

SPEED WORKSHOPS

10:30 AM - 12:30 PM

Saturday, February 8, 2025

Table Number	Presenter Name	Category	Workshop Title	Workshop Description
1	Brenda Whitehorse	Culture	Learning your culture and language can make a difference in your future success!	Students will create a mini vision board to explore how learning about their heritage will help them with their vision for future success.
2	Tamana Begay	Career	Imagine yourself as a tooth fairy... with superpowers!	Presenters are American Indian/Alaska Native Dentists. They will share their journey to dentistry and a hands-on activity with participants.
3	Ann Williamson	Health	"The Spirit of Wellness: Tools for Thriving Every Day"	In this hands-on workshop, youth will learn how to use traditional practices, like storytelling, mindfulness, and spending time in nature, to feel connected and supported.
4	Ann Williamson	Health	"Advisor Wellness Matters: Honoring and Strengthening Your Spirit to Support Native American Youth"	Advisors will learn practical ways to recognize and manage burnout, build resilience, and create balance in their work.
5	Shannon Hadley	Coding	Build, Code, Play	Youth will build a Lego bot and code them to move.
6	Cassandra Scott	Career	Tohono O'odham Community College Info Session	Learn about Tohono O'odham Community College; a two-year college for individuals from all walks of life who want to further their education.
7	Johnny Poolaw, Ph.D.	Career	College and Career Readiness Success through AISES	This workshop will share the multiple programs and student support initiatives that AISES has implemented to support our students' pathways to a STEM College and Career.
8	Melody Billy	Environment	Suicide and Substance Abuse Awareness within our Native American Youth	The workshop will focus on addressing the critical issues of rising suicide rates and substance abuse among youth on reservations, aim to create awareness and foster open dialogue about these topics.
9	Jori Cowley	Culture	Building an Indigenous Leadership Institute	Participants will learn about the initiative's goals and discuss innovative ways to develop leadership skills while preserving and promoting Indigenous values.
10	Mazie Countryman & Mahiya Ramirez	Culture	Exploring self identity in "2 worlds" through creative expression	In this workshop, participants will explore their personal identities through creative activities such as creating an Identity Collage and an Identity Map.

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11	Kaylee Evans	Environment	Climate Change: Shaping a safe future for tribal communities.	Our workshop will explore the drastically changing climate and its exacerbated effects on tribal communities.
12	Watson Whitford	Culture	Cultural Connections	Creating a discussion about culture and how each youth practices their culture. Hoping to encourage youth to take action to learn about who they are.
13	Kelly Vallo	Culture and Mental Health	Our Healing Seal	The purpose of this training is to implement self-healing through cultural and traditional storytelling, for our Indigenous youth to feel a sense of belonging and to take control of their healing journeys.
14	Daniel Hatcher	Health	"My Best Self" Bracelet Making	Youth will make their own bracelet featuring a word or phrase that reminds them of 'your best self'. Attendees will also receive a copy of a Healthy Day Checklist and other free resources to support wellness.
15	Katherine Lacy	Community Development	How Can We Make Real and Lasting Positive Impacts in Our Community?	This workshop will cover opportunities to serve with AmeriCorps as a way to positively impact communities and ways to engage with them in the future.
16	Marla Mesarina	Health	Slime With Us	The goal is for Youth to build strong, long-lasting relationships and connections with each other while participating in a hands-on activity (making slime).
17	Trena Bizardi	Career	Level Up Your Financial Game	Get ready for a fast-paced, fun, and interactive workshop designed to boost your money management skills! Learn the basics of budgeting, saving, and understanding credit.
18	Kiara Tanta-Quidgeon	Culture	Culture is Medicine: Fostering Healing Through Cultural Connectedness (Speed Workshop)	This workshop aims to educate and empower Indigenous youth by highlighting the significance of cultural engagement and revitalization in maintaining and promoting health and well-being.
19	Georgia Adeline Harjo	Culture	Revitalizing Culture in the City: Hands-On Urban Gatherings	This session introduces a series of urban cultural gatherings to reconnect Native youth with their heritage and explore how urban environments can become hubs for cultural revitalization.
20	Evelyn Enos	Storytelling	Indigenous Youth Write our Futures	Participants will learn about the initiative's goals to amplify Native voices in literature, celebrate youth talents and explore the collaboration with the Labriola Center at ASU in its role supporting this creative journey.

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21	Alyssa Mosley	Personal Growth	Finding Your Personal Style Through Social Media and Search Engine Optimization	In this hands-on workshop, you'll learn how to harness search engine optimization (SEO) techniques, such as targeted keywords and hashtags, to curate inspiration that resonates with your unique identity and aesthetic.
22	Derek Capitan	Culture	A Journey of Cultural Resilience	Join this fruitful conversation with Derek about culture resilience and how to keep your communities moving forward. Have fun and unwind with art and storytelling.
23	Anagali Duncan & Gabriella Nakai	Storytelling	Empowering Through Stories: The Indigenous Literature Book Drop Initiative	The workshop highlights the power of indigenous literature in fostering cultural pride, promoting awareness, and inspiring young readers. Discuss how youth can advocate for more indigenous representation in educational materials.
24	Sophia Many Turning Robes	Career	Grounded in Tradition: Indigenous Pedagogy's Impact on Entrepreneurial Development	Explore the critical role of Indigenous pedagogy in entrepreneurial training, emphasizing the need to align business education with tribal values. Learn about the principles of Indigenous pedagogy and brainstorm strategies to integrate these methods into entrepreneurial education.
25	Nizhoni Deschene	Career	Building and Growing a Community-Based Brand	Learn how to turn your passion into a thriving community and brand! Explore strategies to build, grow, and sustain a community-centered brand with purpose. Participants will gain practical tools for community engagement, social media growth, and creating value for their audience.
26	Jamie Crowe	Culture	Culture and Mental Health	Speak about the ways culture can help in mental health aspects. Providing a space where all can feel comfortable and safe.
27	Shawna Begay-Cowdell, PhD	Career	Grand Canyon University-Find Your Purpose!	GCU offers many educational opportunities for students including over 200 degree programs on campus and online. Learn about campus visits and dual enrollment opportunities.
28	Candice Nez	Financial literacy	Better Money Habits - Student guide to managing money	Participants of this workshop will have the opportunity to learn about managing money including balancing wants & needs and understanding the role of credit.
29	Noah Martin	Health	Healthy Habits	This interactive workshop is designed to empower Native youth with the knowledge, tools, and skills to create and maintain healthy habits that support their physical, mental, and emotional well-being.

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30	Talon Watchman	Health	Mental Health and the Environment	The goal is to share with native youth how interconnected our mental health is with our surroundings such as the environment. In this workshop attendees will have meaningful discussions through shared personal experiences.
31	Raquel Britton	Culture	Pine needle basket making and pine nuts necklace making	Learn how to make traditional Northern California jewelry and the history behind it. Keeping history alive while learning about the skills to make traditional jewelry.
32	Mei-Jing Ang Peralta	Career	Mindful Leadership through Breath	By the end of the session, participants will be equipped to embark on their leadership journeys with breath as a tool to make decisions, create internal awareness, and have a broader sense of impact.
33	Leala Pourier	Storytelling	The Original Storytellers: Empowering Native Voices in Filmmaking	Join Jeremy Charles and Josiah W. Jones of Pursuit Films for an engaging conversation about the art of filmmaking. Explore how to translate the inherent storytelling abilities Natives possess and how to translate it into the world of contemporary filmmaking.
34	Julia Eischeid	Career	University of Arizona Resources	Learn about all the many different ways the University of Arizona supports Native American and Indigenous students in the state of Arizona and around the country.
35	Lelani Gonnig	Health	Breathe Free	This speed workshop empowers youth to take charge of their health and advocate for a drug-free lifestyle. Participants will learn the risks associated with vaping and drug use while gaining tools to educate and support their peers in making positive choices.
36	Cadence Hardy	Environment	Defending the Sacred through political advocacy	Discuss the ongoing fight to protect the Sacred site of Oak Flat and learn about what the Brophy Native American Club is doing to protect mother earth through political advocacy and prayer.
37	Johann Webber	Career	LEGOs and STEM education in Native American & Indigenous communities	Build bridges and structures while exploring engineering principles. Discover the power of staggered walls and bridge types, fostering a new generation of Indigenous innovators in STEM.
38	Jalen Harvey	Culture	Inspiring Change: Developing the Next Generation of Role Models	Through discussions, storytelling, and hands-on activities, participants will explore the impact of mentorship, the importance of representation, and how they can take active roles in guiding and inspiring others.

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39	Ian Teller	Career	The Democracy's Indigenous Project	Participants will explore the initiative's goals, discuss its potential impact, and brainstorm creative strategies for boosting voter education and turnout.
40	Jenna Makes Good	Personal Growth	Building an Indigenous Youth and Elders Community Center	Featuring language immersion, cultural workshops, mental health support, and sustainable living programs, the center will serve as a dynamic space for learning and growth.
41	Mariah Fitch-Hernandez	Storytelling	Telling Our Stories: Film as a Tool for Change	Participants will explore how film can empower Indigenous youth to share stories, learn technical skills, and raise awareness about community challenges.
42	Precious Vicente	Culture	Empowering Native Youth: Hosting Cultural Events at National Parks	This speed workshop empowers youth to take charge of their health and advocate for a drug-free lifestyle. Participants will learn the risks associated with vaping and drug use while gaining tools to educate and support their peers in making positive choices.
43	Kathleen Frank	Financial literacy	College Budgeting	Uncover hidden expenses like textbooks, housing, and meal plans, and learn how to budget effectively.
44	Wesley Benally	Career	Building Your Financial Future: A Guide to Financial Literacy for Native Teens	Life after college/job searching. Professional track and growth within public accounting. Opportunities/challenges of work and how to maintain success in work environment.
45	Dougherty Tsalabutie	Health	Osteopathic Medicine	Introduce A.T. Still University's osteopathic medicine programs and how the National Center for American Indian Health Professions can help and assist potential students on their journey towards a healthcare program.
46	Tribal Ready	Career	Broadband Jobs: Building Futures, Connecting Tribes	Join this workshop to explore how broadband careers can inspire the next generation of leaders and create lasting growth for your Tribe.
47	Denise Jensen	Culture	Utilizing the Diné (Navajo) Philosophy of Learning to Achieve Success	In this hands-on workshop, the presenter will share applicable ideas on how the components and process of the Diné Philosophy of Learning can be used and applied to one's leadership development.
48	Vanessa Ramirez Gutierrez	Career	Tints and Prints	Explore the history, science, and art behind natural dyes that are native to Latin America. Extract beautiful colors from plants onto fabric.