

# H.E.R.O. Program Workshops

Workshop	Month (Date TBD)	Speaker(s)	Objective
Self Motivation	January	To Be Announced	Participants will learn how self-motivation is a key attribute to success and continued career growth. participants will be given tools on how to practice this mind set and contribute it to their daily lives.
Introduction to Entering the Workplace for Students	January	Idaho Comission on Human Rights	Preparing students to enter the workforce what to do if you observe harassment, bullying, retaliation, or other forms of discrimination. Addressing the gender pay gap; sex-based equality in the workplace; pregnancy protections; LGBTQ protections under state and federal law.
Communication	February	To Be Announced	Participants will learn how to effectively communicate ideas and opinions in any situation respectfully and have open dialouge with a clear message.
Decisiveness, Flexibility, and Resilience	February	Jeanette Laster, HREI	Participants will be able to learn how to use these skills to proactively work through difficult situations with in both the work place and in school.
Public Speaking	March	Jessica Bonar, Advance Benefits Other Workshop Speakers To Be Announced	Participants will be taught tools and practice using them to build confidence when speaking with one or more people and in front of an audience.
Video Presence	March	Lisa Skvarla, Playhouse Northwest Acting School	Participants will be able to speak interactively in front of a camera and deliver their message clearly.
Resume, Curriculum Vitae, and Cover Letter	April	Katie Hunt, Express Employment	Participants will learn what the difference is between a resume, curriculum vitae, and cover letter. They will be given tools to create each one while also receiving individual help through the process.
Social Media for Work Placement	April	Shelley Webb, The Social Webb & Phil Anderson	Participants will learn proper social media and online etiquette. Students will become aware of what employers look at while deciding on candidates for their company.
Work Under Pressure and Time Management	May	Mike Hobbs, Umpqua Bank	Participants will be given tools on coping with time lines that come with pressure in work environment and school. participants will understand why it is important to create realistic timelines for completion and how personal integrity is perceived with timely completions.
Problem Solving and Negotiation	May	Patricia Shea	Participants will be able to problem solve and negotiate confidently and respectfully. These skills will help participants build confidence when looking for a promotion or raise and to able to speak their mind confidently when they have solutions to dilemas.
Leadership	June	Eve Knudtsen, Knudtsen Chevrolet Co. Other Workshop Speakers To Be Announced	Participants will be able to learn the types of skills individuals in leadership positions have and how they can take steps to acquiring and building up their leadership skills.
Healthy Meal Habits	June	Carly Williams, Carly's Compass	Participants will learn the importance of eating healthy and how to plan a healthy eating routine.
Savings, Personal Management, and Investment	July	Brad Dougdale - DA Davidson & Company Ben Holzhauser, Five Pine Wealth Management	Participants will learn the importance of proper financial management and the value of understanding how to invest and save.
Scholarship Workshop	TBD	To Be Announced	Participants will be able to ask questions reagrdng scholarships and the process involved. participants will also learn how to prepare a template that will have their personal answers to questions that are common in most scholarship applications

\*Workshop and speakers are subject to change based on program and speaker needs. Workshop list to be updated within as information is received.