

# Guiding Lights Weekend

January 30 & 31, 2009 at Seattle Center

## **WILLIE AUSTIN WORKSHOP: Transforming Lives Through Fitness**

Willie Austin, former Husky football player and World Drug Free Powerlifting Champion, founded the Austin Foundation in 1994 to promote health and fitness in Seattle's inner city. Austin serves on the Steering Committee of the King County Overweight Prevention Initiative, Chairs the American Heart Association's Cultural Health Initiatives Committee, is a Power to End Stroke Ambassador, a member of the Washington Health Foundation Disparity Committee, and in 2008 was honored by the Guiding Lights Network with the Mindful Mentor of the Year Award. Austin shares his vision and tools for making fitness a part of every day, for every body. You'll want comfortable clothing and your water bottle for this active workshop.

Saturday MORNING Workshop 10 am to 12 noon AND Saturday AFTERNOON Workshop 1 pm to 3 pm

## **PAULA BOGGS WORKSHOP: Accidental Mentoring -- Listening for the Call**

Prior to becoming Starbucks' Vice President and General Counsel, Paula Boggs served as a vice president at Dell Computer Corporation. She is a former Army officer and White House aide, and is a singer/songwriter and performing artist. She serves on the boards of Johns Hopkins University, Premera Blue Cross, the Starbucks Foundation, KEXP Radio Station, as well as being the Immediate Past President of LAW Fund. She was recently awarded a CLEO for leadership in diversifying the legal profession and is a recipient of the Urban League Spirit Award. Meaningful mentoring relationships often result from informal (even accidental) encounters. Drawing on her broad life experiences, Boggs will help you hone an awareness of those around you and develop openness to possibility that invites "accidental mentoring".

Saturday MORNING Workshop 10 am to 12 noon

## **STEPHANIE BRILL**

### **WORKSHOP: Experiencing the Gender Spectrum: For Educators, Parents, and Everyone**

Midwife, educator, and gender specialist Stephanie Brill is the co-author of *The Transgender Child: A Handbook for Families and Professionals*. Stephanie is the founder of Gender Spectrum Education and Training, and Maia Midwifery and Preconception Services. She has been a much sought-after expert on the subjects of gender and reproductive issues for numerous publications including the *Atlantic Monthly*, *The New York Times*, *Curve Magazine*, *Hip Mama*, and *Jane and Jane*. Join Stephanie for this dynamic workshop exploring current understandings of gender. The class will focus on the development of gender and its natural expression in children and adults. Participants will leave with a new understanding of what gender is. This workshop is fun and deeply educational. Come prepared to let go of old beliefs!

Saturday AFTERNOON Workshop 1 pm to 3 pm

## **TOM BROWN WORKSHOP: Youth Entrepreneurs -- A Business Plan, a Life Plan**

Tom Brown is the founder and Executive Director of Training Grounds, where he teaches life-skills, workforce education, and entrepreneurship to youth and young adults in his hometown of Washington, DC. As a teacher at South Washington's Anacostia Senior High School, he introduced hundreds of students to the National Foundation for Teaching Entrepreneurship program (NFTE). In 2002, he was selected as NFTE's National Teacher of the Year. Brown is an ordained minister, an avid supporter of DC's local sports teams, and a devoted father of eight. In this inspiring workshop, you'll learn tools for teaching and sustaining young people as they become entrepreneurs and agents of change in their communities.

Saturday MORNING Workshop 10 am to 12 noon AND Saturday AFTERNOON Workshop 1 pm to 3 pm

## **JERILYN BRUSSEAU WORKSHOP: Culinary Creation and Personal Courage**

Jerilyn Brusseau is a cook, baker, restaurateur, business-woman, humanitarian and cultural diplomat. In 1986, she founded PeaceTable to create shared culinary experiences between people of the US and the former Soviet Republics. In 1995, Brusseau co-founded PeaceTrees Vietnam with the goal of fostering healing with the people of Vietnam. In this workshop you'll make her grandmother's recipe for cinnamon rolls (which Brusseau adapted into the "secret" recipe for Cinnabon World Famous Cinnamon Rolls). The kitchen has long been a place where people take risks, reckon with failure, rely on intuition, and teach one another, and is a perfect setting to examine the question: How can we build ourselves a springboard of strength from which to dive into the unknown?

Saturday MORNING Workshop 10 am to 12 noon

## **GLORIA BURGESS, Ph. D. WORKSHOP: Dare to Wear Your Soul on the Outside: Tools for Leadership, Transformation, and Legacy**

Dr. Burgess is Founder and Executive Director of The Lift Every Voice Foundation, Founder and Principal of executive consulting and coaching firm Jazz, Inc., and the author of several books. Her latest book, *Dare to Wear Your Soul on the Outside*, is a wake-up call, an urgent summons for each of us to be of highest service to the next generation. Working with people of all cultures, ages, and life circumstances, her purpose is singular: to help individuals find their calling and lift their voices as instruments for personal, professional, and social transformation. Dr. Burgess uses poetry, expressive arts, and personal engagement to remind us that, as 21st Century citizens, our principal responsibility is to nurture and give birth to magnificent new worlds.

Saturday AFTERNOON Workshop 1 pm to 3 pm

## **MANUEL CAWALING WORKSHOP: Your Community Needs Your Stories: Theatre for Everyone**

Manuel Cawaling is Executive Director of Youth Theatre Northwest. A Seattle native, Cawaling has worked in programming and management at Northwest Asian American Theatre, Wing Luke Asian Museum, and Langston Hughes Performing Arts Center. Cawaling has developed successful school residencies, creative community theatre projects, and

empowerment programs where youth develop leadership and creative skills. He has served on the Seattle Center Advisory Commission and the Seattle Office of Arts and Culture's Public Art Advisory Committee, and serves as President for the Washington State Arts Alliance Foundation. This workshop gives tools for people of all ages and backgrounds to find strength and common ground by working together to tell our stories as a medium for community building, documentation of family histories, and personal transformation.

Saturday MORNING Workshop 10 am to 12 noon AND Saturday AFTERNOON Workshop 1 pm to 3 pm

#### DAVID GONZALEZ WORKSHOP: Spontaneous Acts of Funk: A Playground for Storytellers

Playwright, storyteller, musician, and poet David Gonzalez has been featured at Lincoln Center's Out-of-Doors Festival, Bill Moyers' documentary Fooling with Words on PBS, and NPR's All Things Considered. His theatrical works have been performed to wide acclaim throughout the US, including prestigious commissions by the Smithsonian Institution and Cincinnati Opera. Currently, Gonzalez is Artist-In-Residence at the University of Maryland. This experiential workshop will help you release stress, regain vitality and reconnect with the creative impulse. Spontaneous Acts of Funk / a Motown/Hip-Hop/Salsa head-to-toe tappin' warm up for the bones / a jump down, tickle-lipped, cherub-toned, groan and rumble vocal wake-up / a community of kind-hearted sound conjurers, high-stepping tappers, extemporizing poets and graphic poobahs. Mix well for an episode of Fearless Play.

Saturday AFTERNOON Workshop 1 pm to 3 pm

#### LINCOLN CENTER INSTITUTE

John Holyoke is a program manager for Lincoln Center Institute's Research Learning Community. John began facilitating workshops for Lincoln Center in 2001 and as a teaching artist ten years ago with Intiman Theater in Seattle. Alison Lehner-Quam is the resources and technology development director at Lincoln Center Institute, where she developed an annual Imagination Award program for New York City schools and manages LCI's innovative resources for teachers and artists. Scott Noppe-Brandon is Executive Director of Lincoln Center Institute. Noppe-Brandon is co-authoring a book on imagination in education, and has twice keynoted the National Endowment for the Arts Education Leadership Institute. Imaginative thinking is as critical to career success today as a college degree. Teaching students to unlock their imaginations broadens their understanding across curriculum and prepares them for a world that demands, and thrives on, innovation and ingenuity. This workshop is a powerful immersive workshop exploring a contemporary video work of art.

Saturday AFTERNOON Workshop -- 1 pm to 3 pm

#### KIM IVY WORKSHOP: Quiet Mind, Listening Heart

Kim Ivy is the founder of Embrace The Moon School for Tai Chi and Qigong, a thriving group of Tai Chi, Qigong and Yoga practitioners in Seattle, Washington. In addition to her full time study and teaching, Ivy's writings and interviews appear in a variety of publications. In Ivy's workshop, you'll cultivate your quiet mind and strengthen your listening heart. Using listening in our mentoring practice, we are patient and present and authentically connect with each other. You will access the core principles of Tai Chi and Qigong to first calm the mind and heighten awareness. Then you'll explore ways of using the body, breath and intuition to directly sharpen your listening skills.

Saturday AFTERNOON Workshop 1 pm to 3 pm

#### CHRIS JORDAN WORKSHOP: Art and Activism: A Radical Response to Disaster Fatigue

Chris Jordan is an internationally acclaimed artist and activist whose work explores the detritus of American mass culture. His compelling, intricately detailed photographs reveal the staggering weight of statistics, and invite the viewer to see every detail as a metaphor for the role of the individual in our hypermodern society. Jordan's work is exhibited widely in the US and Europe, and has been featured in print, online, and in film and television all over the globe. Jordan's workshop will explore the role that art can play in helping people heal the world. When disasters surround us, we can feel fatigued and overwhelmed into inaction. By bearing witness to giant and frightening phenomena, can we empower ourselves to change things for the better?

Saturday MORNING Workshop 10 am to 12 noon

#### JULIE KEEFE WORKSHOP: Who's on Your Street? A Photography Workshop for Mentors, Creators, and Community Builders

Portland photojournalist Julie Keefe has 15 years experience as a mentor and teacher of youth. Working with Caldera, a non-profit arts organization, she recently completed Oregon's largest public art project, "Hello Neighbor." This collaborative, community-based photography project chronicled 150 children and their neighbors in ten changing neighborhoods across Oregon, and culminated with large scale banners hung on the exterior of buildings statewide in 2008. In Keefe's inspiring workshop, you'll work in pairs writing short poems and taking photographs. You'll practice Keefe's tools and discover new ways to collaborate with others, using words and images to reveal identity authentically and creatively. This is a hands-on writing and photography workshop. No experience is necessary. Cameras will be provided.

Saturday AFTERNOON Workshop 1 pm to 3 pm

#### GAIL LARSEN WORKSHOP: Transformational Speaking! Be Yourself: Everyone Else is Taken

Gail Larsen is an acclaimed communications coach, speaker and workshop leader, and group facilitator. In 1991 she founded Real Speaking (formerly "Keynote Camp"), the premier presentations training program for people of purpose and catalysts of change. She is the author of Transformational Speaking: If You Want to Change the World, Tell a Better Story. Larsen's groundbreaking approach explores what holds fire and meaning for you, brings forth your authentic voice, ignites your personal passion, and provides confidence and competence without subtracting your individual communication style. The Real Speaking process moves you quickly to your "home zone" - the place of your authentic

voice and life experience - where your power as a speaker emerges, and where you'll discover a dramatic shift in your ability to communicate.

Saturday AFTERNOON Workshop 1 pm to 3 pm

**REGINA LOUISE WORKSHOP: Branding Possibility - Cultivating The Champion Within**

Regina Louise is an author and motivational speaker. Her best-selling memoir, *Somebody's Someone*, about her childhood as an orphan in the foster care system, is currently a one-woman play and is in production as a movie. Now a national child advocate, Louise has delivered inspirational speeches for organizations such as the Annie E. Casey Foundation and Child Welfare League of America and has been a guest on public radio programs "All Things Considered" and "The Tavis Smiley Show." Her honors include An Emmy Nomination of the PBS Documentary: *Someone's Somebody: The Making of a one woman show*, nomination for the Herston-Wright Legacy Award and the Adoption Excellence Award in 2005 and recipient of the Take Wings Community Service Award in 2005.

Saturday MORNING Workshop 10 am to 12 noon

**ALAINA LOVE WORKSHOP: Leveraging Passion and Purpose**

In 1994, Alaina Love formed Purpose Linked Consulting, and has leveraged twenty-six years of experience as a corporate executive and consultant to Fortune 500 firms. Love spent more than twelve years at Merck & Co., Inc. where she was executive director of human resources, a research scientist and clinical researcher. When we connect people to their passion and purpose, we infuse them with energy and see amazing results. In this exciting workshop, you'll use Love's comprehensive tools to locate your own passions, and you'll learn to help others find their passion archetypes. Moving beyond assessments of 'skills' and 'talents' to find what truly motivates others, you'll be able to help them move forward in their work, in their creativity, and in their lives.

Saturday MORNING Workshop 10 am to 12 noon

**CECILIA M. LUSARDI WORKSHOP: Igniting the Spark of Mentoring: Moving from the Transactional to the Transformative Nature of Mentoring**

Cecilia M. Lusardi is National Associate Director of Hispanic Mentoring for Big Brothers Big Sisters of America, working closely with BBBS affiliates nationwide to improve Latino Mentoring best practices. Prior to joining BBBS, Lusardi was a consultant for an international non-governmental organization working on forgiveness and reconciliation and served as Delegate to the UN Commission on the Status of Women. For three years she was the executive director of Voices Without Borders – an advocacy organization headquartered in Delaware, and represented political asylees and refugees before the U.S. Department of Justice and U.S. Consulates and Embassies with Lutheran Immigration & Refugee Services. She has provided insight and counsel to lawmakers on human trafficking and child soldiers, and has received many recognitions and awards for her commitment and service to the Latino community. This session creates a space for dialogue on transcending from what we do to what we achieve through mentoring from a civil society perspective.

Saturday AFTERNOON Workshop 1 pm to 3 pm

**EDUARDO MENDONÇA WORKSHOP: Brazilian Beats: Rhythm for Everyone**

Eduardo Mendonça is a Brazilian recording artist, musician, teacher, and musical arranger. Mendonça was featured in command performances for Brazilian President João Baptista Figueiredo, for Pope John Paul II, and for former South African President Nelson Mandela. He has performed with several Brazilian ensembles and was featured in Paul Simon's documentary, *Born at the Right Time*. Mendonça creates a powerful experience where participants will explore the flavor of Brazil by playing percussion and singing a rich array of traditional and contemporary songs and rhythms. Previous experience not required! You'll leave inspired to use the energy of this music and rhythm within your own teaching work and creative endeavors.

Saturday MORNING Workshop 10 am to 12 noon

**DICK MONDAY & TIFFANY RILEY WORKSHOP: The Art of Creating Joy: You Are a Clown**

Dick Monday directed Ringling Bros. And Barnum & Bailey Clown College from 1994 until its close in 1998. Tiffany Riley currently directs the NY Goofs' Ultimate Clown School, recently named Best Clown School by the Village Voice. As the clown team Slappy & Monday, they perform worldwide. Slappy and Monday's Foundation for Laughter provides 8 professional clowns in residence in the Clown Doctor Program at Children's Medical Center and Dallas, as well as training and support for Therapeutic Clown Programs in hospitals around the world. Workshop participants will play with the structure of comedy and character. Please leave your inhibitions at the door. You will find a direction for your clown's journey, new improvisational skills, and a deeper understanding of the healing power of joy.

Saturday MORNING Workshop 10 am to 12 noon

**DR. BERNADETTE SÁNCHEZ WORKSHOP: Mentoring Across Race & Culture Lines**

Bernadette Sánchez is an Associate Professor in the Department of Psychology at DePaul University. She has a special interest in urban ethnic minority youth, and in the role of race and culture in formal mentoring relationships, particularly when youth and mentors are from different ethnic/cultural backgrounds. She has published numerous articles on youth mentoring, and is a sought-after consultant on the development and evaluation of mentoring programs. In Dr. Sanchez's workshop, participants will match up as mentors & protégés based on fictitious name tags and personas. The ensuing discussion will result in a brainstorm of ideas about how race, ethnicity and culture should be considered in informal mentoring, as well as in the design of formal mentoring programs.

Saturday MORNING Workshop 10 am to 12 noon

**STEVE SCHER WORKSHOP: The Art of the Interview**

Steve Scher has made a career of asking questions. He has been working at KUOW, Seattle's National Public Radio Station, since 1986. In 1993 he created *Weekday* along with Marcie Sillman and Dave Beck. They conceived of the radio

program as the corner booth in the cafe where folks are talking and laughing and pretty soon everyone in the place is chiming in. The best teachers and leaders are those who ask the right questions, listen closely, frame the topic, and create a conversation. In this close-up workshop, Scher will lead participants through the methods and approaches he uses for a great interview -- and through a discussion of how to apply these lessons in any role of mentorship, leadership or education.

Saturday MORNING Workshop 10 am to 12 noon

**KEREN TAYLOR WORKSHOP: Pens on Fire! Mentoring Through Creative Writing**

Keren Taylor is a songwriter, vocalist, poet, and visual artist and is passionate about inspiring others to cultivate their creative ideas. She is the founder of WriteGirl in Los Angeles, a project that creates mentoring relationships between professional women writers and girls, helping girls write their way to more positive futures. In this inspiring workshop, Taylor will light your mentoring fire through creative writing! You'll explore fun and inspiring writing experiments for groups and individuals, and learn how these tools can nurture and strengthen mentoring relationships. You'll leave with a deepened understanding of how creative writing can improve self-confidence, self-esteem, and academic standing for young (and not-so-young) writers.

Saturday MORNING Workshop 10 am to 12 noon AND Saturday AFTERNOON Workshop 1 pm to 3 pm

**GENEVA WIKI WORKSHOP: Who Decides What the Future Looks Like?**

Leadership Lessons from the Reservation

Geneva Wiki is a Yurok Indian, and Founding Director of the Klamath River Early College of the Redwoods, a public charter high school located on the Yurok Reservation, northern California. Wiki holds degrees from the University of Washington and the University of Oregon, and has worked at the national level to promote policy change and innovative education for Native American communities. Wiki has received wide recognition for leadership throughout her career. Smithsonian Magazine recently named her one of "America's 36 Social Innovators under the age of 35". Geneva lives near the reservation with her husband, Reweti (Maori) and their young daughters, Te Mya and Keeya. In this engaging workshop, participants will explore ways to harness leadership skills and creatively approach the challenges in their communities.

Saturday AFTERNOON Workshop 1 pm to 3 pm

**COLBY WILK WORKSHOP: Successful Mentoring in Real Life: Communicating with Teens**

Colby Wilk has developed a national prevention curriculum proven to reduce substance use and violence among youth, and created training programs that significantly reduce the recidivism of juvenile offenders. His work has been recognized with a KCTS Golden Apple Award, Hilary Clinton's Growing Up Taller award, and a PBS documentary on youth leadership. Wilk's fast-paced, experiential workshop will teach mentors of youth to get better results by communicating effectively. You will learn how to build trust; establish rapport; move through resistance; leverage adolescents' desire to take actions consistent with the future they want for themselves; and create long-term behavioral change. These tools and skills are invaluable to any adult who wants a powerful connection and an enjoyable, successful mentoring relationship with a teen.

Saturday MORNING Workshop 10 am to 12 noon AND Saturday AFTERNOON Workshop 1 pm to 3 pm

**DAN WILSON WORKSHOP: What's Your Game Plan? Strategy, Improvisation, and Baseball**

Daniel Wilson played with Seattle Mariners from 1994–2005. One of the best defensive catchers in major-league history, his career fielding percentage was .995. Dan supports First Place School, Seattle's Children's Hospital, and All God's Children, the adoption agency through which he and his wife Annie adopted Sofia (from Bulgaria) and Abraham (from Guatemala). Two biological children, Josephine and Elijah, round out the Wilson lineup. From this master of strategy, you'll learn elements of a winning game plan -- preparation, execution, and in-game adjustments. You'll also discuss performing under intense pressure and scrutiny, the difference between winning poorly or failing well, and how to succeed when the game unfolds beyond your control. This is a hands-on baseball workshop, prior pitching experience is not required.

Saturday AFTERNOON Workshop 1 pm to 3 pm

**JON YOUNG WORKSHOP: Coyote Mentoring -- A Model for Nature Education**

For the past twenty five years, Jon Young has applied mentoring techniques from many sources including ancient cultures and modern educational methods. Young is the founder of the Wilderness Awareness School, creator of several popular audio training series, author of The Kamana Naturalist Training Program, and co-author of Coyote's Guide to Connecting with Nature. Indigenous societies surrounded their young people with a powerful mentoring culture (an Invisible School) to connect them with nature. Coyote Mentoring, the distinctive education model used by Wilderness Awareness School and now over 100 organizations worldwide, recreates this Invisible School. In this inspiring workshop, you'll learn to craft powerful learning experiences, inspire children and adults to connect deeply with nature, and send them home with a sparkle in the eye.

Saturday MORNING Workshop 10 am to 12 noon

**YOUTH AMBASSADORS WORKSHOP: How Can Adults Effectively Talk To Youth?**

Mission: To engage and connect youth from diverse backgrounds to develop compassionate leaders who effect change in their communities and beyond. The Youth Ambassadors came together in October 2007 to connect with youth from diverse backgrounds in comd skills form a foundation upon which youth can grow into strong, compassionate leaders who go on to effect change in their communities and world. This unique communication workshop (developed, planned, and taught by the Youth Ambassadors) will reenergize and build confidence to strengthen adult-youth connections.

TOGETHER WE CAN!

Saturday MORNING Workshop 10 am to 12 noon