



Fall 2026 Personal Growth Day Workshops

Please note, not all workshops are available all five sessions.

CATEGORY	Workshop Title	1	2	3	4	5
ADULTING & LIFE SKILLS	Banking 101 and Budgeting Strategies (Presenter: Credit Union West)			X		X
	Budgeting and Debt Management (Presenter: BMO Bank)		X		X	
	Conflict Resolution (Presenter: Alan Boelter)				X	
	Credit Score and ID Theft Education (Presenter: Credit Union West)		X		X	
	Credit Scores and Reports (Presenter: BMO Bank)	X				X
	First Aid CPR AED (Presenter: Paula Raymond, Everyday Heroes CPR)	X				
	Healthy Living: Foundations for a Balanced Lifestyle (Presenter: Dr. William Hesse)					X
	Mind in Motion: Unlocking Your Potential Through Mental Challenges (Presenter: James Hamill)				X	
	Relationship Discussion (Presenter: Maddie and Art Johnson)	X	X	X	X	X
CAREER & PROFESSIONAL DEVELOPMENT	Design Your Life: Find Your Core Values & Career Path (Presenter: Alex Koupal, Alimental Business)			X		
	Dining Etiquette (Presenter: Marguerite Eberle and Sarah Eberle)			X	X	
	Great Resume Writing (Presenter: Chet Keizer)				X	X
	I.D.E.A.S for Creative and Caring Leadership (Presenter: Gary Streeter)	X			X	
	Media Ready: Communicating with Confidence (Presenter: James Hamill and JT Head)	X		X		X
	Starting Your Own Small Business (Presenter: BMO Bank)			X		
GENERAL INTEREST & PERSONAL DEVELOPMENT	Around the World: Tips for Traveling Abroad (Presenter: Dr. Lauren Curtright)					X
	Beyond the Podcast: What True Crime Teaches Us About Ourselves (Presenter: Tracey Robinson)		X		X	X
	Developing Disciples (Presenter: Pastor Jason Flowers, Transformation Community Church)	X	X	X	X	X
	Discovering Your Story (Presenter: Vince Bissey, Grace Point Church)	X	X	X	X	X
	Learn to Rope and Compete in Rodeo (Presenter: Cody Murphy)		X			
	Self Defense (Presenter: Scott Bowen)					
	Stay in the Game: An Introduction to Sports Officiating (Presenter: Shawn Duguid)	X				

Fall 1 Workshop Dates:

Session 1: September 2 and 9

Session 2: September 16 and 23

Session 3: September 30 and October 7

Fall 2 Workshop Dates:

Session 4: October 21 and 28

Session 5: November 4 and 18



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ADULTING & LIFE SKILLS

Banking 101 and Budgeting Strategies (Presenter: Credit Union West) - Sessions 3 & 5

In part one of this workshop, you will learn how to confidently manage your bank accounts, avoid unnecessary fees, and make your money work smarter for you. This class helps you understand how banks and credit unions operate so you can choose the right accounts, protect your funds, and build better financial habits. In part two, you will discover how to take control of your money instead of wondering where it went. This class teaches practical budgeting strategies to reduce stress, pay bills on time, save more, and reach your financial goals—no matter your income level.

Budgeting and Debt Management (Presenter: BMO Bank) - Sessions 2 & 4

In part one, you will discover strategies to build a simple budget. In part two you will learn common reasons why people find themselves in debt and the most common types of debt. The workshop will discuss the value of using debt management strategies such as loan consolidation, budgeting and debt management plans. Finally, participants will compare various debt management solutions and create a personal plan about how to manage their debt.

Conflict Resolution (Presenter: Alan Boelter) - Session 4

The purpose of this workshop is to look at conflict and the good that can come from it, if done in the right way. The more we expose ourselves to conflict the better we become at handling it, and the more successful we can become in the work world. Conflict should have a resolution and that should be the goal, not just to be in conflict. Understanding the conflict resolution process and having the ability to mediate that process is valuable to businesses.

Credit Score and ID Theft Education (Presenter: Credit Union West) - Sessions 2 & 4

After the first day of this workshop, you will understand what your credit really says about you and how it impacts your future. This class shows you how to improve your credit score, and position yourself for better rates on loans, housing, and major purchases. On the second day of the workshop, you will learn how to protect yourself from one of the fastest-growing financial threats. This class explains how identity theft happens, how to spot warning signs early, and what steps to take to safeguard your personal information and recover quickly if fraud occurs.

Credit Scores and Reports (Presenter: BMO Bank) - Sessions 1 & 5

Learn what a credit score is, its importance, and how to read a credit report.

First Aid CPR AED (Presenter: Paula Raymond, Everyday Heroes CPR) - Session 1

The First Aid CPR AED course trains participants to provide first aid, CPR, and use an automated external defibrillator (AED) in a safe, timely, and effective manner.

Healthy Living: Foundations for a Balanced Lifestyle (Presenter: Dr. William Hesse) - Session 5

Invest in your well-being with our comprehensive Healthy Living course. This engaging workshop empowers you with the knowledge and skills to adopt a balanced lifestyle, enhancing your physical, emotional, and mental health by creating your personalized life-balance wheel. Join us on this transformative journey toward healthy living and unlock a more vibrant, balanced you. Bring your laptop or iPad to this workshop.

Mind in Motion: Unlocking Your Potential Through Mental Challenges (Presenter: James Hamill) - Session 4

Your brain is your most powerful tool—so why not train it like you would any other muscle? In this interactive two-day workshop, you will explore how brainteasers and lateral thinking can improve memory, concentration, and problem-solving skills—all while having fun with your peers.

On Day One, you will work in teams to crack riddles and stretch your creative thinking. On Day Two, it is time to put your skills to the test in a 1% Club-style challenge, designed to simulate problem solving in a competitive environment.



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Whether you are preparing for your future career or just want to think faster and sharper, this workshop will give you the tools to train your mind.

Relationship Discussion (Presenters: Maddie and Art Johnson) - Sessions 1, 2, 3, 4 & 5

Meet with OUAZ Grandparents to have a meaningful discussion about how to develop and maintain healthy relationships in your life.

CAREER & PROFESSIONAL DEVELOPMENT

Design Your Life: Find Your Core Values & Career Path (Presenter: Alex Koupal) - Session 3

What if your dream life was not just a dream? In this hands-on, creative workshop, you will go beyond personality quizzes and job titles to uncover your core values — the deep drivers that make life meaningful to you. Through a guided visualization and drawing exercise, you will imagine your ideal retirement, exploring what your life looks, feels, sounds, and tastes like at the end of a fulfilling career. Then, we flip the script with a surprise addition to this exercise to drill down to what REALLY motivates you! You will walk away with a clearer sense of what matters most to you, how those values can guide your career choices, and why doing what you love (not just what you are good at) matters more than ever. Supplies provided. No art skills required. Just bring your full imagination.

Dining Etiquette (Presenters: Marguerite Eberle and Sarah Eberle) - Sessions 3 & 4

This workshop runs for two sessions and counts as two workshops. During the first two weeks of the workshop, you will learn the proper etiquette for business and formal dinners. Then during weeks three and four, you will have the opportunity to participate in an Etiquette Lab and will be able to practice your skills at a formal dinner that will begin after Spirit Life and go until the end of the PGD workshop time. When signing up for this workshop, please note you are signing up for two consecutive workshop sessions so do not sign up for another workshop right after this workshop (For example, if you sign up for the workshop in Session 1, do not sign up for a different workshop for Session 2 because the Etiquette Lab is during Session 2).

Great Resume Writing (Presenter: Chet Keizer) - Sessions 4 & 5

Do you have a resume? If you have a resume, do you feel confident that it will help you land that job? We will explore how to write a great resume and put these skills into practice. The hope is to give you ideas and insights as to how to write an impressive looking resume that hiring managers will be impressed with.

I.D.E.A.S for Creative and Caring Leadership (Presenter: Gary Streeter) - Sessions 1 & 4

Join Gary Streeter, owner and Chief Guide of Next Level Performance Guiding LLC, for an insightful, interactive and thought-provoking look at leadership. I.D.E.A.S breaks down the five essential components of leadership while also underscoring that great leaders generate their own ideas and create an environment in which others feel empowered to generate and act on ideas. You will learn about how to ask Quest-Ions, how to BALLER and the 4 T's of giving receivable feedback. You will have opportunities to share with your fellow students in small groups as well as the entire group and participate in activities to reinforce the I.D.E.A.S. concepts.

Media Ready: Communicating with Confidence (Presenters: James Hamill and JT Head) - Sessions 1, 3 & 5

In today's world, the media plays a major role in how stories, brands, organizations, and individuals are perceived. Whether you are being interviewed, creating content, or reporting the story yourself, strong communication skills are essential.

In this interactive two-day workshop, you will learn the fundamentals of media training from both perspectives: being the person in front of the camera and being the one asking the questions. Through real-world examples, you will explore the dos and don'ts of media interactions, examine memorable interview moments, and learn how professional communicators prepare for high-pressure situations.

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On Day One, you will analyze real media clips, discuss effective communication strategies, and practice crafting clear, confident messages. You will also learn how journalists and content creators develop questions and tell compelling stories.

On Day Two, you will put your skills into action through live media simulations. Participants will rotate through roles as interviewees, reporters, and media professionals, gaining firsthand experience handling interviews, press conferences, and on-the-spot questions in a realistic environment.

Whether you are interested in sports, business, communications, leadership, or content creation, this workshop will help you build confidence, communicate effectively, and understand the media landscape from every angle.

Starting Your Own Small Business (Presenter: BMO Bank) - Session 3

Learn how to build your business, develop your brand and understand legal and financial considerations.

GENERAL INTEREST & PERSONAL DEVELOPMENT

Around the World: Tips for Traveling Abroad (Presenter: Dr. Lauren Curtright) - Session 5

Many students dream of exploring faraway places and encountering new perspectives. They recognize that traveling abroad will not only broaden their horizons but also help to build their resume and skills. However, students may not know how to begin planning an international trip and how to make the most of their experiences abroad. This session will cover the essentials for venturing out into the world: choosing places to visit; obtaining required IDs for customs; raising funds; using resources to find accommodations, buy necessities and mementos, and get around on a budget; staying safe in unfamiliar spaces; and reflecting on adventures and sharing them with family and friends at home. Workshop participants can expect to learn from each other as well as from the professor.

Beyond the Podcast: What True Crime Teaches Us About Ourselves (Presenter: Tracey Robinson) - Sessions 2, 4 & 5

Are you a true crime fan who loves a good mystery? Join us for an interactive workshop that goes past the headlines of famous serial killer cases to explore the deeper psychology of human behavior. In this session, we will move from passive entertainment to active insight, using true crime as a lens to build critical life skills. Learn how to deconstruct complex behavior, recognize implicit biases, trust your psychological intuition, and set healthy boundaries for your own mental wellness. Turn your favorite hobby into a tool for personal growth and emotional intelligence!

Developing Disciples (Presenter: Pastor Jason Flowers, Transformation Community Church) - Sessions 1, 2, 3, 4 & 5

How to develop a personal and intimate relationship with Christ and walk in victory.

Objectives:

1. Give students tools to help them confidently embrace God's will, plan and purpose for their life: spiritually, financially, and physically.
2. Show how this approach will keep God at the forefront of all choices and decisions.
3. Implement six principles of discipleship that will help the student understand what it is to be a true disciple of Christ by overcoming obstacles, distractions, and everyday temptations. By doing so, they can walk gracefully in God's love and win souls for Him.

Discovering Your Story (Presenter: Vince Bissey, Grace Point Church) - Sessions 1, 2, 3, 4 & 5

Every person is living according to a story. Christianity is not simply a religion; it is the true story of reality. Only when we understand that will we be able to find our place in God's story and discover His purpose for our lives.



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Learn to Rope and Compete in Rodeo (Presenter: Cody Murphy) - Session 2

Rodeo is an exciting sport that showcases a variety of skills, including rough stock, barrel racing, and roping. Roping involves catching livestock using a lasso, which requires practice and precision to master. Whether you are interested in competing or just want to experience the thrill, learning to rope can be rewarding and exciting.

Self Defense (Presenter: Scott Bowen) – Sessions

Learn effective techniques for self-defense, fitness and awareness. Brazilian Jiu Jitsu (BJJ) is one of the best self-defense martial arts in the world. With ground escapes, joint manipulation and even some choke techniques, even a smaller person can defend themselves against a larger opponent or attacker.

Stay in the Game: An Introduction to Sports Officiating (Presenter: Shawn Duguid) - Sessions 1, 2, 3, 4 & 5

Sports officiating offers a rewarding way to remain involved in athletics while earning income, serving your community, and developing valuable skills in leadership, communication, confidence, and decision-making. This interactive workshop introduces students to officiating opportunities in basketball, football, soccer, volleyball, baseball, and softball. Participants will learn how to get started, what officials are responsible for, and how officiating experience can support personal and professional growth. No previous officiating experience is required, just an interest in sports and a willingness to learn.

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