



September 2017

Volume II

Co-Chair Corner

Hello Again! We are pleased to present our second newsletter to all our Camino Real Region Clubs!

In this issue, we will discuss the first module in the DIBI curriculum, Discovering Your Dreams. In addition, we will list some great ice breakers to use during your conference or mentor sessions.

We are excited to support all of you as your club dives into the Dream It Be It program. We are available to answer questions and/or train your members to get off the ground!

We look forward to a wonderful year of Soroptimist service!

Amy & Debra

Need Help Getting Started?

We are available to conduct a training session for your DIBI committee.

Contact us!

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4 C's of Dream It Be It

COLLABORATION: Partner with community groups or fellow Soroptimist clubs.

COMMUNITY: Assess community needs. Promote DIBI to community leaders, members & organizations.

CURRICULUM: Familiarize yourself with the curriculum and let it guide you to success!

CREATIVITY: Incorporate creative approaches within the DIBI program sessions.

This Month:

Discovering Your Dreams Session, Ice Breakers, Suggested Agendas, Career Guidance Lunch Session



Dream it Be it- Balancing your Stress with art therapy taught by a LYDA winner.

Discovering Your Dreams

First part of the curriculum is Discovering Your Dreams. The goal is to establish safety and trust among the attendees. Facilitators will lead attendees through the following activities- but start with a great ice breaker.

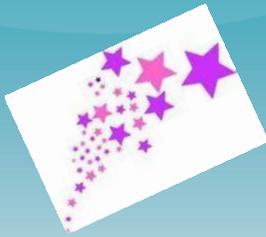
- Icebreaker of your choice
- Go over ground rules and use a flip chart with the group to come up with their own rules that lend to a safe environment.
- Try doing a dream collage (have a mentor at each table to discuss why they are choosing certain pictures for their collage).
- Go through the “I Admire” handout together (if desired).
- Fill out letter to self, predicting where they see themselves in 5 years. (can do less if you want).

Use CREATIVITY with this session. Decide on your target audience and tailor this session to the girls’ needs.

Who Do I
Admire? Who
Do I Want To
Be When I’m
Older?

Ice Breakers

- **Name + Little Known Fact:** Matching each fact with each attendee.
- **Name + Word:** Girls go around and introduce themselves with a word that describes them starting with the first letter of their name. Start in a circle and each girl must say the person’s name and word before their own.
- **Powerful Woman Post-It:** Each girl writes down a powerful woman in pop-culture on a post-it. Redistribute the post-its, and each girl puts the name on their forehead without reading the name. As they walk around attendees give them hints about who they are.
- **Birthday Line:** Nonverbal exercise where the girls form a line according to birth dates without talking.
- **Feed Forward:** Girls go around in a circle and give each other girl meaningful compliments.
- **Come up with your own!!**



Career Guidance Lunch Session

Suggested Agenda for Conference

8:30 - 9:00	Registration
9:00 – 9:15:	Discovering Your Dreams with a Community Speaker
9:15 – 10:00:	Breakout 1/Achievable Goals
10:00- 10:45:	Breakout 2/Obstacles
10:45 – 11:30:	Breakout 3/Stress (hands on activity)
11:30 – 12:30:	Career Guidance Lunch Session
12:30 – 1:15:	Session 4/Rising Above Obstacles (Panel)
1:15 – 2:00:	Session 5/Failure into Success
2:00 – 2:30:	Session 7/Dreams into Action with a closing Community speaker
2:30 – 3:00:	Evaluations and pick up

Add a line on your registration form that asks what career the attendee may be interested in.

Before program, match girls or groups of girls with a member (or members) with a club member or woman community member.

Invite women to be lunch mentors, send them the “Ask an Expert” page from session 7 so they know what the girls will be asking. Make sure the girls get this hand out in their DIBI packets the day of the program.

At the day of the event, indicate certain tables for each career mentor and make sure the mentor knows where to sit.

During the first 5 minutes, mentor and girls will try to find things that they share including interests, hobbies, etc. This is a warm up exercise.

The next 5 minutes is dedicated to the mentor sharing how she achieved her success including college and career pathways.

Next, each girl will ask questions from the hand out they were given.

At the end, mentors should give them their contact info (if they want) so the girls have an ongoing relationship with a mentor.

Create a partnership with community teens to help plan, implement and evaluate your project. We welcome teen suggestions & guidance!

