



Spring Volunteer Conference



**Program
Topics**






**Professional
Development
Topics**











**Girl Scout
Leadership
Topics**





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Demand**

Session Title	Description	Recommended Audience
<p>Can We Talk? Getting Comfortable with Uncomfortable Conversations</p> 	<p>Join us for a session that transcends Girl Scout volunteerism, offering valuable insights into navigating difficult conversations applicable to all aspects of your life. As volunteers, troop leaders/co-leaders, and mentors, conflicts can arise in various forms. This session is your compass for navigating challenging conversations with grace, fostering understanding, and moving forward in a solutions-based manner. Empower yourself with effective conflict management strategies that will not only enhance your role as a Girl Scout volunteer but also contribute to your personal and professional growth.</p>	<p>This training is designed for all troop volunteers interested in professional development opportunities.</p>
<p>Community Partnership Team Training</p> 	<p>This session is designed for Girl Scout volunteers that hold a role within their Community Partnership Team. Join us for an interactive training that will equip you with the tools, strategies, and resources to strengthen local partnerships, enhance collaboration, and drive impactful Girl Scout experiences. Learn how to foster meaningful relationships with community organizations, schools, and local businesses, while also exploring best practices for leading and mentoring fellow volunteers. Together, we'll build a network of support to ensure every Girl Scout has the opportunity to thrive.</p>	<p>This training is highly recommended for all current Community Partnership Team members or those interested in learning more about the Community Partnership Team.</p>
<p>Empowering Girl-Led Growth: Navigating Leadership Progressions in Girl Scouts</p> 	<p>Girl Scouts offers rich leadership progressions across multiple areas like outdoor adventures, program activities, travel, and more—all with a focus on creating girl-led experiences. But what do these progressions really mean, and how can you, as a troop leader, empower girls to make the most of them? In this session, we'll break down the various progression paths within the Girl Scout program and explore how to guide girls through each stage of their journey, as they move from experience to experience and level to level. You'll learn how to transfer your knowledge while fostering independence, ensuring that girls take the lead and fully engage with their Girl Scout experience.</p>	<p>This training is designed for all troop volunteers who lead a girl experience and have girls moving up a level, or are interested in learning more about girl-led leadership and progression.</p>

Session Title	Description	Recommended Audience
<p>Exploring the Outdoors with our Florida State Park Partners</p> 	<p>Ready to get your troop outdoors? This session will guide you through Girl Scout approved methods for creating meaningful outdoor experiences for your troop. Learn how to plan fun and safe outdoor activities that inspire exploration and adventure. In partnership with the Florida State Parks Department, we'll also explore the rich opportunities available within our state park system, including educational programs, events, and outdoor spaces that are perfect for Girl Scouts. Whether you're new to outdoor adventures or a seasoned pro, this session will help you confidently lead your girls into the great outdoors.</p>	<p>This training is designed for all troop volunteers who want to learn more about programs and getting girls outdoors.</p>
<p>From Burnout to Balance: How to Fuel Up So You Don't Fizzle Out</p> 	<p>Burnout is increasingly being recognized as an epidemic, affecting individuals across all walks of life. This professional development session will help you understand what burnout truly is, recognize its early signs, and identify its root causes. You'll learn practical techniques for managing stress, building resilience, and maintaining a healthy work-life balance, no matter your role or responsibilities. Whether you're feeling the strain or want to prevent burnout before it starts, this session will equip you with the tools to safeguard your well-being and stay energized in both your personal and professional life.</p>	<p>This training is designed for all troop volunteers interested in professional development opportunities.</p>
<p>Girl Scouts and Mental Health</p> 	<p>As a Girl Scout volunteer, you play a vital role in the well-being of the girls you lead. In this session, we'll focus on understanding the mental health challenges girls may face and how you can support them. Through guided discussions and insights from a guest expert, you'll learn to recognize signs of stress, anxiety, and other mental health differences, and explore strategies to create a supportive environment within your troop. Join us to gain practical tools and resources to help nurture resilience and well-being in the girls you mentor.</p>	<p>This training is designed for all troop volunteers who want to learn more about mental health challenges and support strategies for youth, or increase knowledge to facilitate the Mental Wellness curriculum for Juniors, Cadettes and Seniors.</p>
<p>Growth Through GRIT</p> 	<p>Success isn't just about talent—it's about grit. In this professional development session, we'll dive into the key components of grit: passion and perseverance. Explore how cultivating these traits can help you overcome challenges, stay motivated, and achieve long-term goals, both in your personal and professional life. This session is designed to inspire and equip you with strategies for building resilience, staying focused on what matters most, and thriving in the face of adversity. Whether you're looking to strengthen your own grit or help others develop it, this session will offer valuable insights and practical tools.</p>	<p>This training is designed for all troop volunteers interested in professional development opportunities.</p>

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<p>Higher Award Progression: Demystifying the Path to Girl Scout Excellence</p> 	<p>Join us for a session of inspiration and achievement as we unravel the nuances of Girl Scout Highest Awards. This session is designed to empower volunteers with the knowledge and tools needed to guide their girls through the Higher Award progression. From understanding the different awards to tips for getting started, this session is your key to unlocking a world of troop leadership, service, and personal growth opportunities for every Girl Scout.</p>	<p>This training is designed for all troop volunteers who want to learn more about Higher Awards (Bronze/Silver/Gold).</p>
<p>Meet the Girl Experience Team – Ask Us Anything!</p> 	<p>Get ready for a unique opportunity to connect with the heart of Girl Scout programming! In this special session you'll meet the Girl Experience Team, the passionate minds behind the magic of Girl Scout activities and adventures. They will share more about their specific Girl Scout Pillar focus, and bring the program to life. This Ask Me Anything (AMA) style session invites volunteers to engage with the Girl Experience Team, ask burning questions, and gain valuable insights into creating impactful and memorable experiences for their Girl Scouts.</p>	<p>This training is designed for all troop volunteer, with a focus on content for volunteers in their first 12-18 months of troop leadership and are looking for networking time with the Girl Experience Team and a stronger base-line of what Girl Scouts is all about.</p>
<p>STEM Simplified</p> 	<p>Get ready for an immersive and hands-on experience where we'll break down the barriers to STEM (Science, Technology, Engineering, Math) engagement. This session is not just about understanding STEM concepts, but about actively participating in STEM-inspired activities that you can take back to your troop. Whether you're a seasoned STEM enthusiast or new to the world of science and technology, this session is designed to help you unlock the wonders of STEM with your girls.</p>	<p>This training is designed for all troop volunteers who want to learn more about STEM concepts and hands on activities to take back to their troop.</p>
<p>Troop Finance: Overview & Proven Practices</p> 	<p>Designed for Girl Scout volunteers in troop leadership roles, this session will provide the essential knowledge and tools to manage troop finances with confidence. Learn how to create a budget that supports a full year of activities, while ensuring transparency and accountability. We'll guide you through the steps of completing the annual troop finance report and share best practices for managing troop funds. Whether you're new to troop leadership or looking for a refresher, this session will help you keep your troop financially organized and thriving.</p>	<p>This training is designed for newer troops looking for baseline info, experienced troops looking to plan long term trips, or volunteers looking to learn more about troop finances.</p>

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<p>Understanding Your Unique Communication Style Through the DISC Assessment</p> 	<p>Communication is the heartbeat of effective troop leadership and collaboration. Join us for an engaging session where volunteers will delve into the world of communication styles using the DISC Behavior Based Assessment. This training offers a unique opportunity to discover and understand your own communication style and those around you. By unlocking the insights provided by DISC, participants will gain easy to implement tools for improving communication, fostering teamwork, and building stronger connections within and outside of the Girl Scout community.</p>	<p>This training is designed for all troop volunteers interested in professional development opportunities.</p>
<p>When Good is Good Enough: Creating a Meaningful Girl Scout Experience Within Your Limits</p> 	<p>Leading a Girl Scout troop doesn't have to be perfect, and it probably won't be—and that's okay! In this lighthearted yet practical session, we'll focus on how to provide a meaningful Girl Scout experience without overextending yourself. Learn how to set realistic expectations, manage your time, and embrace flexibility, so you can balance volunteering with the other demands in your life. Join us for an honest conversation about leading with confidence, imperfection, and a healthy dose of humor!</p>	<p>This training is designed for all troop volunteers facilitating a Girl Scout experience.</p>