

Session Title:	<b>Building your dream team:</b>
Session Leader:	CMU Ambassador + CO State Rep
Description:	What does it look like to build your dream team? Finding a good balance between upperclassmen and underclassman. Different personality traits. Elections and how to choose officers.
Type of Breakout:	Lecture
Documents:	No
Take Aways:	Finding good balances over multiple types of people and their personalities, and coming together to collaborate.
Session Title:	<b>Working with your dream team:</b>
Session Leader:	CMU Ambassador + Co State Rep
Description:	Team building, conflict resolution, and communication. This will be resource based. A CMU leader and a State Rep will conduct this, they will talk about how they build good relationships amongst their leaders.
Type of Breakout:	Lecture
Documents:	Yes
Take Aways:	How to bond with your team and handle conflicts in a proper way.
Session Title:	<b>Winning and losing with your dream team:</b>
Session Leader:	CMU Ambassador + Co State Rep
Description:	How does your dream team handle winning and losing? -How do you analyze pros and cons? -Using learning experiences to help your team grow. -When you do something "perfect" then what?
Type of Breakout:	Lecture
Documents:	No
Take Aways:	Learning to celebrate responsibly and learning and growing from your mistakes.
Session Title:	<b>Expanding your dream team:</b>
Session Leader:	CMU Ambassador + Co State Rep
Description:	How to utilize resources. -How to spread leadership resources throughout the school besides student councils. -Using clubs and other organizations to improve work efficiency.
Type of Breakout:	Lecture
Documents:	No
Take Aways:	How to utilize your given resources. By including others outside of STUCO you help to get more buy in as well as making your workload less.

Session Title:	<b>Learning from rivals:</b>
Session Leader:	Dave Carlo + CO State Rep
Description:	-Swap shop: exchanging ideas about each school's activities that the student councils are in charge of. -Learning to build on their "sister schools" ideas. -Building on each other's wins and losses in their own community.
Type of Breakout:	Conversation/Lecture
Documents:	
Take Aways:	Learning to expand on ideas that you see from schools in your area, and use them in a way that benefits you.
Session Title:	<b>What is your why?</b>
Session Leader:	Rashaan Davis
Description:	-"The why" -What is an effective way to ask for sponsorships? -Our reason behind asking for sponsorships.
Type of Breakout:	Lecture
Documents:	Simon Sinek TED Talk
Take Aways:	Learning to understand why you and your student council do what you do, and how to get people to want to be part of what you do.
Session Title:	<b>What Does It Mean to Lead?</b>
Session Leader:	Ernie Derrera & Brian Conroy
Description:	Come learn leadership fundamentals from two long term High School administrators (and Retired Navy Veterans.) Learn how to apply these leadership fundamentals in tough situations.
Type of Breakout:	Conversation/Lecture
Documents:	None
Take Aways:	Learning to cooperate with your admin to help make your events flow smoothly
Session Title:	<b>Community Organizing and Outreach:</b>
Session Leader:	Courtney Baker
Description:	-How to team up with your community. -Finding resources for sponsorships. -Finding ways in your school to reach out and include the community in the school
Type of Breakout:	Lecture
Documents:	Possibly
Take Aways:	Learning how to form a strong bond with your community and its members in order to accomplish certain community-based goals.
Session Title:	<b>Learning How to let it all go:</b>
Session Leader:	Liza Hines + DJ Chappa

Description:	-Yoga -Finding ways to relax and regroup after a lot of stress.
Type of Breakout:	Stress Relieving
Documents:	Possibly
Take Aways:	Learning to find time to relax and regroup mentally.
Session Title:	<b>Always thinking about the bottom line:</b>
Session Leader:	American National Bank
Description:	-How to budget within student councils. -How to plan out budgets for events. -How to save money.
Type of Breakout:	Financial Planning
Documents:	
Take Aways:	How to utilize your resources wisely.
Session Title:	<b>HOCO Monopoly:</b>
Session Leader:	Katrina Flores +Co State Rep
Description:	
Type of Breakout:	
Documents:	
Take Aways:	
Session Title:	<b>BAND:</b>
Session Leader:	Gia Colosimo + Co State Rep
Description:	Communication within your team
Type of Breakout:	Lecture
Documents:	Yes
Take Aways:	How to communicate with your team better.
Session Title:	<b>Melvin Adams:</b>
Session Leader:	Melvin Adams
Description:	Speaker discretion
Type of Breakout:	Inspirational
Documents:	
Take Aways:	
Session Title:	<b>Being Social:</b>
Session Leader:	CMU Ambassador + Co State Rep
Description:	-Social media. -Using social media for advertising -Creating your online presence.
Type of Breakout:	Collaborative Discussion
Documents:	

Take Aways:	How to utilize social media in your council to advertise your events and develop your online presence within your school.
Session Title:	<b>Special Olympics:</b>
Session Leader:	Samuel Miller
Description:	Guided discussion about how special olympics impacts your community and makes a difference in kids lives.
Type of Breakout:	Lecture
Documents:	No
Take Aways:	Better understanding of the impact special olympics has and all the good it does.
Session Title:	<b>Speak up!</b>
Session Leader:	Nolan Scott
Description:	A past SBA President here at Central will be helping us develop better communication skills. As well as looking at when and how we should communicate with different audiences and groups.
Type of Breakout:	Lecture
Documents:	Yes
Take Aways:	Better communication skills to utilize.
Session Title:	<b>Building your dream year:</b>
Session Leader:	Emily Bricker
Description:	-Dream boards. -Planning out goals for the year.
Type of Breakout:	Collaborative Discussion
Documents:	Yes
Take Aways:	Learning how to plan for events.
Session Title:	<b>Being a Resource to your Resources</b>
Session Leader:	Misty Sellden / CHS Counselling + Co State Rep
Description:	How can you help your school community without sometimes being officially involved? Supporting the staff who are charged with taking care of the students in your building that are most at risk.
Type of Breakout:	Lecture
Documents:	
Take Aways:	How your council can be a resource to your counselors and help them in all that they do for you.