



The National Coalition of 100 Black Women, Inc. Memphis Chapter

The 4th Annual Young Women of Excellence Conference



"I am me"

May 10, 2008

Fogelman Executive Conference Center
330 Innovation Drive
Memphis, TN 38152-6481



4th Annual Young Women of Excellence Conference

Workshop Leaders

Cheryl Harris
President, NCBW

Bettye L. Boone
1st VP Programs, NCBW
“I’m Just Doing Me”

Kimberly Hayes
Conference Chairperson
“Parents Workshop”

Joyce Parkinson
Conference Co-Chairperson
“I’m Just Doing Me”

Crystal Hubbard
“I’m Just Doing Me”

Featured Speaker
Ms. Tina Birchett,
Grace Magazine (Waiting for Confirmation)

Laverne Bobo
“All Shades of Beautiful”

Latonia Blankenship
“All Shades of Beautiful”

Ursula Martin
The Power of ONE

Jimmy Chambers
The Power of ONE



**The National Coalition of 100 Black Women, Inc.
Memphis Chapter**

**4th Annual Young Women of Excellence Conference
“I Am Me”**

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Schedule of Events –Young Women

7:45 – 8:30.....	Registration
8:40 – 9:20	Opening Ceremony
Invocation.....	Marilyn Whitney
Welcome and Purpose.....	Cheryl Harris President, NBCW
Introduction of Leaders.....	Kimberly Hayes Conference Chairperson Joyce Parkinson Conference Chairperson
Introduction of Workshops.....	Young Ladies

Group A = Age 13-14, **Group B** = Age 15-16, **Group C** = Age 17-19

9:30 – 10:30	Group A..... Power of ONE Group B..... All Shades of Beautiful Group C..... I’m Just Doing Me
10:40 – 11:40	Group A..... I’m Just Doing Me Group B..... Power of ONE Group C..... All Shades of Beautiful
11:45 – 12:20	Lunch (Served in both upstairs and downstairs foyer)
12:30 – 1:30	Group A..... All Shades of Beautiful Group B..... I’m Just Doing Me Group C..... Power of ONE
1:45 – 3:00	Round Table Discussion
3:00 – 3:05	Introduction of Speaker (Subject to change)
3:05 – 3:20	Speaker (Subject to change)

Presentations/Closing Remarks



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Schedule of Events - Parents

7:45 – 8:30.....	Registration
8:40 – 9:20	Opening Ceremony
	Invocation.....Marilyn Whitney
	Welcome and Purpose.....Cheryl Harris President, NBCW
	Introduction of Leaders.....Kimberly Hayes Conference Chairperson Joyce Parkinson Conference Chairperson
9:30 – 10:00	University of Memphis College Preparation.....Grayson Pruitt
10:05 – 10:35	Health Awareness – “Power of ONE”Ursula ?
10:40 – 11:10	Career – “I’m Just Doing Me”.....Bettye Boone
11:10 – 11:40	Violence – “Power of ONE” (Part II).....Jimmy Chambers
11:45 – 12:20	Lunch (Served in both upstairs and downstairs foyer)
12:30 – 1:30	Real TalkKimberly Hayes
1:45 – 3:00	Round Table Discussion
3:00 – 3:05	Introduction of Speaker
3:05 – 3:20	Speaker

Presentations/Closing Remarks

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**National Coalition of 100 Black Women, Inc., Memphis Chapter
4th Annual Young Women of Excellence Conference
May 10, 2008 – 7:45 a.m. – 4:00 p.m.**

Theme: “I Am Me!”

Goals and Objectives:

NCBW believes it is necessary:

- To offer opportunities for young women to develop the critical and creative thinking and problem solving skills needed to function effectively in a rapidly changing society.
- To provide strategies and guidance to young women so they can conduct themselves in school, in social situations and in the work environment in a positive manner.
- To expose young women and their parents to the many career choices available to them and how they should prepare for these career opportunities.

Workshop Descriptions:

I’m Just Doing Me:

A discussion on goal setting and a review of various occupations/career choices available to young women or anyone who wants to achieve the best career fit for their life. This workshop will cover careers that require a college degree and those that do not require a college degree.

All Shades of Beautiful:

Have you looked into the mirror? What do you see? This workshop focuses on understanding your true beauty. The group will discuss how inner beauty influences outer beauty, the importance of a positive self-esteem, the impact of health and fitness on well-being, self-awareness and knowing the secrets of proper dress and its impact on who you are.

Power of ONE:

It really is up to you to make the right choices to get the right results. In this workshop, young women will explore the realities of personal responsibility, the importance of smart decision-making concerning such topics as: sex, violence, drug use, etc., and the consequences that may follow your actions. It’s all about the choices you make. You can decide to become part of the problem or part of the solution!

Parents’ Workshop:

In this workshop parents will receive information concerning career opportunities available to young people, scholarship information, health information, school/parent relationships advice (how parents can help their child and the teacher), and tools of effective communication skills – learning words that heal and build positive self-images in self and in others. Parents will also learn ways to encourage and motivate young people through their actions.

"I am me"

by Virginia Satir

I am me.

In all the world, there is no one exactly like me.

Therefore, everything that comes out of me
is authentically mine because I alone choose it.

I own everything about me

my body including everything it does;

my mind including all its thoughts and ideas;

my eyes including the images of all they behold;

my feelings whatever they may be...

anger,

joy,

frustration,

love,

disappointment,

excitement

my mouth and all the words that come out of it
polite, sweet or rough, correct or incorrect;

my voice loud or soft.

And all my actions, whether they be to others or to myself.

I own my fantasies, my dreams, my hopes, my fears.

I own all my triumphs and successes,

all my failures and mistakes.

Because I own all of me I can become intimately acquainted with me.

I can see, hear, feel, think, say and do.

I have the tools to survive, to be close to others, to be productive,

and to make sense and order out of the world of people

and things outside of me.

I own me, and therefore I can engineer me.

I am me and I am okay.