



Summer Seminars for Women 2019

July 31st -August 4th, 2019 – Miniwanca, Shelby, Michigan

Dare to Lead: Dare to Know and Bring Your Best Self to Your Life and Our World

Join us on the sand dunes at Miniwanca in Michigan for a retreat that will feed your mind, body and soul.

This year, Summer Seminars for Women (SSW) will delve into a central tenet of the American Youth Foundation's mission – Leadership.

- ❖ What are your innate, unique gifts and strengths?
- ❖ What comprises your *Own Best Self*?
- ❖ And, how are you using and how might you further bring your personal best to make a positive difference in your relationships, your communities and the wider world?

Miniwanca, located on the shores of Lake Michigan, provides a beautiful, natural setting for women of all ages to come together in community; discover and develop their personal best; explore issues, reflect and share; seek balance in mental, physical, social and spiritual living; and, of course, to laugh and nurture deep, abiding friendship.

Come to meet new friends. Come to feed your soul. Bring a daughter, grandmother, colleague, college roommate, next-door neighbor, long-ago bridesmaid, a beloved friend you haven't seen in ages. Or just bring yourself. All are welcome to come for friendship, learning and laughter in a circle of wonderful women. You'll be amazed at what we can do together over just four days. Join us.



Registration is open now. Visit ayf.com/camps/miniwanca/summer-seminars-women/ to register.

Or call 231-861-2262

Kim Scartelli, Bridget Stack, Holley Young and Liz Marshall will serve as your coordinators for this 31st SSW.

Seminars and Facilitators

Seminar I: Dare to lead -- Understanding the Strengths You Bring to the Table

We encounter thousands of opportunities and challenges in our interactions with ourselves, our families, our colleagues, our communities. Knowing our individual combination of *CliftonStrengths* is a powerful way toward positive outcomes and a deeper understanding of the tools we each bring to a situation. In this strengths-focused session using your own *StrengthsFinder* assessment report and through activities and discussion we will explore how to invest in our talents to achieve personal goals and grow our innate leadership capacities.

Nora Walcott-Cox is a Gallup-certified coach and a member of the Communication faculty at Missouri State University. Research interests include interpersonal communication and issues around identity and communication. She's won university and national awards for her work in mentoring and advisement. In her spare time, she's an avid (beginning) knitter, who loves taking Gary, the family dog out for long walks.

Seminar II: Emotional Intelligence—Leveraging EI to Build Your Leadership Potential

With our strengths identified, we'll consider how the capacity to identify and manage our own emotions as well as to handle interpersonal relationships with empathy and care – Emotional Intelligence – can inspire and aid us in fully realizing our leadership potential in all aspects of our lives. In this seminar, we will focus on two key components of Emotional Intelligence: Self Awareness and Self Regulation. We will explore these components through the lens of *Grace* - the grace we extend to others and that which we ultimately extend to ourselves.

Debi Buddemeyer is a long-time AYF programs participant and volunteer. Since 2003 she has served on staff for National Leadership Conference (NLC), including as Mentor to the Class of 2009 (Okile Canku), and she volunteers on the AYF Golf Tournament/Dinner Auction Committee. Last fall, she completed a *Women in Leadership Cohort* through Focus St. Louis - a training program that provides women in St. Louis the opportunity to refine their personal, professional and civic leadership competencies. Debi has a day job as a Client Success Executive for ADP. Debi enjoys daily exercise at her local Orange Theory and spending time with her husband Derrick and two adult children Jordan and Olivia.

Shannon O'Toole is Chief Talent Officer and Board Member at Buckingham Strategic Wealth headquartered in St. Louis. Shannon has been recruiting for over 20 years and strongly believes that how you develop and support your talent is just as important as choosing the right candidate. To that end, Shannon and her team ensure Buckingham associates have the leadership, feedback, engagement and mentorship they need to succeed. Like Debi, Shannon found her way to the AYF as a National Leadership Conference (NLC) participant and subsequently served on NLC staff as a volunteer for 10+ years. Shannon lives in Kirkwood, MO with her 3 boys - Jack (14), Charlie (11) and Max (8). They are a curious family that loves to explore the world through travel.



Seminar III: Emerging—Exploring Your Story of Leadership

In life, in personal, community or professional settings, we have many leadership experiences. Sometimes we find ourselves in leadership roles that we didn't expect and we may be unaware of our impact. Other times, our steps are purposeful and planned with goals and strategies in mind. Either way, we all have leadership stories. In this session, we will explore the various chapters of our stories to see how they intertwine and find ways to share our story with others, now and in the future. Through storytelling and writing, you will learn how seeking to understand yourself and others is essential to exploring your leadership style. Discussion topics such as authenticity, risk, and collaboration will deepen your awareness as a leader and provide guideposts that we all need when we are called to lead.



Lisa Herr is originally from Wisconsin, graduating from UW-LaCrosse and is currently the Children's Program Manager with the Prince William County Department of Parks and Recreation in Virginia. She is in the 30th year of her career and throughout this time, has been given many leadership opportunities – serving on committees, leading projects and managing others to help them to see/reach their own potential. Lisa believes that leadership is all about learning, growing and challenging yourself to take risks, both big and small. Lisa is energized by people and enjoys collaborating and using her creativity to try new things and provide new perspectives. Lisa enjoys spending time with her spouse, Vicki, friends, family and their pets – whether that is traveling or enjoying time at home, listening to music and being outdoors.

Accommodations and Cost



Housing

Participants will live in dormitory housing in our Four Seasons lodge. Rooms include bunkbeds and electricity. Shared bathrooms and showers are located at the end of the hallway. Rooms are double occupancy and you can submit a room request when you register.

Cost

Tuition for this year's seminar is \$475 (includes \$100 registration fee). Please consider including an additional gift for a Summer Seminars for Women scholarship. There will be an additional charge of \$25 for linens or sleeping bag rentals. Financial aid is available.

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Daily Schedule

Opening Day Wednesday, July 31

3:00-5:00 PM	Arrive and settle into Four Seasons
5:00 PM	Gather for welcome and orientation
6:15 PM	Dinner in Girls Camp Eating Lodge
7:15 PM	Official Launch!
9:00 PM	Evening reflection on the Beach



Thursday, Friday and Saturday August 1 – 3

7:00 AM	Rising Bell - Morning meditation, optional 'polar bear' dip in Lake Michigan
7:30 -8:45 AM	Breakfast buffet
9 AM-12:30 PM	Seminar sessions
12:45 PM	Lunch
1:30 PM	Afternoon options: You can use this time to swim, walk the beach, explore the local area, try the High Ropes Course Climbing Tower, sail, canoe, hike, read, sleep, as well as participate in various class offerings by other participants
6:00 PM	Dinner in the Eating Lodge
7:30 PM	Night Cap small group conversations
9:00 PM	Evening reflections on the Beach



Closing Day Sunday, August 4

8:00 -9:30 AM	Breakfast buffet and packing
9:30-10:15 AM	Closing Circle
10:30 AM	Departure

[About the AYF and Miniwanca](#)

THE MISSION...The American Youth Foundation inspires people to discover and develop their personal best, to seek balance in mental, physical, social and spiritual living and to make a positive difference in their communities and in the wider world.