



2012 Conference Registration Form (Girls Grades 8-12)

Select 1st and 2nd choices of workshops for each session on back. Space is limited. Please note some workshops are grade specific.

Session 1
1st choice: Workshop # _____
2nd choice: Workshop # _____

Session 2
1st choice: Workshop # _____
2nd choice: Workshop # _____

Session 3
1st choice: Workshop # _____
2nd choice: Workshop # _____

Session 4
1st choice: Workshop # _____
2nd choice: Workshop # _____

Check-in:
Day of Conference
7:45am-8:20am
MSU SUB
Ballroom A



Registration Information:

(one form per student please)

Name: _____ Grade: _____ School: _____

Mailing Address: _____ City: _____ Zip Code: _____

Phone: _____ Email: _____

How did you hear about the conference? _____

Payment Information:

Conference registration is \$20.00 per girl (includes supplies, snack and lunch with keynote speaker).

_____ I have included \$20.00 for student registration (non-refundable).

_____ I would like a vegetarian meal.

Keynote Luncheon Tickets-General Public:

(11:45-1:00, MSU SUB Ballrooms)

\$35.00 for adults/\$20.00 for students

_____ I have enclosed \$ _____ for _____ luncheon ticket(s).

_____ I would like _____ vegetarian meals.

*Make checks payable to Thrive.
Please mail form and payment to:
Thrive, PO Box 4325, Bozeman, MT 59772.
For more information email
gfac@allthrive.org or call 406.587.3840.
REGISTRATION DEADLINE IS
FEBRUARY 21st!*

Parent/Guardian Permission:

Parent Name: _____ Email: _____

Phone (in case of emergency): _____ Signature: _____

*Your signature gives your child permission to participate in the conference and attend the workshops she selected or is assigned. This event will be video taped/photographed and images of participants may be used throughout all media promotion for Girls for a Change.



Session 1	Session 2	Session 3	Session 4
<p>Workshop #1 Ballroom B NIA: Creative Dance for the Fun of It! An exciting intro to the joy of movement and releasing your insecurities! Come dance and explore the exciting ways to move. We will end our journey with an optional sharing circle. Presented by Ashley Martens. (limit 75 girls)</p>	<p>Workshop #10 Ballroom D Visit West Africa! Ride the drum beats as you travel to West Africa! Find new rhythms, ways to move and learn about a different culture! Presented by Kelly Ann Brown and fellow drummers. (limit 75 girls)</p>	<p>Workshop #19 Ballroom C Bollywood Dancing Ever notice how catchy the soundtrack to "Slumdog Millionaire" is? Join Indian exchange students in learning fun dance moves from India! Presented by Priyanka Jyotsna. (limit 75 girls)</p>	<p>Workshop #28 Ballroom C Taekwanna Know? Discover your strong body and strong mind through the spirit of Taekwondo! Learn Taekwondo techniques including punching, kicking and blocking. Presented by Kelly McKeenan. (limit 75 girls)</p>
<p>Workshop #2 Room 233/235 Love Who You Are Yoga Stressed out? Discover a great way to unwind with yoga. You can leave your everyday stresses and worries behind and feel safe and supported in this fun, relaxing workshop! Please bring your own yoga mat if you have one! Presented by Debby Greene. (limit 75 girls)</p>	<p>Workshop #11 Room 233/235 Flip the Future How does media influence you? And your views of yourself and the world? Check out the Miss Representation trailer and have a lively discussion about your thoughts! Then make your own positive impact in the media by creating a real commercial that will inspire and empower other girls and women! Presented by Jamie Moore. (limit 36 girls)</p>	<p>Workshop #20 Ballroom D Kiai! Taiko Drumming Learn the art form of Japanese drumming routed from martial arts. Release your spirit and feel personal empowerment through drumming and your own voice! This full body activity will challenge everyone to let it all out! Presented by Melissa Dulin. (limit 30 girls)</p>	<p>Workshop #29 Ballroom D Kiai! Taiko Drumming Learn the art form of Japanese drumming routed from martial arts. Release your spirit and feel personal empowerment through drumming and your own voice! This full body activity will challenge everyone to let it all out! Presented by Melissa Dulin. (limit 30 girls)</p>
<p>Workshop #3 Room 234 Finding Your Balance Gain confidence with this interactive and hands on workshop! Explore yourself through sharing stories, art and fun activities. Come join this group to write and speak from your heart and share your voice. Presented by Nancy Nelson. (limit 15 girls)</p>	<p>Workshop #12 Room 232 Write It Up! You love words. You know you have something to say, but you've been wondering: How exactly do I express myself as ME on the page? This writing workshop focuses on discovering your unique written voice. Is it bold, funny, soft, wise, meandering, eccentric? Presented by Molly May. (limit 20 girls)</p>	<p>Workshop #21 Room 232 The Good, The Bad & The Ugly (grades 11 & 12 only) Are you nervous or excited about college? Ask college students all of your burning questions to find out the good, the bad and the ugly of being a college freshman. Presented by GFAC grads! (limit 15 girls)</p>	<p>Workshop #30 Room 233/235 Stay Pliable With Pilates Explore new ways to keep your body strong with Pilates! Learn this mind-body activity to strengthen your core and renew your mind! Come prepared to move! Presented by Beth Mendelsohn. (limit 75 girls)</p>
<p>Workshop #4 Room 236 Philanthropy Group A philanthropist is anyone who gives anything - time, money, experience, skills, and networks - in any amount to create a better world. The Missoula Youth Philanthropy Club will present how they have made a philanthropic impact during their trip to Brazil to support the Horses for Orphans project. Participate in Brazilian games, learn some Portuguese and see pictures and hear stories from their experience! (limit 30 girls)</p>	<p>Workshop #13 Room 234 The Meaning of Green: Beginners (grades 8 - 9 only) Do you stress about money? Do you want to know how to manage your money? Learn how to effectively manage your money through fun games and activities. Empower yourself with the tools you need to be financially successful! Presented by Nicole Wanago (limit 15 girls)</p>	<p>Workshop #22 Room 234 The Meaning of Green: Advanced (grades 10 - 12 only) Do you stress about money? Do you want to know how to manage your money? Learn how to effectively manage your money through fun games and activities. Empower yourself with the tools you need to be financially successful! Presented by Nicole Wanago. (limit 15 girls)</p>	<p>Workshop #31 Room 232 Financial Fitness for Life Why is financial education important? How can you start becoming financially independent now? This session will cover topics such as How to Really Be a Millionaire, Financial Decision Making, and What is the Cost of Spending and Saving. Learn tricks and tools you can implement now to ensure a financially fit life. Presented by Karen Heisler. (limit 15 girls)</p>
<p>Workshop #5 TV Lounge Planting the Seeds of Change Participate in a community service workshop by creating flower pots for the Dogtooth Lily Ball fundraiser for Thrive. Also learn the different ways you can volunteer and how to become more involved in your community by giving back! Presented by Cali Morrison (limit 30 girls)</p>	<p>Workshop #14 Room 236 GO GREEN! Are you interested in sustainability? Wonder how you can make a difference in your community? Find out how to turn your school green by forming a Green Team! Presented by Wendy Weaver. (limit 15 girls)</p>	<p>Workshop #23 Room 236 Girls Giving Back Through Food Where does your food come from? Why is it important to know where your food comes from? Do you know about local produce grown in your area? Come explore how teenagers are changing the food system in our local community with the Gallatin Valley Farm to School program! (limit 20 girls)</p>	<p>Workshop #32 Room 234 Wired for Wind! Can you get energy from the wind? You sure can! Design, build, and test small wind turbines while using the Montana Wind Applications Center's wind tunnel to simulate wind for a competition to see which wind turbine works best! Presented by MSU. Sponsored by the Energy Promotion and Development Division. (limit 20 girls)</p>
<p>Workshop #6 Cafeteria Room 1 Future Solar Architect: Design with the Sun Interested in design? Ever wonder how the elements or weather effects how you design? Join us to learn how all of these factors influence the design of a home. Design and build your own model home based on what you learn! Presented by Susan Bilo. (limit 30 girls)</p>	<p>Workshop #15 TV Lounge Living Thoughtfully in a Stressful World School, parents, boys, expectations, relationships: all of these can bring on joy and stress. Learn not only how stress impacts your immune system and brain functioning, but also learn specific techniques for reducing stressors. Presented by Joyce Hannula. (limit 30 girls)</p>	<p>Workshop #24 TV Lounge See the World Through Another's Eyes! Come play cultural awareness games and learn to see the world through another's eyes. Learn about exchange programs, how to host an exchange student in your home, or travel abroad! Presented by Hannah Krieger and Megan McGlothlen. (limit 30 girls)</p>	<p>Workshop #33 Room 236 Uncover Your Color Uncover the color of your personality! Find out how your color influences your world and how you work with others in this fun insightful workshop! Presented by Ann Klaas. (limit 15 girls)</p>
<p>Workshop #7 NW Lounge Reduce, Reuse, Re-FASHION Tired of that same old sweater? Love having new accessories to spice up your wardrobe? Create your own fashion accessories out of scrap material in this awesome hands-on workshop. Presented by Shaina Chepulis and Brett Schomer. (limit 30 girls)</p>	<p>Workshop #16 Cafeteria Room 1 Salsa of the World Tomate? 番茄? Tomatoe? It depends on where you are in the world...learn how to make salsa's from all over the world in this workshop. Taste them all and learn the flavors of the world! Presented by Kathy Stark (limit 20 girls)</p>	<p>Workshop #25 Cafeteria Room 1 Your Food Matters! Get your hands on your food! Come create healthy whole foods and snacks and learn how balanced nutrition increases everything from your attitude to overall brain power. Discover awesome snacks for running faster and getting better grades! Presented by Tanda Cook of Clearwater Healthcare. (limit 20 girls)</p>	<p>Workshop #34 TV Lounge Human Rights: A Global and Local Issue What are human rights? This discussion based workshop explores human rights issues from around the world and how it affects you and your community. Raise awareness and create an action plan for preventing human rights violations! Presented by Texel Feder and Amnesty International. (limit 30 girls)</p>
<p>Workshop #8 Theater Engineers Without Borders: Water in Our World Learn from the students with EWB about how they travel the globe to solve world problems like access to water! After watching a video about their project you will explore the ways in which to address specific problems with limited resources. Presented by Engineers Without Borders. (limit 50 girls)</p>	<p>Workshop #17 NW Lounge How Music Creates Meaning What is that favorite song you keep singing in your head? We have a strong connection to words with music, but why? Express your opinion on the meanings of lyrics, what changes when words are connected to music, how music adds meaning to your life and what it feels like to sing from your heart! Presented by Kate Bryan. (limit 20 girls)</p>	<p>Workshop #26 NW Lounge Understanding your World Through Travel Learn the in's and out's of seeing the world! Explore how to choose what you want to get out of your travel, how to pick a place and how to pack! With graduates from the Traveling School you will learn how to travel with big dreams and little money. Presented by the Traveling School. (limit 30 girls)</p>	<p>Workshop #35 Cafeteria Room 1 Are We Really From the Same Planet?! How does your culture define you? How do we interact with other cultures? There are so many differences despite being from the same planet. Presented by Claudia Boddy. (limit 20 girls)</p>
<p>Workshop #9 Room 232 Know How 2 GO! (grades 11 & 12 only) Thinking about college? Not sure how to get started? Wondering how you'll pay for it? This workshop will give you tips for getting noticed by schools, motivating yourself, finding the right college and getting some cash! Presented by Emily Fleming, SAF. (limit 15 girls)</p>	<p>Workshop #18 Theater Wired for Wind! Become engaged in learning about renewable energy specifically wind energy and how it relates to your world. You will use wind turbines to produce electricity and design your own wind turbine! Presented by Allison Flynn. Sponsored by Northwestern Energy. (limit 50 girls)</p>	<p>Workshop #27 Theater Girl Drama Get out of your comfort zone. Learn to express yourself in this fun, energetic workshop. Enjoy an action packed hour of improv games and public speaking skills. Come join the fun! Presented by Becca Stevens. (limit 50 girls)</p>	<p>Workshop #36 NW Lounge Your Life Your Way! Living YOUR life and pursuing your passion is a way to take care of yourself and do what is best for YOU! Feel confident and excited at the idea of living your life, your way! Make your dreams 100% Possible! Presented by Natalie and Sally. (limit 50 girls)</p>