 Using Recreation as a Catalyst to Build Active, Creative, Engaged Communities (ACE)– Brenda Herchmer

How do we ensure active, creative and engaged communities? Can we strengthen community leadership, collaboration and innovation? This session will share how ACE Communities, an initiative of Alberta Recreation and Parks Association, is focusing on enhancing the quality of life in rural Alberta by using recreation, parks, arts, culture and heritage as a catalyst for change and growth. Key learning about the importance of community building and how to make it a reality will shares as well as a number of resources and tools that can be applied in any community.

B-5 10:30 – 11:30 Coaches Build Communities – Shona Schleppe

Coaches contribute to the community and have an enormous effect on the development of our youth.

Good coaching is fundamental to community sport. By becoming a valued member of the community, coaches can set the stage for lifelong physical activity and participation in sport. Coaches can help to train any type of participant, from playground to podium.

Coaches should have the right qualifications and training in order to effectively deliver their services, especially when young people are involved.

Are you interested in becoming a coach or a better coach? Want to find out more about the "National Coaching Certification Program" (NCCP) and the recent changes.

C-4 10:30 – 11:30 (cont'd)

Measuring Capacity Building – Mr. Pat Buffalo

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D-5 10:30 – 11:30

Rocky Road to Success-Tess Spreen

Ms. Spreen will be discussing her trials and tribulation as a young metis' woman, struggles and accomplishments she received along the way in her sports involvement. Her vision of athleticism and her vision of what and who needs to be involved in order to allow athletes to be born.