

# **“I Am...” Girls Conference**

## **Mind, Body & Soul**



**February 8, 2019**  
**8:30am-3:00pm**  
**College of Saint Mary**  
**Union Center**

Presented By:



**Urban League of  
Nebraska**

*Empowering Communities.  
Changing Lives.*

## Purpose

**“I Am...” Girls Conference**, presented by The Urban League of Nebraska, is a day-long event that empowers all girls between the 7th and 12th grade to excel in their education and their individual lives. These girls will meet successful female professionals and attend motivational workshops. The conference is held from 8:30 A.M. to 3:00 P.M. on Friday, February 8, 2019 at the College of Saint Mary.

**Who should attend?** The conference is for any girl who is in the 7th-12th grade during the 2018-2019 School Year. There is no fee for girls to attend, but registration is required.

**How do you register?** Complete the attached registration forms and return to your student’s guidance counselor, their Urban League representative, or to the Urban League of Nebraska Family Resource Center located at 3040 Lake Street, Omaha, NE 68111, Monday through Friday, 8 a.m. to 5 pm. Only return the last three forms of the conference packet. Registration deadline is **Tuesday, January 18, 2019.**

**Can adults and/or males attend the conference?** The workshops are only open to the students. However, teachers, parents or community members can attend the luncheon featuring our panel for an \$8.00 per person fee. Please request a sponsorship/non-student form.

**What should attendees wear?** Dress comfortable please jeans etc. Everyone will change into t-shirts upon arrival.

**For more information about the conference or tickets for luncheon**, please contact Kim Bradford or Nicole Mitchell at 402-451-1066 or [kbradford@urbanleague.org](mailto:kbradford@urbanleague.org) or [Nicole.mitchell@urbanleagueneb.org](mailto:Nicole.mitchell@urbanleagueneb.org).



Urban League of  
Nebraska

Empowering Communities.  
Changing Lives.

# 2019 "I Am..." Girls Conference

*Mind, Body & Soul*

## Student Application Form

### Contact Information

Student Name: \_\_\_\_\_ School: \_\_\_\_\_ Grade: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

Parent Name: \_\_\_\_\_ Parent Phone Number: \_\_\_\_\_

Have you attended the conference before? Yes \_\_\_\_\_ No \_\_\_\_\_ What year(s) \_\_\_\_\_

Students (no charge): T-Shirt Size: \_\_\_\_\_

Beanie 5.00 per hat \_\_\_\_\_



Optional: Parents can purchase t-shirts @ 10.00 per shirt \_\_\_\_\_

T-Shirt size \_\_\_\_\_ Amount \_\_\_\_\_

### Transportation Options

\_\_\_ Student: Will leave from Urban League of Nebraska.

\_\_\_ Student: Will leave from Monroe middle School.

\_\_\_ Will your parents/guardians be dropping you off at the conference location?

The departure time from the Urban League and Monroe will be 8am.

**Return time to both locations will be 3:30pm**

### Medical Information

Emergency Contact: \_\_\_\_\_ Phone Number \_\_\_\_\_

Relation to Student: \_\_\_\_\_ Allergies: \_\_\_\_\_

Special dietary needs: \_\_\_\_\_

### Parent/Guardian Authorization

The information on this form is correct so far as I am aware, and the person herein described has permission to engage in all prescribed conference activities, except as noted by me. If, for any reason, conference staff are unable to reach a parent or guardian in the event of an emergency, I hereby grant permission to the medical physician selected by conference staff to secure proper treatment for my child as named above.

Parent/Guardian's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Note of Affirmation

Please write a brief affirmation statement for your daughter below.

i.e. I Am.....

You are you because.....



Urban League of  
Nebraska

Empowering Communities.  
Changing Lives.

# 2019 “I Am...” Girls Conference

*Mind, Body & Soul*

## Student Application Form

### Conference Covenant

I acknowledge and accept in writing that the “I Am...”: Girls Conference is based upon mutual trust, respect for others and adherence to the spirit and following set of standards:

- I will respect all others and their possessions.
- I will treat all conference staff with respect and will treat all buildings and furnishings with care.
- I will adhere to the rules and regulations of the transportation provider to and from the conference.
- I will remain on the conference site throughout the durations of the conference unless otherwise accompanied by an adult staff member designated by the conference coordinators.
- I acknowledge that some of the group discussions may cover mature subject matter.

Attending the “I Am...” Girls Conference is a privilege. Girls are encouraged to enter fully and cooperatively. Conference staff reserves the right to terminate participation at the conference of anyone whose conduct is considered detrimental to the conference community.

Student Participant’s Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian’s Signature: \_\_\_\_\_ Date: \_\_\_\_\_

<b>Get College Ready?</b>	Girls will receive tips, tools, and resources on college planning and making the most out of high school.	
<b>Girls Matter</b>	African-American professionals at Omaha Public Power District will share about their careers and the company. Then, the students will explore labels put on them by others and even themselves. They will see how labels may define or restrict them and discuss how to change some of those labels. The students will search for and identify a quote that can focus them on being their unique selves in a world that tries to get them to copy others.	
<b>Financial Literacy</b>	Girls will understand their personal finances and take a deep dive into their belief system and understand the underlying beliefs about how money govern every aspect of their personal finances	
<b>Student-Athletes</b>	Girls will understand the challenges and what it takes to compete in sports in high school and in college.	
<b>Mind, Body and Soul</b>	Girls will talk about how to manage and cope with stress and provided tips and tools on ways on how to deal and handle stressful situations.	
<b>Spoken Words</b>	Girls will learn to define self-love and self-love affirmations to support their social-emotional well-being by using spoken words.	
<b>HBCU Panel</b>	Girls will have an opportunity to talk to women about their experience and story of attending an HBCU	
<b>Yoga</b>	Girls will be giving a brief history of yoga and its health (physical and mental) benefits. Followed by a Yoga routine	
<b>Meditation</b>	Girls will be giving a brief history of meditation and its health (physical and mental) benefits. Followed by a meditation routine	

**Please select three classes (1) first (2) second (3) third choice.**

**Please write the numbers in the last section.**

**HBCU panel, Yoga, Meditation is available for all students.**