



Proud  
to be  
Me

# 2018 Proud To Be Me Youth Day

## June 6th 2018

### Saunders Farm, Munster

#### YOUTH DAY OUTLINE

**9:30-9:50:** Buses arrive. Group assignments and registration

**10:00:** Kick off day with welcome and introduction of workshop leaders, PTBM board and volunteers.

**10:00-10:45: Opening speaker Mark Hatfield**

**11:00-11:30: Workshop Block 1** (*Learn more about our workshop leaders below*)

**Group A:** 11am Kate Ryckman

**Group B:** 11am Parul Shah

**Group C:** 11am Master Phil

**Group D:** 11am Saunders Farm

**11:30-12:00: Workshop Block 2**

**Group A:** 11:30am Saunders Farm

**Group B:** 11:30am Kate Ryckman

**Group C:** 11:30am Parul Shah

**Group D:** 11:30am Master Phil

**12:00-12:40:** Lunch. Performance by The Box Boys

**12:45-1:15: Workshop Block 3**

**Group A:** 11:30am Master Phil

**Group B:** 11:30am Saunders Farm

**Group C:** 11:30am Kate Ryckman

**Group D:** 11:30am Parul Shah

**1:15-1:45: Workshop Block 4**

**Group A:** 11:30am Parul Shah

**Group B:** 11:30am Master Phil

**Group C:** 11:30am Saunders Farm

**Group D:** 11:30am Kate Ryckman

**1:50-2:15: Closing speaker Sekou Kaba**

**2:15:** Thank you and closing remarks

**2:20-2:30:** Buses arrive for pick up and return to schools / 2:30pm latest pick up

#### PTBM 2018 Youth Day Workshop Leaders:

**Mark Hatfield.** Mark developed his “Game Plan for Success” while striving to make it to the NFL. After playing with the Miami Dolphins, the Houston Oilers, and the BC Lions he used his process to live his dream of hosting his own TV show, starring on the Comedy Network and motivating others to achieve their full potential. **Learn more about Mark:** <http://markhatfield.ca>

**Master Phil.** Imagine helping your children transform from: Victim to Victor. Reactive to Proactive. Suffering to succeeding. Master Phil will instruct and inspire your K-6 students, teachers, and parents on the 9 Treasures to Self-Confidence, Self-Esteem, and Strength of Character. **Learn more about Master Phil:** <http://www.blackbeltexcellence.com/bully-busters>

**Kate Ryckman.** Artist Kate’s unwavering goal is to inspire others to unleash their inner artist. Her fun, upbeat personality and whimsical approach to creativity helps encourage artists of all ages and skill level to stretch their creative limits and realize the beauty that can be found in their own imperfections. **Learn more about Kate:** <http://www.artistkate.com/art-in-schools.html>

**Parul Shah MSP, RSW.** *Interactive Creation of Coping with Stress. When the outside world is in chaos, how do we center ourselves from the noise?* Parul, is a Psychotherapist who runs a Private Practice Service offering experienced personalized counselling for various age groups such as teens (13 to 17) **Learn more about Parul:** <https://embracingempowerment.com/>

**Sekou Kaba.** Sekou Kaba is a Canadian 110 metre hurdler who made his Olympic debut in Rio August 15, 2016. Sekou inspires by sharing his K.A.B.A. Keys to getting over any of life’s obstacles.” **Learn more about Sekou:** <https://www.sekoukaba.ca/>

Thank you for participating in our 2018 PTBM Youth day. We welcome your comments and feedback, share your experience with us at [info@ptbm.ca](mailto:info@ptbm.ca). Our entire team would like to thank Saunders Farm for their generosity of inviting us to use their beautiful facility.

**Working together we can empower children and youth to reach their full potential.**

\*Workshops will be rotated during the three time slots to allow for groups to participate in each experience. Maximum of 50-60 per group session.

[www.ptbm.ca](http://www.ptbm.ca)