

Appreciating You: A Day to Recharge and Renew

Saturday, May 15, 2021
10:00am-1:00pm



To register: <https://gsnc.wufoo.com/forms/appreciating-you-a-day-to-recharge-renew/>

Cost: \$15

It has been a challenging time for all of us. Girl Scouts of Nassau County has partnered with the Girl Scouts' NY State Training Cohort and The Thinkers to bring adults workshops to help emphasize a focus on the importance of self-care! These workshops will provide you with tools to beat burnout, support youth and their mental health, and build positive relationships. Vetted facilitators from Google, NASA, Emmy Award Winners, New York University, and Georgetown University will deliver three sessions to participants.

Beat Burn-Out When Caretaking and Supporting Others

You're probably working hard every. Single. Day. Day in and day out—someone and/or something demands your attention. Sometimes you might even get caught up in tasks and caretaking without realizing you haven't had time to take care of yourself. In this session we are going to talk about two areas, Burn-out and caretaking.

Supporting Youth Through Mental Health Challenges

There are many factors that can contribute to mental health challenges in youth. As an adult in a youth's life, many of these might feel or even be out of your control. In this session, we'll share ways to create safety zones when supporting youth and the ways in which you can structure difficult conversations.

Building Strong Bonds with Youth: How to build positive relationships and cultivate positive attention with youth

What is positive attention and what are the key ingredients to cultivating it with youth? In this session we'll discuss positive attention and methods to creating positive bonds between adults and youth.

Throughout the day, we will use a variety of methods including reflective exercises, small group interactions, scenario discussions, and more! Interested in this session for your Girl Scout?

Be sure to check out SHE THRIVES: Building Positive Mental Health Practices on Saturday, April 17, 2021.

Girl Scouts of Nassau County in partnership with Girl Scouts' NY State Training Cohorts and The Thinkers

The Thinkers provides female-identifying teens with the tools to uncover their infinite potential, develop self-awareness, and think critically and independently. Their carefully vetted facilitators are mentors and real-world professionals!

