

2026 Kansas Youth Leadership Forum Workshops

What's the Beef? Solving Problems Without the Drama

Ever wonder why small disagreements can turn into big problems? In this interactive workshop, you'll explore the five most common workplace conflicts and learn practical skills to handle challenging situations with confidence. Through fun discussions, team activities, and realistic role-playing scenarios, you'll practice communication, active listening, problem-solving, and staying professional under pressure. Whether you're leading a 4-H club, working your first job, or preparing for your future career, you'll leave with tools to turn conflict into an opportunity for growth and stronger relationships. No boring lectures—just real-life situations, teamwork, and skills you can use right away!

Saturday, November 21 – **Session 1 and Session 2**

Main Instructor: Mrs. Jo Hetrick-Anstaett

Planning for the Next Step

A crash course on applying and preparing for college, scholarships, and your next steps in life. Led by college students and aimed to help with any questions about transitioning from high school.

Saturday, November 21 - **Session 1**

Main Instructor: Brooke Slipke

Resilience in Action

Life gets hectic and often feels heavy. Gather tools and resources to strengthen yourself and grow as a leader for life. Please wear closed-toe shoes for team building activities and bring a writing instrument.

Saturday, November 21 - **Session 1 and Session 2**

Main Instructor: Stephanie Maike

Legislative Literacy

It may be just a bill sitting on Capitol Hill, but what does the bill actually say? What do Congressional committees really talk about? Who represents you in Congress? The answers to all these questions are easily accessible if you know where to look!

As a former Kansas 4-H'er who now works for a Senator in Washington D.C., I was shocked by how much information is available to the public. Becoming legislatively literate helps you form your own opinions, be civically engaged, and advocate effectively - and it's often as simple as a Google search and a little critical thinking!

This workshop will show you how to grow your legislative literacy through hands-on games, team discussion, and a little friendly competition.

Saturday, November 21 - **Session 1 and Session 2**

Main Instructor: Miss Annika Wiebers

Up, Up, and Away! The Amazing Science of Flight

For centuries, people have watched birds soar through the sky and dreamed of taking flights themselves. That dream has inspired remarkable innovations, leading to the development of hot-air balloons, airplanes, helicopters, unmanned aircraft systems (UAS), and rockets. Although each flies in a different way, they all fly by following the same principles of aerodynamics, including the Bernoulli Principle and the four forces of flight: lift, weight, thrust, and drag.

Join us on an exciting journey to discover the science behind flight! Through fun demonstrations and hands-on activities, you'll explore why birds fly, how airplanes generate lift, how hot-air balloons rise, how helicopters hover, how drones maneuver, and how rockets launch into space. Come uncover the fascinating mystery of how things fly and experience the wonder of flight through interactive learning!

Saturday, November 21 - **Session 1 and Session 2**

Main Instructor: Dr. Grace Yang

Civil Debating and Citizenship in Action

This class will explore how to debate with respect through fun/ thought provoking questions. State Council members will also share information about the State Event: Citizenship in Action.

Saturday, **November 21 – Session 2**

Main Instructor: Grace Ricke

4-H - a LIT Experience

Explore how to increase interest in 4-H with junior high-aged kids while also preparing them to be future leaders in the program. Riley County 4-H Ambassadors are making 4-H cool again through their Leadership In Training program for 6th-8th grade members. Learn how their program works by experiencing some of their activities and discover ways you can introduce a similar opportunity in your area too!

Saturday, November 21 – **Session 1**

Main Instructor: Riley County 4-H Ambassador Team

Play with Purpose!

As an older 4-H member, younger kids already look up to you — so let's turn that into something powerful. Whether you're leading at 4-H, school, a ball team or a community organization, these leadership activities will help form a stronger team.

Getting a mix of ages and personalities to click is not always easy. But here's the secret: play breaks down walls faster than any pep talk ever could. When people are having fun, they bond faster, trust more, and actually want to work together.

This class shows you how to build that kind of bond— one that runs like a well-oiled machine. Master these activities, and you'll be the leader everyone wants on their team!

Saturday, November 21 - **Session 1 and Session 2**

Main Instructor: Amy Collins

The Real-Life Benefits of Volunteering

Discover the Power of Volunteering! Are you ready to make a difference while building skills that will last a lifetime? Volunteering is one of the most rewarding ways to grow as a leader, meet new friends from across Kansas, and create lasting change in your community. Whether you're passionate about helping people, animals, the environment, or community events, every act of service makes an impact. In this interactive class, you'll discover how volunteering can open doors to scholarships, career opportunities, leadership experiences, and personal growth, all while making a real difference in the lives of others. Join youth from across the state and learn how your time, talents, and passion can help build stronger communities and a brighter future. Your journey to becoming a leader starts with one simple decision: to serve.

Saturday, November 21 - **Session 1 and Session 2**

Main Instructors: Mrs. Stephanie Hays and Mrs. Lori Hays

Peace through Understanding: Building Leadership Skills in 4-H Exchanges

“Peace through Understanding” is the long-time theme of 4-H International Exchanges. We emphasize person-to-person exchanging home stays in 4-H's partnering countries. In this workshop we will tell you about Kansas 4-H'ers' experience with Japanese host families this past summer, where two of us stayed with kids we'd hosted in Kansas. You'll learn about Japan and daily life there, sample Japanese foods we love, and try games and activities we learned in our one-month exchange there. Before we're through, we'll tell you how you can go to Japan or build your skills by hosting kids from there or other 4-H partner countries.

Saturday, November 21 - **Session 1 and Session 2**

Main Instructor: Dr. Mary Kay Munson And International Exchange Delegates