



ALABAMA 4-H MIDWINTER TEEN LEADERSHIP RETREAT 2024

MIDWINTER GOALS

- Explore new and exciting opportunities in 4-H.
- Reach out to other young people.
- Attend workshops to learn valuable leadership skills.
- Help others through community service.
- Motivate senior 4-H'ers to stay active on the local level.
- Make the best better.
- Develop a growth mindset.
- Help others through civic engagement
- Learn goal setting and management

AGE The Alabama 4-H Midwinter Teen Leadership Retreat is for enrolled seniors (4-H ages 14 to 18).

REGISTRATION Midwinter will be held February 2–4, 2024. Registration is now open in 4Honline and closes January 12. The cost is \$150 and includes lodging, meals, a Midwinter T-shirt, and supplies.

WORKSHOPS

DAY 1

1. Lessons from a Fairy Godmother. Learn to embrace your inner royalty and work together to learn to express yourself with a dancing workshop led by Nash and Audrey with help from a special guest.

2. How Royalty RULES Their Court. Kingdoms are huge! Therefore, a kingdom's ruler must be an excellent leader. So, what does it mean to lead like royalty? A successful monarch leads and communicates effectively. In this workshop, 4-H'ers will learn valuable tips, tricks, and skills in "frontline leadership" and public speaking.

DAY 2

1. Leading Is What You Bake of It. Embark on a leadership and creativity journey with our Enchanted Cookie Decorating Workshop. Dive into the world of culinary magic as you learn the art of creating captivating and enchanting cookie designs. This workshop is more than just cookie decorating; it's a unique opportunity to hone your leadership skills. Discover how attention to detail, innovative thinking, and effective communication can transform your cookies into not just treats but also symbols of leadership and inspiration. As you craft each cookie masterpiece, you'll develop teamwork, decision-making abilities, and the power to motivate others with your artistic enchantments. Join us for an experience that will elevate your cookie decoration skills and empower you with leadership magic!

2. Slaying Your Dragons. Learn to slay your dragons! Join Aurora and Belle in their mental health journey. Learn to battle your stress, anxiety, and depression. Take away new techniques and practices that will help you take down your dragons.

3. Building a Fairy-Good Nature House. Take a mystical walk through the woods with us as we learn more about nature and teamwork while we also try to rebuild Tinkerbell's house.

Groups for Day 1
Authors (1, 2)
Storytellers (2,1)

Groups for Day 2
Knights (1, 2, 3)
Dragons (2, 3, 1)
Royalty (3, 1, 2)

TENTATIVE AGENDA

Friday, February 2, 2024	
5:00 p.m. – 6:00 p.m.	Registration
6:00 p.m. – 6:45 p.m.	Dinner
6:50 p.m. – 7:50 p.m.	Opening Ceremonies/Ice Breakers
8:00 p.m. – 8:45 p.m.	Workshop Rotation: Dance
8:45 p.m. – 9:30 p.m.	Workshop Rotation: Leadership
9:30 p.m. – 10:30 p.m.	Friendship Bracelet Exchange/ Networking
10:30 p.m. – 10:45 p.m.	Day 1 Review and Dismissal
11:30 p.m.	Lights Out
Saturday, February 3, 2024	
8:00 a.m. – 8:10 a.m.	Flag Raising
8:15 a.m. – 8:50 a.m.	Breakfast
9:00 a.m. – 10:00 a.m.	Workshop Rotation
10:00 a.m. – 11:00 a.m.	Workshop Rotation
11:05 a.m. – 12:05 p.m.	Workshop Rotation
12:10 p.m. – 1:15 p.m.	Lunch
1:15 p.m. – 1:25 p.m.	Morning Recap
1:30 p.m. – 2:30 p.m.	Community Service
2:45 p.m. – 3:00 p.m.	County Share Time
3:00 p.m. – 3:30 p.m.	Grace Ellis, Alabama Council of Cooperatives, "A Snapshot of Rural and Agricultural Cooperatives"
4:30 p.m. – 5:30 p.m.	Free Time/Prepare for County Photos
5:30 p.m. – 6:00 p.m.	County Photos
6:00 p.m.	Dinner
7:10 p.m.	Bonfire with Mental Health Workshop
7:15 p.m. – 10:00 p.m.	The Ball
11:30 p.m.	Lights Out
Sunday, February 4, 2024	
8:00 a.m. – 8:45 a.m.	Breakfast
9:00 a.m.	Closing Ceremony



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