

**Workshop Descriptions for April 1, 2010  
Character Conference:  
Embrace the Change - Celebrate the Spirit**



**Workshop A: Keynote Speaker  
Inspiring Generations: Geoff Green, Students on  
Ice (In auditorium)**

**ALL STUDENTS ATTEND THIS WORKSHOP**

In 1994, Geoff made his first expeditions to the Arctic and Antarctic. He was profoundly inspired by these cornerstones of our global ecosystem, and has since led more than 100 expeditions to both the Polar Regions, taking with him thousands of students, scientists, educators and leaders from around the world. Geoff's presentation will take the audience on an amazing journey from Pole to Pole, sharing stories, insights and observations of what he likes to call the greatest classrooms on Earth. Together with his student alumni from over 40 countries, he has developed the concept of a 21<sup>st</sup> century "Generation G" embracing values that are Global, Generous, Grateful and Green to help guide the way we interact with Nature and each other.

Visit: [www.studentsonice.com](http://www.studentsonice.com) for more information

Time: 9:30 – 10:50

**AFTER WORKSHOP A, ALL STUDENTS MOVE ON TO SESSION  
1 WORKSHOP**

**Workshop B: Students on Ice: Tim Straka and Niki Trudeau (cap 100)**

This is an exploratory educational workshop about the Arctic, Antarctica, climate change, and you! A live videoconference with Inuit youth living in the Canadian Arctic will enable you to share their thoughts, stories and perspectives about health, culture, conservation, sovereignty, indigenous rights and other topics. You will be asked to answer such questions as 'What does the Arctic mean to you?' and the presenters will challenge you to consider how to be environmentally responsible citizens in Ottawa. Students on Ice co-creates transformative learning experiences with students of all ages. The organization is committed to environmental and civic education.

Visit: [www.studentsonice.com](http://www.studentsonice.com) for more information

Time:

Session 1 - 11:00 - 12:10

Session 2 - 12:50 - 2:00

## **Workshop C: Minwaashin Lodge: Storytelling (cap 30)**

Aboriginal oral culture uses the spoken word to celebrate the sharing of beliefs and traditions from generation to generation. This workshop will begin with a traditional story about the circle of life. The presenters will incorporate teachings about the medicine wheel and finish off with drumming and a song.

Visit: [www.minlodge.com](http://www.minlodge.com) for more information

Time:

Session 1 - 11:00 - 12:10

Session 2 - 12:50 - 2:00

## **Workshop D: Minwaashin Lodge: Sustaining Healthy Relationships (cap 40)**

The powwow is one of the oldest, most important, and colourful of Aboriginal ceremonies. It is also a time to renew old friendships and create new ones. In this workshop, Minwaashin Lodge's Elaine Kicknosway, will introduce students to the key elements of healthy relationship building and explore the link between traditional perspectives and contemporary media. A discussion and question period will follow.

Visit: [www.minlodge.com](http://www.minlodge.com) for more information

Time:

Session 1 - 11:00 - 12:10

Session 2 - 12:50 - 2:00

## **Workshop E: Lean and Fit Fitness: Tony Greco (cap 40)**

Tony Greco is Canada's leading fitness specialist. Join Tony's team in a group training session that focuses on core strength and conditioning using only body weight. Greco's program has been widely used by professional athletes, including several NHL players, and some of their low-impact workout strategies will be shared. Dress for a workout!!

Time:

Session 1 - 11:00 - 12:10

Session 2 - 12:50 - 2:00

## **Workshop F: Yoga Emily Ellwood (cap 25)**

Yoga can be defined as a union of the heads, hands and heart. We can embrace our spirit when we surrender to yoga – deepening our awareness, releasing our tensions, and letting go of negative thoughts. This yoga class will be a moving meditation, leaving you feeling uplifted, peaceful and limber.

Time:

Session 1 - 11:00 - 12:10

Session 2 - 12:50 - 2:00

## **Workshop G: Adversity in Life: Steve Lively (Cap 15)**

Steve Lively is a former Canadian peacekeeper who served in many countries, including Rwanda. He will share his experiences in words and photos and inspire you to practice tolerance and acceptance of others. This workshop will provide you with the motivation to deal with adversity in life, as well as creating an opportunity for a mediated and organized discussion.

Time:

Session 1 - 11:00 - 12:10

Session 2 - 12:50 - 2:00

## **Workshop H: Guns and Gangs: Ottawa Police Services (cap 100)**

Gang related activities affect everyone. They cause fear, destroy property, threaten community security and drive out businesses. The gang problem affects all races, ethnicities, socioeconomic classes, and neighbourhoods. Find out how to identify gang activity and how you can prevent gang problems in your community.

Time:

Session 1 - 11:00 - 12:10

Session 2 - 12:50 - 2:00

## **Workshop I: OffBeat Percussion Group: Pete Massie (cap 40)**

Have you heard of Stomp? Are you interested in knowing how your brain learns routines and patterns? The workshop begins with a presentation by approximately 20 students of Offbeat percussion group from Glebe Collegiate. Then, using broom handles and dowels, you will learn rhythm patterns that will build up to a complex routine that incorporates rhythm, choreography, and lots of fun. No musical background necessary.

Visit: [http://en.allexperts.com/e/o/of/offbeat\\_\(percussion\\_group\).htm](http://en.allexperts.com/e/o/of/offbeat_(percussion_group).htm) for more information

Time:

Session 1 - 11:00 - 12:10

Session 2 - 12:50 - 2:00

## **Workshop J: On-Cue (Spoken Word): Q the Romantic Revolutionary**

On-Cue is a spoken word workshop presented by the poet “Q the Romantic Revolutionary”. The workshop will explore the art of spoken word, and the use of rhythm and tone to enhance performance. The On-Cue workshop also includes performances by the artist and an opportunity to develop and showcase your own talents

Time:

Session 1 - 11:00 - 12:10

Session 2 - 12:50 - 2:00

## **Workshop K: How to Choose Happiness - Daily steps for individual well being and social justice: Rachel Thibeault**

Rachel Thibeault is a professor at the University of Ottawa who has dedicated her life and career to providing support and life strategies to women in the most oppressed and impoverished areas of the world. This workshop will first present a reflection on how to create the safe space necessary for learning, healing and growth. Then it will explore, very interactively, strategies for well-being and happiness that have been tested cross-culturally and across the age span.

Time:

Session 1 - 11:00 - 12:10

Session 2 - 12:50 - 2:00

## **Workshop L: Fertile Future: Liz Ellwood (Cap 40)**

Liz Ellwood is a cancer survivor and the founder of Fertile Future, a not-for-profit organization dedicated to educating and informing patients and physicians about fertility preservation options available to cancer patients prior to fertility-risking cancer treatment. Liz began Fertile Future after being diagnosed with and ultimately surviving cervical cancer at 24 years of age. This workshop will be both informative and interactive with a focus on health and the prevention of cancer, as well as living and coping with cancer. This workshop will also focus on how the spirit can ultimately triumph over major life obstacles.

Visit: [www.fertilefuture.ca](http://www.fertilefuture.ca) for more information

Time:

Session 1 - 11:00 - 12:10

Session 2 - 12:50 - 2:00

## **Workshop M: Final Round Boxing (cap 30)**

Join Ottawa's premier amateur boxing club in a high energy boxing lesson and workout. Final Round hosts many amateur bouts in the Ottawa area including their 3rd Annual 'Fight for the Cure' cancer fundraiser on March 27th. Delegates will need to bring workout clothes. Gloves and hand pads will be provided.

Time:

Session 1 - 11:00 - 12:10

Session 2 - 12:50 - 2:00

## **Workshop N: Cultural Proficiency: Jaden Lairson (cap 25)**

Canada is the most multicultural country in the world. How do we move forward in the great experiment that is Canada? Becoming a Culturally Proficient citizen provides a mindset that esteems one's own culture while positively engaging with those whose cultures differ from our own. This workshop will engage a variety of activities that will allow participants to honour the differences among cultures with the goal of viewing diversity as a benefit and learning how to interact knowledgeably and respectfully among a variety of cultural groups.

Time:

Session 1 - 11:00 - 12:10

Session 2 - 12:50 - 2:00

## **Workshop O: Student Outdoor Adventures: Jeff Richmond**

The Evolve Challenge is a 3-day outdoor adventure challenge for high school students from across Canada. The program will be held in September 2010 in Walden, located near Bancroft, Ontario. The event features an adventure race comprised of mountain biking, navigating, paddling and other components. The weekend features a full day of workshops, including instruction by professional adventure racers and outdoor leaders. These sessions build the confidence necessary to enjoy the race. The Evolve Challenge is aimed at engaging students with an array of athletic skills, talents and abilities and will challenge students to harness their team working skills, individual and collective strength, and their eco awareness.

Time:

Session 1 - 11:00 - 12:10

Session 2 - 12:50 - 2:00

## **Workshop P: Katrina Van Wijk**

### **Workshop Q: Choosing Our Future: Kim Sherwood, City of Ottawa**

How do you want to live? Where do you want to work? What services do you want available to you? *Choosing our Future* is an innovative joint planning initiative of the City of Ottawa, the City of Gatineau, and the National Capital Commission. The goal of this multi-year project is to help Canada's Capital Region face the challenges of the 21st century, and integrate concepts of sustainability into all aspects of regional planning and design. This includes housing, transportation, and amenities like food, entertainment, and shopping. As students, learn what you can do to shape the future of your community and provide your input on how you think we can reach our sustainable goals.

Time:

Session 1 - 11:00 - 12:10

Session 2 - 12:50 - 2:00

## **Workshop R: Creative Writing Therapy, Ashlee Beattie (cap 35)**

Do you ever ask yourself "what's really important?" or "what do I want to get out of life?"? Have you ever needed to make the right decision for yourself with regards to important life choices? At 26, Ashlee Beattie had to make some tough choices when she was diagnosed with cervical cancer. Now happily cancer-FREE, she will guide you through an interactive presentation that will use creative writing as a way to help you learn to acknowledge your own strengths and appreciate the strengths of others around you. Please bring writing materials.

Time:

Session 1 - 11:00 - 12:10

Session 2 - 12:50 - 2:00

## **Workshop S: Finding your "Green " Character - A Workshop in Environmental Projects for schools: Holly Newsome (cap 30)**

Come and find out about how you can develop your "green" character in this hands-on workshop. Students will tour green initiatives that have been implemented at Woodroffe High School and be inspired to try some "green" projects in their own schools and homes. Living sustainability encompasses all of the characteristics highlighted at this conference and this is an exciting way to put them into ACTION! Please wear appropriate footwear for walking outside.

Time:

Session 1 - 11:00 - 12:10

Session 2 - 12:50 - 2:00