

Saturday, June 22, 2024, 4:30-5:30 p.m.

First Timers Orientation (Convention Committee)

Sunday, June 23, 2024, 1:30-2:30 p.m.

Benefits with Friends

(Abigail Jones, Passionate Advocate for Social Fitness Movement as Account Manager with Grouper)
Being social is good for you. You know it. Your doctor knows it. The U.S. Surgeon General knows it (he even wrote a whole book about it)! Grouper's mission is to encourage healthy living through activities that build meaningful social connections and shared experiences. In this fun, interactive session, you will learn about how Grouper helps you build vital connections by supporting and encouraging your activities. You will also find out why nearly 500 Optimists tapped into their free social fitness benefit through Grouper in under two months. You may walk in questioning "This is healthcare?" But you'll walk out exclaiming, "This is healthcare!"

Risk Management and Insurance Boot Camp for Clubs

[Erin Reese, MAOL, Senior Associate, Client Relationship Manager, Association Member Benefits Advisors (AMBA)]

Planning and executing successful events require more than just creativity and organization- it also requires a thorough understanding of risk management. From small gatherings to large-scale conferences, every event carries inherent risks that can impact the safety of attendees, the reputation of the organizers, and the overall success of the occasion. In this breakout session, we will delve into the world of risk management and discuss the overarching coverage available to Optimist International Clubs in the US. We will break down actual OI claims and common coverage questions from clubs. By the end of the session, you will have a checklist you can use to plan and execute safer events.

Make Every Day Happy, Healthy, and Smart! (Deanna S Morrow)

Your best day starts here! This session is designed to help participants unleash their full potential and create a life of good health and personal fulfillment. Research has confirmed that lifestyle changes can make a significant difference in your health and in your life particularly as we age, with brain health being a byproduct of the efforts. Through a blend of practical strategies, this class will empower each individual to design and live an ideal day, every day. It's time to make each day a celebration of happiness, health, and enrichment!

Sunday, June 23, 2024, 2:45-3:45 p.m.

Harnessing the Power of Emotions for Effective Leadership

(Cameron Wein, Athletic Academic Advisor, Rensselaer Polytechnic Institute)

in this dynamic training session, attendees will explore the power of emotional intelligence in effective leadership. Through interactive discussions and activities, participants will learn practical strategies for developing essential emotional intelligence skills and applying them in their leadership roles within Optimist International clubs. Join Cam to discover how you can lead with optimism, empathy, and resilience to bring out the best in your community.

Unconscious Bias: Decode the “Why” Behind How You Think and Connect with Others

[Erin Reese, MAOL, Senior Associate, Client Relationship Manager, Association Member Benefits Advisors (AMBA)]

Talking health, happiness and prosperity to every person you meet can be difficult if you don't acknowledge your own unconscious biases. This session will use story-telling and humor to explore learned hidden biases, as well as provide solutions to overcome. With entertaining videos and activities, this session will help you better connect with different generations, creeds, races, gender, income levels and more. Give so much time to the improvement of yourself that you walk away with an improvement plan for your interpersonal communication for a better community.

Behind the Scenes of Optimistes Francophones Canadiens: All that You Need to Know

(Robert P Doyle & Claire Labrèche)

Have you heard of the OFC and wondered what that's all about? Members of Optimiste Francophones Canadiens will give you a behind the scenes look at the OFC Pilot project to create a federated region of OI and get insight how this project is progressing.

Sunday, June 23, 2024, 4-5 p.m.

What Makes Clubs Strong? Member Feedback Session (Patrick Prendergast & Cheryl Brenn, Optimist International Executive Director)

Last year we conducted a club survey to learn what makes strong clubs. In this interactive session, we will share what we learned from the survey and discuss how we're using this information to focus on developing stronger, sustainable clubs.

Monday, June 24, 2024, 1:30-2:30 p.m.

Canadian Children's Optimist Foundation (Tim G Bell, CCOF President)

Choosing the Best of the Best – De-Mystifying how the Candidate Qualifications Committee Works

(H. Nick Prillaman Jr & Candidate Qualifications Committee)

Have you ever wondered how the decision-making process used to select the nominees for our International Officers works? During this session, the members of the Candidate Qualifications Committee will provide you with an overview of the step-by-step process the committee members go through to select the "Best of the Best" candidates for the International President-Elect, Regional Vice Presidents, and the Board of Directors. Committee members will also be prepared to answer your questions regarding the strategies and steps you should take should you aspire to seek one of these leadership positions.

Unity in Service: Embracing Diversity for Collective Success

(Cameron Wein, Athletic Academic Advisor, Rensselaer Polytechnic Institute)

Join Cam for an engaging workshop designed for clubs committed to fostering inclusive environments and maximizing their impact. This interactive session will explore the vital concepts of diversity, inclusion, and belonging with the context of service delivery. Participants will gain practical insights and strategies for creating inclusive service environments, addressing bias, and promoting cultural competence. Leave with actionable steps to enhance diversity and inclusivity within your organization, ultimately empowering your team to better serve diverse communities and drive positive change.

Exploration of Kindness, a model for a club project (Carroll L Metzger, RN, B.S.N. M.P.A.)

The understanding of kindness will be explored along with interactive activities which participants can use in their clubs

Protecting Yourself Online

(Bonnie J Sherbert, IT Governance Manager, BlueCross BlueShield of South Carolina)

Join us for an informative session tailored for Optimists, where we empower ourselves with the knowledge and tools needed to stay safe and secure in today's digital age. Should you click that link? Is it safe to answer that phone call? Did your bank really send this text? Through engaging discussions and practical tips, we'll learn to recognize common tactics used by bad actors, protect ourselves against scams, and respond effectively to suspicious activities. Whether you're new to technology or a seasoned internet user, this session will provide valuable insights and strategies to safeguard your personal information and assets.

How to Build Your Club's Facebook Page or Group (Debra Lubas)

Are you looking to INSPIRE and ENGAGE members? Are you looking to GROW membership? Is it your GOAL that members see value in their membership and engage in more activities? Do you wish to EXPAND community projects? DISCOVER how a strong communication strategy can do all of this. HEAR how branding emotionally connects you to your community. A POPULAR communication tool used in social media is Facebook. EXPLORE the differences between Facebook Page and Group and HOW to BUILD them up? GET how to post, schedule, and like. LEARN how to involve and grow your community audience.

Oratorical & Kids Speak Out (Diana Carlin & Sunny Fridge Ph.D.)

Learn more about Optimist International's longest-running program, the Oratorical Contest! This program is designed for youth to gain experience in public speaking, perfect self-expression, gain

self-assurance, improve communication skills, and provide them with the opportunity to compete for a college scholarship!

Maximizing Grants for Your Club (OIF Board of Directors & Craig Boring, OIF Executive Director)

The Foundation would like to present a basic training on filling out grants in general for clubs. We will give basic "best practices", guidelines for submitting grants to corporations, private foundations and other sources. This would be a high-level view of basic principles so as:

- How to search for grants
- Background data gathering
- Filling out applications correctly
- Developing outcomes-based objectives

In addition, we will briefly cover the OIF Grants available to the Clubs. This will include information about Childhood Health & Wellness, Club Grants and Disaster Relief.

Monday, June 24, 2024, 1:30-3:45 p.m.

Capital Care (C.A.R.E. from Beginning to End)

(Member Engagement Committee & Michael M Shue)

The Member Engagement Committee will be offering an overview session on the C.A.R.E. program that will show how to use this program from beginning to end. This training session will take place during the Annual Convention at Niagara Falls, Canada.

Monday, June 24, 2024, 2:45-3:45 p.m.

Building Stronger Teams: Tips for Effective Team Building and Inspiring Team Success

(Deanna S Morrow)

Team building is essential for creating strong, cohesive teams that can effectively achieve their goals and drive success. This training will provide a comprehensive approach to team building, focusing on strategies to foster collaboration, communication, and harmony. Participants will learn key principles and explore a variety of techniques for forming supportive, high-functioning teams that achieve results. In this session, theory will meet practicality! Don't miss this opportunity to unlock the full potential of your team and make a positive impact!

Building Positive Attitude (Dr. Ram Bahadur Raut & Prakash Ghimire)

Positive thinking and behavioral change is most important to every person. Young people need a positive attitude because it can greatly impact their overall well-being and success in life. A positive attitude can help youth to:

1. ****Boost Mental Health****: Having a positive outlook can improve mental health by reducing stress, anxiety, and depression.
2. ****Enhance Resilience****: A positive attitude helps youth to bounce back from challenges and setbacks more effectively.
3. ****Improve Relationships****: Positivity can lead to better relationships with family, friends, and peers, fostering a supportive environment.
4. ****Increase Motivation****: A positive attitude can fuel motivation and drive to pursue goals and dreams.
5. ****Enhance Problem-Solving Skills****: Optimism can lead to more creative and effective problem-solving approaches.

Overall, a positive attitude can contribute to a happier, healthier, and more successful life for young people.

WAIT-What Am I Thinking? (Nico Morales, CEO, No Halo LLC)

Everyone has an opportunity to change a reaction into a response. Nico will share the tool he uses to make sure that he thinks before he acts. There are constant stimulants that will set each of us into a thought process that may not be the best. Knowing how to respond is a crucial part of development.

Lead, Follow, or Get Out of the Way (Cheryl Brenn, Optimist International Executive Director)

Everyone has a role to play but it's not always to be the leader. In fact, sometimes the followers and those who remove obstacles are the most important members of our teams. In this session, we'll dig into team dynamics and help you understand what and when to step into these important roles.

Bylaws, Policies and Resolutions (Marlene Phillips)

So how does my club go about bringing a suggested change to our Bylaws? What is the difference between Bylaws and Policies? What are Resolutions for? Come in and find out.

Tips on Planning District Conferences and Conventions (Convention Committee)

A practical "how to" session with ideas on determining site selection, hotel and vendor selection, budgeting, contract negotiations and planning the agenda for District Conferences and Conventions.

Let's make the OFC shine: Together, we're unstoppable / Faisons briller l'OFC : Ensemble, nous sommes

(Robert P Doyle & Claire Labrèche)

We invite you to an exclusive French OFC members-only workshop designed to prepare an English-language presentation highlighting the success of a federated organization within OI. Together, we'll review the PowerPoint presentation prepared by our Director of Communications and determine how best to answer questions during the English workshop to proudly express our optimism and commitment.

Nous vous invitons à un atelier exclusif pour les membres français de l'OFC afin de préparer une présentation en anglais soulignant le succès d'une organisation fédérée au sein de l'OI. Ensemble, nous examinerons la présentation PowerPoint préparée par notre directeur de la communication et déterminerons la meilleure façon de répondre aux questions lors de l'atelier en anglais afin d'exprimer fièrement notre optimisme et notre engagement.