



CARE TO CONNECT  
BUILD A KINDER TOMORROW

## Riley's Way Virtual Young Women's Youth Leadership Retreat Agenda

**Friday, October 1, 2021: 7:30 - 8:30pm EST**

7:30 - 8:30pm EST (*optional*): Connection Activities led by Team Mentors

**Sunday, October 3, 2021: 11:30am - 4:00pm EST**

11:30am - 12:00pm EST: Kick-Off & Welcome

12:00 - 12:45pm EST: Connecting to Self for Changemakers Panel

*The Connecting to Self for Changemakers Panel will bring together leaders who understand, value, and promote the power of being kind to yourself. Panelists will examine how exploration of identity, self-care, personal reflection, and goal setting can enable, inspire, and fuel you as you work to create change and build a kinder tomorrow.*

Panelists:

- [Lois Jeffers](#), Executive Coach for Changemakers
- [Cat Lantigua](#), Founder of Goddess Council and *Chats with Cat* podcast
- Victoria Hernandez, Riley's Way Council member
- [Isabella Hanson](#), Riley's Way Call for Kindness 2021 Fellow, Creator of *I Matter*

12:45pm - 1:15pm EST: BREAK

1:15pm - 1:45pm EST: Connecting to Self for Changemakers Workshops

*These workshops, led by teens and college students, will provide spaces for participants to learn about different ways to practice self-care and wellness.*

1:45pm - 2:30pm EST: Connecting to Other Changemakers Panel

*The Connecting to Other Changemakers Panel will unite experienced activists to discuss why and how we develop connections with other changemakers. Panelists will share personal experiences on how connections have impacted their work as leaders, what it means to mobilize, and offer advice on how you can network, collaborate, and get inspired by others.*

Panelists:

- [Sophia Kianni](#), Founder of Climate Cardinals
- [Dustin Liu](#), UNA-USA Youth Observer to the United Nations
- [Yolonda Marshall](#), CEO of Student Leadership Network
- [Esha & Shreyaa Venkat](#), Riley's Way Call for Kindness 2021 Fellows, Co-Founders of Nest4Us

2:30pm - 3:00pm EST: BREAK

3:00pm - 3:30pm EST: Connecting to Other Changemakers Activities

*During this workshop, participants will practice connecting to others through activities centered around empathetic listening.*

3:30pm - 3:45pm EST: Reflection Activity in "Bunks" with Team Mentors

3:45pm - 4:00pm EST: Closing Remarks & Staying Connected