

DISCOVERING YOUR BEST SELF YOUTH CONFERENCE

FOR
14-18 YEAR OLDS

February 22, 2019

FREE

FEATURING....

Conway Kootenay -
comedian, actor and dancer

*Understanding
about choices*



Living Well

AND....

Leanne Young -
entrepreneur, producer, actor,
athlete and coach

AT
PORTAGE COLLEGE

(Transportation provided from schools to
the college)

Being Healthy

Conway Kootenay

Conway Kootenay is a Comedian, MC, Actor, Stunt Man and Champion Chicken Dancer.

AKA Smudge Pan, Conway has garnered National Attention through his online sketch comedy series. With millions of views and thousands of followers Conway is quickly becoming one of the Nations most talked about Native Comedians, some might say he is "real DEADLY"

Conway is also an MC who MC's many charity events, festivals, and Conferences throughout the year.

As a Actor and Stunt Man Conway has been in Oscar winning Film "The Revenant" Staring Leonardo Decaprio and Tom Hardy, Lead Role in Georgina Lightning's New Film "Grandmothers Medicine" and recently finished doing stunt work for the hit television and Netflix series "Outlander" season 4.

If that wasn't enough, Conway is also a Champion Men's Chicken Dancer who travels the Pow Wow circuit across North America every summer.

Leanne Khol Young

Leanne Khol Young is a professional actor currently residing in Vancouver, BC. Studying emotion and neuroplasticity, Leanne is an advocate for using feelings as feedback and adopting intelligent practices to 'reprogram' the brain.

Employing tools and knowledge from former career/life experiences (including: film producing, production coordinating for international commercials, community educator at lululemon athletica, Exercise Specialist at varying Pediatric Centers for Weight and Health, collaboration with the Canadian Military, athlete with Basketball and Volleyball Alberta, waitressing, a few failed businesses, personal therapy, couples therapy, personal coaching for the past 12 years, and growing up in the diverse community of Lac La Biche, AB), Leanne offers guidance to actors and entrepreneurs on how to set themselves up, and how to open their hearts, more.

What does a single woman, mid-thirty's know about love: she knows what 'love' to walk away from, what love matters the most, and why it's so important to feel, with love, along the way.

<hr/>	A3	Depression / Suicide Awareness / Prevention: <i>How to help your friends</i>	In this session learn about the signs and symptoms of depression and potential suicide risk. Find out about all the help and supports available to help your family or friends when you see them struggling. (Participants are encouraged to bring a cell phone to this session.)
<hr/>	A4	Feel Better!	Clarifying how you want to feel is the first step to feeling better. This session is a re-set on your mindset and a shift on how you show up for yourself. Learn how to use emotion as feedback and set yourself up with upgraded behaviours to feel more ease in your heart and mind.
<hr/>	A5	He / She wants to fight - why does it matter to anyone else?	Fighting hurts everybody - not just the people involved in the fight. When it comes to fighting here can be legal issues, too - some of them might follow you for a long time. Here you can learn why it should matter to you, and the people around you.
<hr/>	A6	Healthy / Unhealthy Relationships	When is it love? When is it not love?
<hr/>	A7	Historical Trauma - understanding historical and life experience of Indigenous people	Learn: the definition of historic trauma; the 4 dimensions of historic trauma; how it can be addressed; how caregivers can be part of the healing process.
<hr/>	A8	How To Get What You Want	Have you ever tried to communication with a friend, parent or boss and it just didn't go well? This session will help you understand why that might have happened and gain valuable tips and tricks to avoid that in the future.
<hr/>	A9	Introduction to Mindfulness & Relaxation	Mindfulness is a practice that allows you to focus on the present moment, so that you are better able to deal with feelings that might otherwise cause you to feel anxious and stressed. Relaxation and stress reduction is the skill that you will develop from practicing mindfulness. This session will allow you to practice several different mindfulness techniques so that you are able to use these practices when you need them.
<hr/>	A10	Relationship Goals	An interactive exploration into relationships, boundaries, and setting healthy standards for yourself.
<hr/>	A11	When is it fun, when is it addiction?	Learn the signs and symptoms to watch for when something tips over from being recreational use and sliding into addictions. This can be true of gaming, drugs, and alcohol. Find out about setting limits!



Lunch in the gym.



AFTERNOON SESSIONS

<hr/>	B1	Art: More than just a hobby	In this short workshop you will have the opportunity to engage and participate in art relaxation while learning about careers in art.
<hr/>	B2	Bullying / Relational Aggression	Learn tools in: identifying this type of aggression; how to avoid being a victim; how to help a victim of bullying; who is safe to talk to.
<hr/>	B3	Basics of Starting a Business and Being an Entrepreneur	Is your idea feasible and can you do it? Even if you have a great idea, there is more to a successful business than you may realize. During this workshop you will learn how to think like an Entrepreneur; to find a way over, under, around or through a problem; what a business plan really is and why it shouldn't scare you; what is involved in setting up and running a business including legal structures, competition, marketing, financing and growing your business.
<hr/>	B4	Depression / Suicide Awareness / Prevention: <i>How to help your friends</i>	In this session learn about the signs and symptoms of depression and potential suicide risk. Find out about all the help and supports available to help your family or friends when you see them struggling. (Participants are encouraged to bring a cell phone to this session.)
<hr/>	B5	Drama - as a Career Choice	Drama - is it just about the stage?
<hr/>	B6	Fitness / Cardio / Strength	Basics of strength and conditioning exercise. Exercise and physical activity fall into 4 basic categories: endurance, strength, balance, flexibility. Most people focus on one activity or type of exercise but each type is different. Doing them all will give you more benefits while reducing boredom and risk of injury.
<hr/>	B7	Hairstyling / Cosmetology	If you love fashion and have a flare for hair, then this session is for you! Discover this creative career and learn about unique opportunities for a fabulous future in this trade.
<hr/>	B8	I like to Move it! Move it!	Join certified instructor/trainer, Sue LaPierre in this crazy fun dance fitness session and learn how to unleash your super dance powers and groovy style. No dance experience required. Bring water and your sense
<hr/>	B9	Keep More of Your Money	(a.k.a. Financial Literacy – what everyone should know). If you spend, borrow or save money you need to know the basics. Learn how to make good choices, be informed, how to protect yourself, and what your rights are. From every-day banking to mortgages, investing and Insurance – we'll cover it all in this easy-to-understand workshop.
<hr/>	B10	Maintaining a Healthy Lifestyle - Body / Mind / Spirit	Is health definitive? I look this way, but Timmy looks different. Are we both healthy? This session will talk about health with a holistic approach on what it means to be "healthy" and review recommended guidelines to maintain a healthy lifestyle.

- _____ B11 Native Arts as a Career Choice Take a look at samples of work that can be created, and how this can become part of your vocation.
- _____ B12 Photography How I am growing my photography business.
- _____ B13 The Road to your Class 7 Licence and Beyond The information on the Graduated Driver's License program can be confusing. In this workshop learn strategies to help you pass the Class 7 Learner's written test, and then learn about the exciting next steps that will get you driving on your own. Who knows? You might even make a career out of driving!
- _____ B14 Trades - choices worth making! Learn about employment opportunities available for people choosing trades. From apprenticeship to thriving business - the possibilities are endless.
- _____ B15 Trapping and Hunting Learn about career opportunities that involve hunting, fishing, trapping. Also learn about how care for the environment is important to sustaining these activities.
- _____ B16 Yoga An introduction