District/Chapter requesting visit: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date of Presentation: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Location: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Contact Person: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Title: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Contact Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Arrival Time: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Start Time: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Workshops are planned to be 35-45 minutes or can present to multiple classes throughout the day.

State Officers can present their workshop or general FCCLA presentations.

Please email all requests to the state adviser [sdandres@ksu.edu](mailto:sdandres@ksu.edu) and the State Officer you are requesting.

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| --- | --- |
| **Mirror, Mirror**  **Ava Gustin**  **Mission Valley High**  [**agustin.ksfccla@gmail.com**](mailto:agustin.ksfccla@gmail.com) | **From Aspiring to Shining:**  **The Journey to FCCLA STARdom**  **Benjamin Dome**  **Victoria High**  [Bdome.ksfccla@gmail.com](mailto:Bdome.ksfccla@gmail.com) |
| **Becoming a Star!**  **Asher Swank**  **SE of Saline**  [**a**swank**.ksfccla@gmail.com**](mailto:aswank.ksfccla@gmail.com) | **FCCLA 101:**  **Stepping out of your Comfort Zone**  **Jaelyn Gaston**  **Holton High**  [**j**gaston**.ksfccla@gmail.com**](mailto:jgaston.ksfccla@gmail.com) |
| **Building & Funding Our Leadership**  **Levi Gleason**  **Hoxie High**  [**lgleason.ksfccla@gmail.com**](mailto:lgleason.ksfccla@gmail.com) | **Membership Mania**  **Vivian Reynolds**  **Royal Valley High**  [**vreynolds.ksfccla@gmail.com**](mailto:vreynolds.ksfccla@gmail.com) |
| **Behind the Scenes of an Effective Leader: Gratitude**  **Easton Hrabe**  **Smith Center High**  [**Ehrabe.ksfccla@gmail.com**](mailto:Ehrabe.ksfccla@gmail.com) | **Yes, And... With FCCLA:**  **The basics of Improv.**  **Madelyn Heigert**  **St. Marys High**  [**m**heigert**.ksfccla@gmail.com**](mailto:mheigert.ksfccla@gmail.com) |

Ava Gustin - State President

**“Mirror, Mirror”**

Even though you may shine onstage, how do you treat yourself on the inside?

Learn about how to promote your self-image when you look in the mirror or think to yourself.

Find out about the common misconceptions’ paparazzi can tell you about yourself that might not be true, and learn that for movie stars, perfection is not as important as progress.

Madelyn Heigert - First Vice-President

**“Yes, And. . . With FCCLA: The Basics of Improv.”**

Have you ever been in a situation where you had to come up with something out of thin air? You may have felt stressed, anxious, or even terrified! My workshop Yes, And... with FCCLA will set you on your way to become a rising star in your public speaking and improvisation abilities!

Asher Swank – VP of Peer Education

**“Becoming a Star!”**

Not sure where to start serving in your community? This workshop will take you through the multiple types of community service. We will brainstorm ideas that you can take back with you to your community to become a star at community service!

Jaelyn Gaston - VP of Recognition

**“**FCCLA 101: Stepping out of your comfort zone.**”**

Need help in becoming more involved? Learn how the different opportunities in FCCLA can help you grow as a person and step outside of your comfort zone!

Levi Gleason - VP of Corporate Partners/Finance

**“Building & Funding Our Leadership”**

Dive deep into organizational fundraising, and the FCCLA Program Power of One.   
Receive information on chapter fundraising and finance. Brainstorm past successful fundraising ideas across the state and get proper instruction on how to set up and plan a fundraiser. With a healthy mix of traditional presenting and active involvement, members will come out with a firm understanding of how to create a fundraising idea and transform it into reality.   
 Paired with this, receive an introduction to the FCCLA National Program: Power of One! This program is all-encompassing of FCCLA and its goals, allowing members to foster a growth mindset amongst themselves and others, as well as allowing members to gain recognition at the local, state, and even national level. In the end, we will draw a connection between the opportunities we are given within our chapter, our school, and our community with the necessary tool of fundraising. 

Easton Hrabe - VP of Public Relations

"Behind the Scenes of an Effective Leader: Gratitude"I will introduce the importance of gratitude and how it is scientifically proven to improve one’s well-being and how you can use this lost art to improve your overall leadership abilities. If students are able to show more gratitude in their lives, they will be able to become a more efficient and effective leader."

Benjamin Dome – VP of Individual Programs

**“From Aspiring to Shining: The Journey to FCCLA STARdom”**

The Hollywood Walk of Fame boasts a magnificent display of glistening gold stars, each bearing the names of legendary icons. Embark on your own star-studded journey by

participating in a competitive STAR Event. Join other members in this transformative workshop

as we delve into the fundamental elements that guarantee a shining performance. Prepare to

dazzle the stage, adorned with a coveted gold medal gleaming proudly around your neck!

Vivian Reynolds – VP of Membership

**“Membership Mania”**

All members regardless of age or time spent in the organization will learn and brainstorm all kinds of ideas on how to best raise the membership within their chapters. Members will do activities, take notes, network with other members, learn the best way to raise membership and most importantly, have fun!