



## Soroptimist International of Grand Erie Secondary School girls Volunteer Award

A \$300.00 award will be given to a Grade 12 girl in each school board district, of the GESBD and the BHNCDSD. Application deadline April 30, 2021

[www.soroptimistgranderie.ca](http://www.soroptimistgranderie.ca)



The Soroptimist Foundation of Canada annually offers several \$7,500 grants to female graduate students in Canada to assist them with university studies which will qualify them for careers which will improve the quality of women's lives.

[www.soroptimistfoundation.ca](http://www.soroptimistfoundation.ca)

TIME	PROGRAM
10:00-10:15	The girls are asked to log on 15 minutes early to learn zoom controls (such as: virtual backgrounds, break out rooms, polls, chatting, video, etc.) Hosted by soroptimist
10:15-10:20	Welcome & housekeeping
10:20-10:35	Self esteem / finding your voice-by Abbey Girard
10:35- 11:00	Motivational speaker – by coach Kapow! From Toronto newsgirls boxing club (self defence & questions)
11:00- 11:45	Customer service awareness certificate: presented by Elaina Tkaczuk from the “power of e” customer service coaching. (questions)
11:45-11:50	Prep food/ bathroom break
11:50-12:20	Lunch with spicy Jan of spicy Jan cooks, and tasty road trips. Create a beautiful salad together, and chat about our experiences so far.
12:20-12:40	Career panel 1. Joan hidalgo- registered practicing nurse at sick children hospital in hemodialysis apheresis unit 2. Jamie McMillian – kick ass careers- welder, woman in trades promoter 3. Kim Nanticoke – united steel- fork lift, and crane operator
12:40-12:55	Exercise break out- how to safely activate your muscles – presented by Nakita Rees from at first athletic therapy.
12:55-1:00	Break water/bathroom
1-1:10	Bursaries, scholarships, programs, school applications, courses, the list is endless presented by Contact North   Contact Nord
1:10-1:50	Whims certificate program– presented by Samantha fisher from contact north   Contact Nord- supplied by Axi Safety or (participants have to choose one or the other) food safety certificate by Lambton college online- presented by Eileen Stanbury
1:50- 2:25	Vision board workshop – presented by Brooke Gordon and sola
2:25-2:30	Recognizing our steering committee and prize draws for all girl (\$50 teen girls gift card) registration & (\$50 multi restaurant gift card) referral
2:30-2:35	Split rooms by region for thank you/certificates.



Soroptimist Clubs have been empowering women through access to education since 1972 with our cornerstone program – the Soroptimist Live Your Dream Awards (formerly the Women's Opportunity Awards) Each year, more than \$1.6 million in education grants are awarded to more than 1,200 women, many of whom have overcome enormous obstacles including poverty, domestic violence, and/or drug and alcohol abuse. The awards may be used to offset any costs associated with efforts to attain higher education, such as books, childcare and transportation. [www.soroptimistgranderie.ca](http://www.soroptimistgranderie.ca) [www.soroptimist.org](http://www.soroptimist.org)

## 2020 Steering Committee



# EMPOWER HER!

Soroptimist International of Grand Erie as the hosts wish to acknowledge the generous support of the following businesses, speakers' panel, community partners, the 2020 DIBI Advisory Steering Committee towards the 2020 on-line DREAM IT \* BE IT

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Supporting club: Soroptimist of Haldimand-Norfolk  
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 Partnered with the Soroptimist Eastern Canada  
 Region clubs

**DREAM IT \* BE IT**  
**CAREER SUPPORT**  
 {for girls}

**Secondary School  
 Girls Conference**  
**Saturday,  
 June 27, 2020**  
**PROGRAM**

**Keynote Speaker**  
**Savoy "KAPOW" Howe**



 **SOROPTIMIST**  
 Best for Women