



To request a workshop presentation, please contact California 4-H Ambassador Coordinator Jenna Colburn at jcolburn@ucanr.edu or 530-750-1336.

Bridging Your Emotions

Audience: Youth and Adults

Time: 60 Minutes

Life can be difficult to navigate if you do not quite understand your emotions. Through this workshop, you will be able to better connect with people as well make better decisions and have lasting relationships.

Setting Goals for Success

Audience Youth and Adults in 4-H

Time: 60 Minutes

Why do we set goals? There is extensive research on the benefits of goal setting as a means to higher achievement and success. However, sometimes it is difficult to understand how setting goals can be incorporated into your life. Using the GPS curriculum, this workshop explains the stages of goal setting; how to create a systematic plan of action or timeline, and how to shift gears in unexpected circumstances. This workshop provides strategies for creating objectives and reaching them, both inside and outside the 4-H program.

Time Management

Audience : Youth and Adults

Time: 60 Minutes

properly managing your time is essential to being able to live a better, stress-free life. Through organizational techniques through finding strategies and solutions to control priorities and activities on a daily basis. Learning tools to organize and plan a day that helps you prepare for unexpected challenges. Learn to prioritize and when to say no.



Civic Education in Action

Audience: Youth and Adults in 4-H

Time: 60-90 minutes

In this interactive workshop, you will learn how our government runs, your responsibility as a citizen of your community, how your individual history and heritage shape your perspective, and how 4-H prepares youth to contribute to a global community. Using the 4-H citizenship framework, you will understand Civic Education and what that means through the Four Core areas: Government principles, processes, and structures; personal roles and responsibilities; history and cultural heritage; and global understanding.

How to Thrive in a Youth-Adult Partnership

Audience: Youth and Adults in 4-H

Time: 90 minutes

Sometimes it is hard for youth and adults to work together in a meaningful and productive way. The generation gap can introduce different views and perspectives. Using Hart's Ladder of Participation* this workshop teaches the different levels of youth-adult partnerships and provides strategies for improving youth-adult relationships both within and outside of the 4-H Program.

*Hart, Roger A. Children's Participation from Tokenism to Citizenship. Innocenti Essays No. 4. UNICEF International Child Development Centre. Florence, Italy. March 1992. http://www.unicef-irc.org/publications/pdf/childrens_participation.pdf. Accessed Nov. 18, 2015.



Public Speaking: Conquer the Fear of the Unknown

Audience: Youth and Adults in 4-H

Time: 60 minutes

Public speaking is at the top of the list of what people fear most. Fear no more! This workshop engages participants in activities to gain confidence in front of an audience and practice sharing ideas and opinions. They will learn techniques to master the art of public speaking. With a little practice and preparation anyone can be an avid public speaker.

Keep Calm and Don't Stress

Audience: Youth and Adults in 4-H

Time: 60 minutes

Do you feel anxious about your, friendships, grades, family issues, homework, lack of sleep, your future, or your love life? Being young does not prevent you from experiencing stress. In this workshop you will learn the spot the signs of stress, how it affects your body, and some easy ways to avoid and manage stress in your busy life

Finding Your Spark in Activism

Audience: Youth and Adults in 4-H

Time: 60 minutes

Have a cause you care about? Every youth has the power to create change in their community. This workshop guides delegates through exploring their activist potential. Information, examples, and activities allow youth to work with their peers to develop a network and plan for individual and community activist efforts.



Social Media: To Listen or Not To Listen

Audience: Youth and Adults in 4-H

Time: 60 minutes

In this workshop, participants will learn how to make informed decisions in today's technology filled world. We will learn what a biased and unbiased news source is and determine the reliability of various online sources. These skills can be useful in developing citizenship and making informed decisions in various settings: school, voting, or deciding fact from fiction.

For Community partners and organizations:

4-H Is For You!

Audience: 4th – 6th Grade Youth; Adults and Parents

Time: 60 minutes

Learn the “who, what, where and when” of 4-H. Using inspirational stories, a hands-on activity and mind-boggling fun facts, no one will want to miss out! This workshop will entertain 4th-6th graders from beginning to end.