

# SERVICE UNIT MEETING PROGRAM AND ENRICHMENT CATALOG

## What's on Your Agenda?

Planning your in-person or virtual meetings and getting the information you want and need just got easier! The Learning and Development Team and council staff have joined together to provide service units with a variety of enrichments and workshops to offer at your next in-person or virtual meeting or event. And, we'll continue to add to our list of titles throughout the year!

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**We're Girl Scouts and  
we believe in the  
power of every girl!**

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## Service Unit Enrichment Workshops

Service unit enrichment workshops are designed to provide knowledge, skills, and personal development opportunities to service unit teams and local volunteers at area meetings and events. These 30-60 minute interactive programs cover a variety of topics and are developed and can be presented either in-person or virtually by council staff.

## Lead 'n Learn Quick Guides

Our *Lead 'n Learn Quick Guides* contain all the information you need to lead a short, interactive presentation or discussion on a variety of topics both in-person and virtually. These 15-20 minute sessions provide bursts of learning and can be easily facilitated by a member of the service unit team using the information provided in the *Lead 'n Learn Quick Guide*.

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## Service Unit Enrichments

### Mythbusters: Girl Scout Style

**Min/Max Length** 30 - 50 minutes

**Facilitator:** Learning and Development Staff

This fun and interactive informational workshop will explore common myths associated with *Volunteer Essentials*, *Safety Activity Checkpoints*, and *Volunteer Policies*. Gain clarity and understanding to ensure a safe and rewarding experience for co-leaders, troops, and girls.

### Summer Fun! Learn More About Camp and Outdoor Adventures

**Min/Max Length** 30 - 40 minutes

**Facilitator/s:** Camp & Outdoor Program Team

Learn about the many camp and outdoor adventures available for troops and girls. Get a sneak peek at the theme, ask questions, and be ready to go when summer hits! *Please note that a copy of the Summer Fun Guide can be found on the council website.*

### Courageous Conversations

**Min/Max Length** 30 - 45 minutes

**Facilitator/s:** Shawna Peaks

The truth is, at some point in our lives we all have to have one of those conversations we aren't looking forward to. And it isn't easy. But the good news is, there are some proven strategies that we can use to make those conversations easier and more successful. In this session, we'll share strategies and tactics you can use the next time you're facing a difficult conversation.

### Service Unit Enrichment Idea?

*Do you have a service unit enrichment idea that you would like to share? If so, we'd love to hear from you! What Girl Scout topics or leadership growth type enrichments would be helpful for your service unit? Drop us a line! Please email suggestions to [learning@nccoastalpines.org](mailto:learning@nccoastalpines.org).*

## Lead 'n Learn Quick Guides

*Lead 'n Learn workshops are designed to last 15-20 minutes, but may take a little longer depending on the number of participants and length of discussion.*

### Being Inclusive

It's never easy being the new one in a group! In Girl Scouts, we always want to *be a sister to every Girl Scout*. In this workshop, we'll share fun ways to model and build inclusivity into group situations that will create a welcome environment for all adult and girl members.

### Building Relationships Within Your Service Unit

Building relationships within a service unit is key to its success! Get the conversation started in your service unit. Implement future service unit group activities and team building exercises based on volunteer feedback and the resources and ideas provided in this Lead 'n Learn.

### Connecting with Caregivers

Girl Scout troops benefit from the fostering of all types of caregiver connections and there are so many ways caregivers can be a part of the Girl Scout experience. Through this Lead 'n Learn, you will learn ways to effectively connect and communicate with caregivers through the caregiver meeting, gain tools for asking caregivers for assistance when needed, and become familiar with "Possibilities for Parents" within a troop.

### Cooperative Learning and Team Building

Help your volunteers gain an understanding of how team work impacts group success. Then, share ideas with them that can be for both in-person or virtual meetings for how to create more opportunities to include one of Girl Scouts' Three Processes, Cooperative Learning, into their girls' Girl Scout experience.

## Council Level Awards & Recognitions Overview

At Girl Scouts, it's important that we foster a culture of appreciation and recognize and appreciate our deserving volunteers. Our Council Level Awards and Recognitions are presented annually and what makes them so special is that the honorees are nominated by their peers. In this Lead 'n Learn, you'll share information about the various awards and how to nominate someone for a council-level recognition. *This Lead 'n Learn pairs well with Nominate a Fellow Volunteer.*

### Diversity, Equity, Inclusion and YOU

Diversity has been a core value of Girl Scouts since its founding in 1912. In this Lead 'n Learn, you'll gain a deeper understanding of diversity, equity and inclusion and how it relates to you as a volunteer. Through a group exercise, you will learn the importance of and how to create a diverse, equitable and inclusive environment for both girls and adults.

### Engaging Girls in STEM

When G.I.R.L.s participate in STEM activities, they become better problem-solvers, critical thinkers and more effective leaders. In this session, you'll help volunteers understand what STEM is, why it's important for girls, and learn a new STEM experiment—How to Extract Strawberry DNA! Sweet!

### Financial Transparency within Troops

What is troop financial transparency and why is it important? How can troop finances be more girl-led? How can troop co-leaders and troop treasurers be more transparent about troop finances with parents/caregivers? In this Lead 'n Learn, we will answer these questions plus learn about the different ways a troop can acquire funds and appropriate ways to utilize troop assets. Volunteers will also become familiar with troop banking best practices, helpful resources, required end of year reporting, forms, and more!

## Founder's Day

In this Lead 'n Learn, you'll take a deeper dive into one of our beloved Girl Scout traditions—celebrating Founder's Day! What is Founder's Day? Why is it a special day in Girl Scouting? You'll get the answers to those questions, plus gain the tools you'll need so Girl Scouts of all levels can learn about Founder's Day and have fun while doing it!

## Girl-Led Planning

At Girl Scouts, we take pride in our commitment to allow girls to take the lead in charting their Girl Scout experience. Learn valuable ways to implement Girl-Led into in-person and virtual meetings, activities, and events as well as ways to encourage and support girl-led in your troop.

## Girl Scout Bridging Ceremonies

Bridging Ceremonies are an important time in a girl's Girl Scout journey and celebrate their advancement from one grade level to the next. Share the basics of a bridging ceremony along with ways to make it memorable and special for the girls!

## Girl Scout Traditions

Girl Scout Traditions help us better understand our rich Girl Scout history and instills in members and girls a deeper sense of belonging. Take a deeper dive into some of our beloved Girl Scout Traditions and learn how to connect current Girl Scouts with this legacy in a meaningful and impactful way.

## Girl Scouts and Mental Wellbeing

Mental wellbeing affects our thoughts, feelings, and actions. It also determines how we handle stress, relate to others, and make healthy choices. Mental health is vital for every stage of life and has never been more relevant. Through this enrichment, volunteers will enjoy a relaxing mental health exercise and learn proactive steps (that both volunteers and girls can enjoy) to enhance one's mental wellbeing.

## Girl Scouts' E.P.I.C. Culture

Girl Scouts seeks an E.P.I.C. culture across the organization. Learn more about the tenets of E.P.I.C. (Empathy, Possibility Thinking, Innovation, and Courageous Leadership) and ways to incorporate E.P.I.C. into your Girl Scout experience.

## Holding an Investiture/Rededication Ceremony

Girl Scout ceremonies are a part of our beloved Girl Scout traditions and each are special and unique in their own way. In this enrichment, learn more about these ceremonies and access a ton of resources. Following this Lead 'n Learn, you'll feel confident planning and delivering your troop's Investiture or Rededication Ceremony!

## How to Use Safety Activity Checkpoints

Ensure the safety of the girls with this quick review of how to use Safety Activity Checkpoints when planning upcoming events and activities. This workshop is especially useful for new co-leaders looking to incorporate short trips and other activities into their troop calendar.

## Leading a Multi-Level Troop

Leading a multi-level Girl Scout troop can present its challenges. In this Lead 'n Learn, you'll gain strategies to enhance the Girl Scout experience for girls of all levels in a multi-level troop and discover new organizational strategies to lead a multi-level troop like a pro!

## Nominate a Fellow Volunteer

Nominations and endorsements are a vital element in the council level awards and recognitions process. They provide a story of each nominee's contributions, service, and dedication to the girls and the Girl Scout Movement. In this Lead 'n Learn, you'll share how to make a nominee standout with strong nominations and endorsements.

## Online Resources: A Quick Guide for Troop Co-Leaders & Service Unit Team Members

Troop co-leaders and service unit team members will gain a deeper understanding of council online resources and how to access and utilize them. You'll explore everything from the council website to Rallyhood to gsLearn and become more informed and confident in your volunteer role.

## Start Your Year Off Right

Share a few creative and fun ideas to help leaders get to know their girls (and for the girls to get to know each other) in this short session aimed to help leaders build a fun and welcoming environment during those first few meetings—whether that is in-person or virtually!

## Strategies for Resolving Conflicts

No matter how hard we try, there are still times when we find ourselves in a tight spot. Learn simple conflict resolution strategies that you can apply in your personal and professional lives that will help soften any situation.

## The Top Notch Reflection Tool

Top Notch Reflection is an online reflection tool that is implemented annually to collect information that staff and administrative volunteers use to make informed decisions about future programmatic support. These decisions ensure girls are receiving an enriching Girl Scout experience based on the GSLE and that leaders have the support and resources they need. Request this Lead 'n Learn Quick Guide for a deeper insight into the tool and learn ways troops and Juliettes can be a part of this program and receive incentives!

## Troop Banking From Start to Finish

Through this Lead 'n Learn and accompanying resources, troop banking becomes easy as 1, 2, 3! You'll share how to get started with and make changes to a troop bank account and strategies for

successfully completing end of year financial reports.

## World Thinking Day

What is World Thinking Day? When is it? Why is it an important day in the Girl Scout Movement and a beloved tradition? You will learn the answers to these questions and more as we explore World Thinking Day. You'll gain ideas on how to hold a World Thinking Day event as a troop or as a service unit. You'll help girls earn their World Thinking Day award after learning more about the four steps. By the end of this Lead 'n Learn, you'll be ready to lead your girls on a journey around the world, thinking BIG and globally!

## More Lead 'n Learn Quick Guides Coming Soon!

*The Learning and Development Department releases new Lead 'n Learn Quick Guides throughout the program year. If you have an enrichment topic or Lead 'n Learn idea you'd like to share, please email suggestions to [learning@nccoastalpines.org](mailto:learning@nccoastalpines.org).*

