



Setting the Foundation for Authentic Connections

Ways to create interactive spaces that foster connection, empower youth,
and strategies for managing stress!!



Activity

Progressive Muscle Relaxation



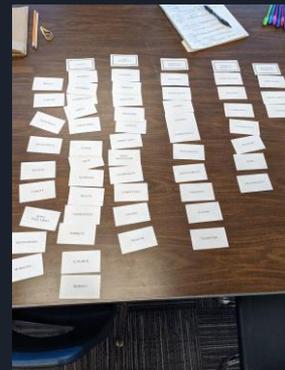
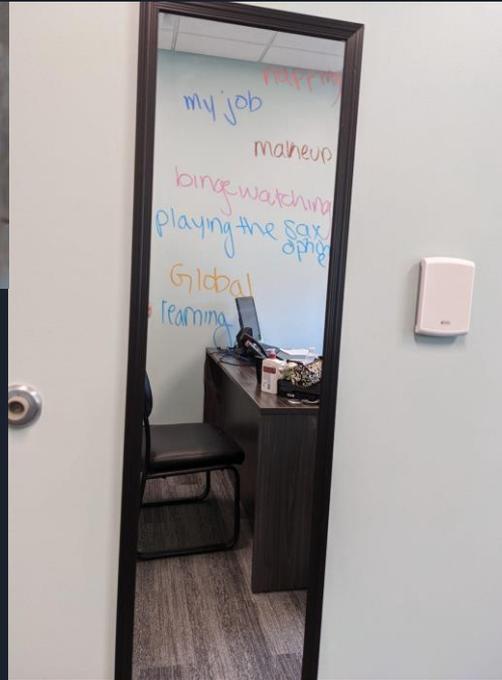
Introductions

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Southern Adventist University
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B.S Childhood Education; M.S.S.W (Master's of Science in Social Work)

Memorable moments of Authentic Connection

2021-2022 Youth Peer Advocate work



Memorable moments of Authentic Connection

2012/2013 student missionary school year located at the Village of Hope orphanage in Tanzania, Africa!





Basics of Interpersonal Communication

Interpersonal Communication

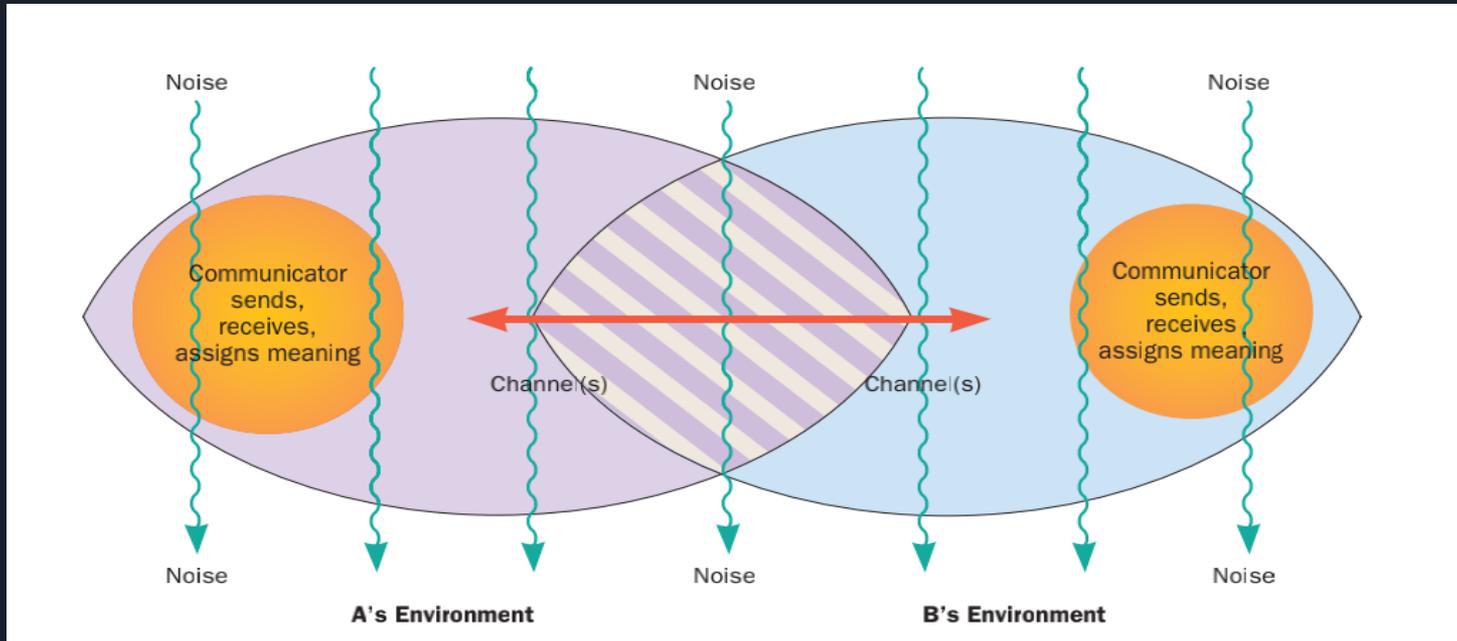
Active Listening Skill

Emotional Intelligence

Basics of Interpersonal Communication

Interpersonal Communication

Interpersonal communication is an exchange of information between two or more people (vanhu).^[1] It is also an area of research that seeks to understand how humans use verbal and nonverbal cues to accomplish a number of personal and relational goals.^[1]



Basics of Interpersonal Communication

Active Listening Skill

Active listening involves listening with all senses. As well as giving full attention to the speaker, it is important that the 'active listener' is also 'seen' to be listening - otherwise the speaker may conclude that what they are talking about is uninteresting to the listener.

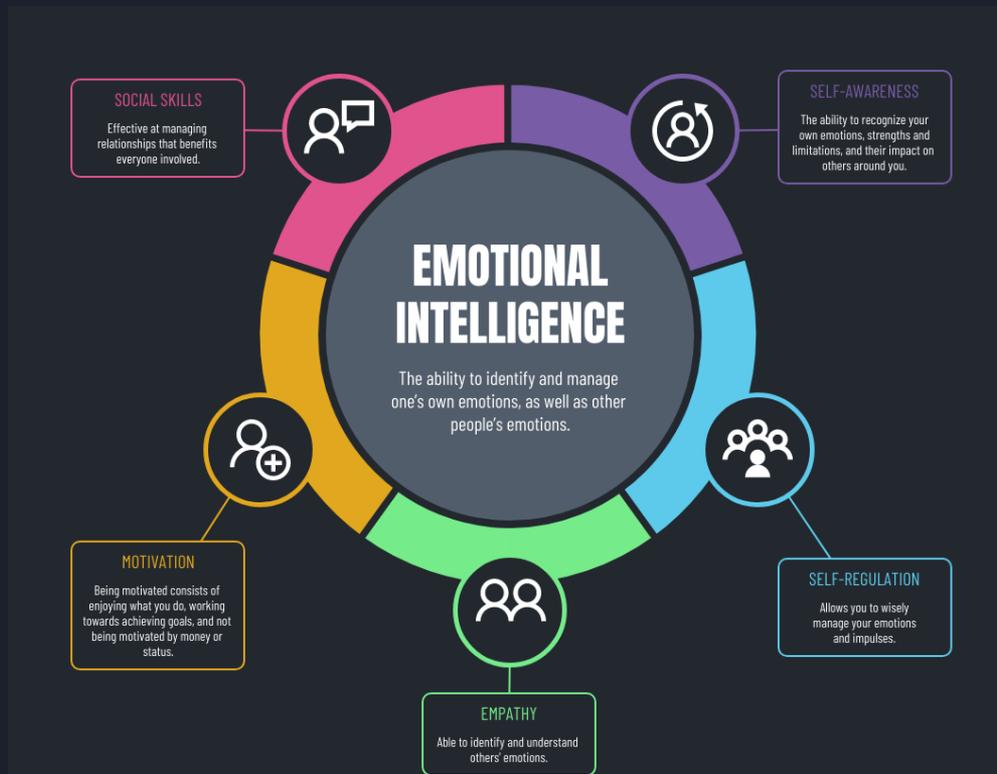


Figure 1.4.6: The steps in the listening process.[footnote](Adapted from Communication: Principles for a Lifetime, 2005)[/footnote]

Basics of Interpersonal Communication

Emotional Intelligence

Emotional intelligence (otherwise known as emotional quotient or EQ) is the ability to understand, use, and manage your own emotions in positive ways to relieve stress, communicate effectively, empathize with others, overcome challenges and defuse conflict.



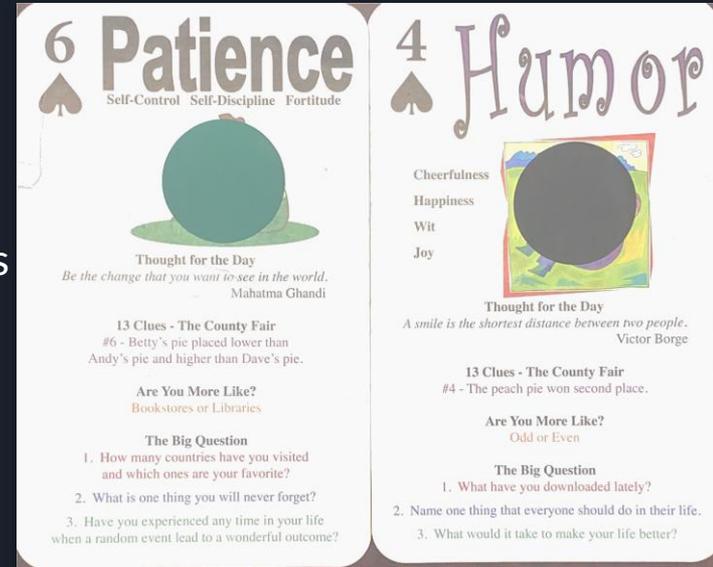
Activity

Team building cards:

Green Dot- Represent word definition on cards

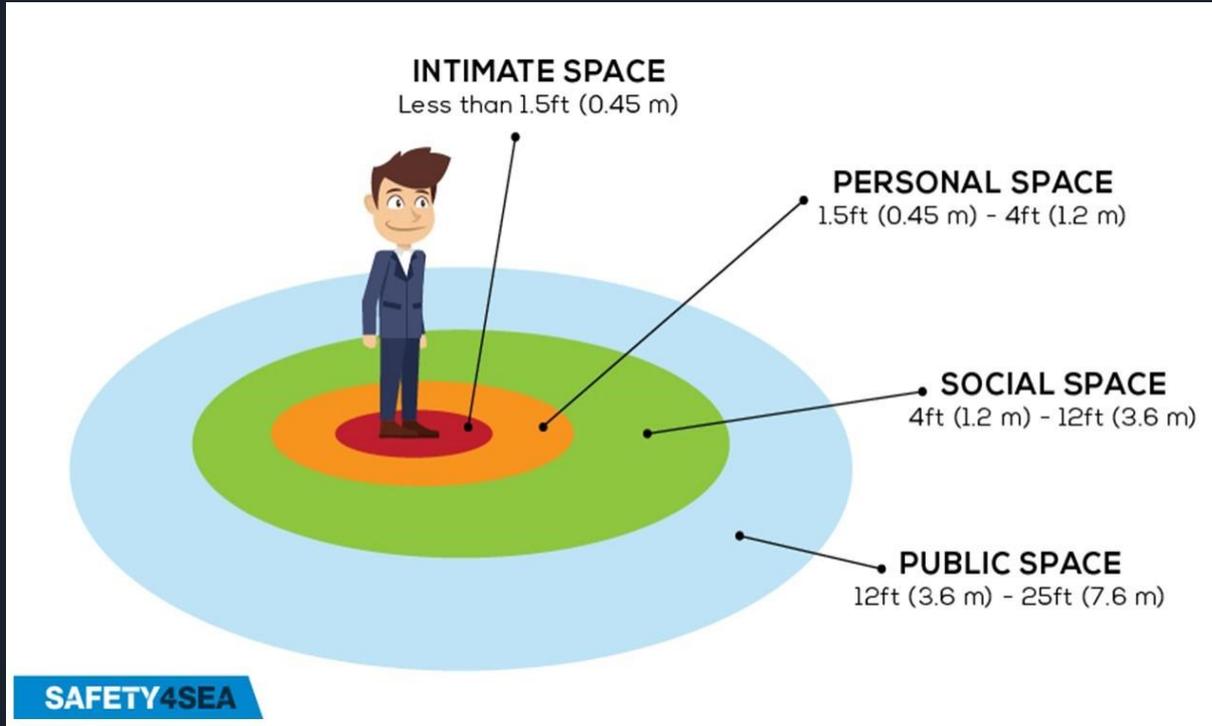
Black Dot- Opposite of word definition on cards

Introduce Yourself, then ask any of:
“The Big Question”



Meeting Youth Where They're At

“When you are out in the community, know your pitch” – Frank Williams,
Executive Director of White Plains Youth Bureau



Meeting Youth Where They're At

Zones	Definition	Examples
Safe public sharing	Public information, easily shareable	Shared observation of a place, event, weather
Safe social sharing	Information that is general and curiosity driven	Complimenting someone's attire, action, etc. Asking open-ended questions about them, or broader topics
Somewhat risky personal sharing	Information that a person would share with a family member or friend	Asking for information about their schedule, feelings towards a personal event or another person, information that as an emotional response/tone associated with the response.
Risky personal/intimate sharing	Information only shared with a trusted family member, friend, therapist	Information that is emotional, extremely personal, and requires a lot of vulnerability to share with others.

Creating Space for Empowerment

Q: Things I wish School Taught me!!

Takes mortgage stuff about buying a house or car

How to apply to college & loan

Life Goes on!

Nutrition Workshop

VAL Relate

to be a kid

Like who you are

How to buy a car

How to handle money productively

How to pay taxes/bills

How to love myself by force trying to love someone else

it's ok to not be ok

How to express how I feel

Acceptance of everyone

What's it's like to adult

How to take out loans

How to buy a car

How to handle money productively

What a healthy relationship/friendship really is.

How to make decisions

How to allow myself to be in a healthy environment

How to get a job

How to budget/save

How to live, laugh, love

Kindness

Positivity

Body Positivity

Confidence

How to manage time

Believe in yourself

How to speak up

It's ok to make a mistake

How to rely on parents to be successful!

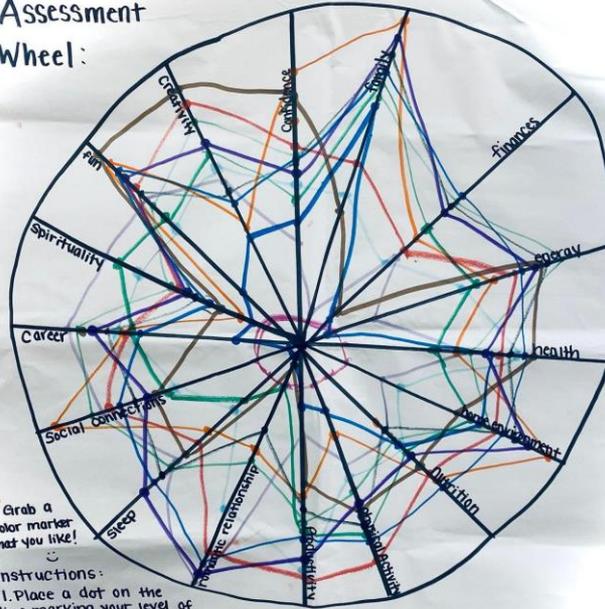
How to have a healthy relationship/friendship really is.

How to get a job

How to budget/save

How to live, laugh, love

Whole Life Assessment Wheel:



* Grab a color marker that you like!

Instructions:

1. Place a dot on the line marking your level of satisfaction with the outermost edge of the circle representing ULTIMATE satisfaction.
2. Then, connect your dots!

Service Learning

Where to Serve	How to serve	What can be learned
Animal Shelter	Donate food, bedding, ect.	Empathy
Helping Special Ed	Spending a day with them	How fortunate we have it
Domestic Violence [Catholic Charities]	Cleaning / yard work	
All School Districts	→ Donations / Awareness Campaign	
Catkill Followup to Recovery	→ In School / Education ready to teach classroom	
Cemetery Clean	→ Flower Drive	
I love my Park Mine Kill		
DAR Russell Hall		
Make a wish foundation	→ Singing opportunities	
Caring LGBTQ+ orgs	→ Education / Awareness material for professional Dev	
Planned Parenthood	→ "Cases for Smile" Pillar cases for your a hospital	

Strategies for True Authenticity: Keep it Simple

Authenticity- "the sharing of self by relating in a natural, sincere, spontaneous, open, and genuine manner. "

"It's not who you know, It's who knows you"

- Frank Williams, Executive Director of White Plains Youth Bureau

Being Vulnerable, Transparent, and Accountable

“

To share your weakness is to make yourself vulnerable; to make yourself vulnerable is to show your strength.

—
CRISSI JAMI

GRACIOUSQUOTES.COM

Being Open Minded, Consistently

PRINCIPLE
OF THE DAY

● MAKE BEING
OPEN-MINDED
A HABIT.



FROM PRINCIPLES FOR SUCCESS



Strategies for True Authenticity: Keep it Simple

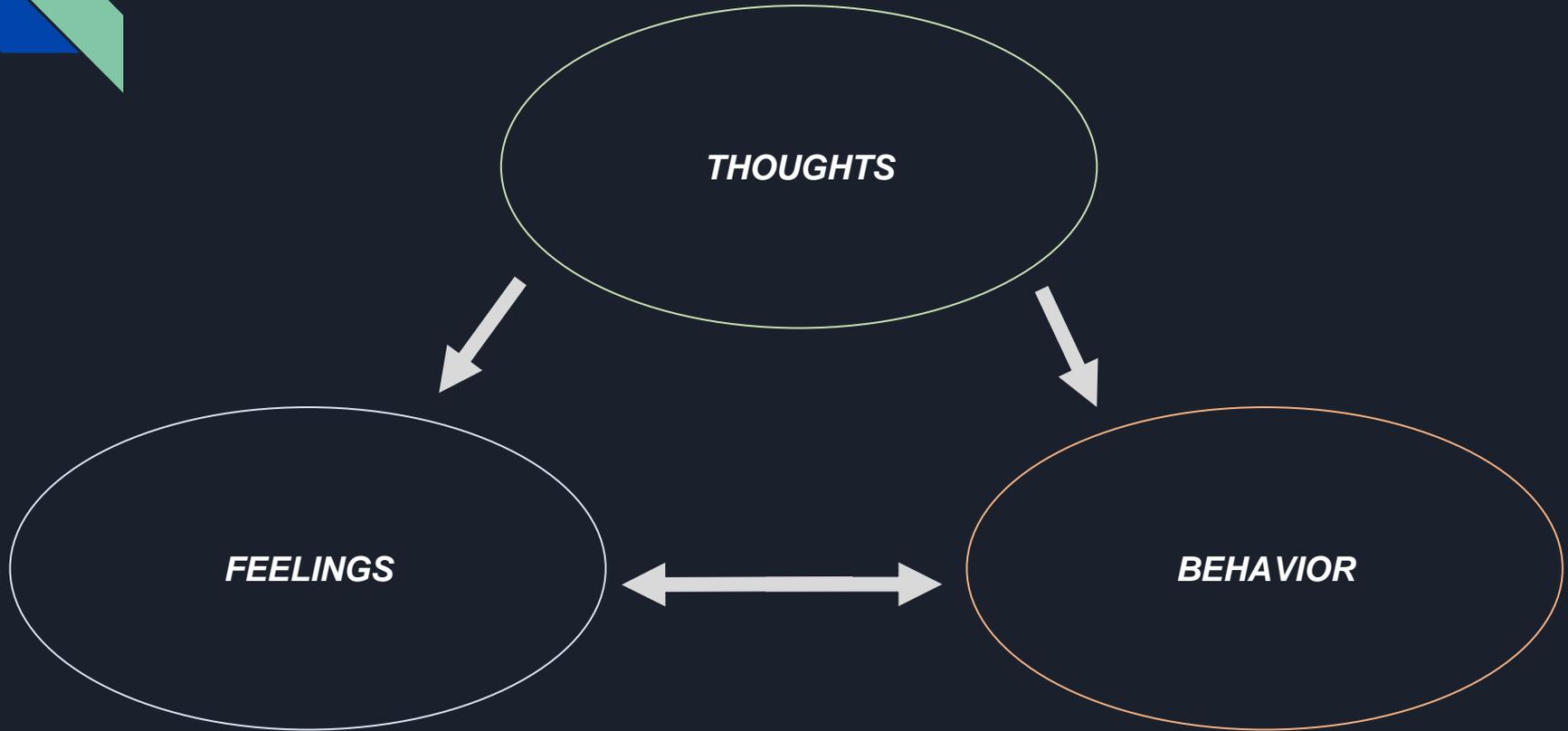
“Staying vulnerable is a risk we have to take if we want to experience connection.” – Brené Brown

“Authenticity is a collection of choices that we have to make every day. It’s about the choice to show up and be real. The choice to be honest. The choice to let our true selves be seen.” – **Brené Brown**

“Authenticity is the daily practice of letting go of who we think we’re supposed to be and embracing who we are.” – **Brené Brown**

“Vulnerability is not weakness; it’s our greatest measure of courage.” – **Brené Brown**

The Cognitive Triangle





Activity

Ubuntu Card relay :

Rules: Participants must find a opponent, flip over their Ubuntu Cards and find a match first! You and the opponent will trade cards and the winner will proceed to the next hula hoop and find a new opponent.

Goal: To complete as many laps around the hula hoops within the time limit



Closing Remarks: The 7 B's

Be Patient	Be Kind	Be Curious
Be Open	Be Present	Be Believable
Be Yourself		

Thank you for your time and we appreciate your
dedication advocating for
Positive Youth Development!!



Q+A



References

Hepworth, D.H., Rooney, R.H., Rooney, G.D., Strom-Gottfried, K., & Larson, J. (2010). *Direct Social Work Practice*. Canada: Books/Cole, Cengage Learning.