

# BELIEVE IN YOURSELF

## 2016 Kids Power Conference

### KEYNOTE PRESENTATION

#### The Spark Show

*Sean Hakim, Motivational Speaker*

The Spark Show is a 60 minute journey into big ideas, storytelling, sketch comedy and music. A heart warming, gut checking experience custom made and tailored to students. Sean Hakim is an inspirational speaker who has spoken to over 1 million youth across North America on the importance of living out your dreams and being the best version of yourself. He has been the keynote speaker for Youth in Motions Top 20 under 20 for 2 years, as well as the keynote for many organizations including OSAID (Ontario Students Against Impaired Driving), The Kids Power Conference and many leadership conferences across the U.S and Canada. He was an integral member of the motivational troupe "A Whole New Perspective" which was sponsored by Coca-Cola taking him to almost every major city across Canada.

Currently, Sean is working on his first fictional novel, motivational show for adults, and touring his new show SPARK which has received an overwhelming amount of positive reviews. [www.seanhakim.com](http://www.seanhakim.com)

### WORKSHOP SPEAKERS

#### The Power of Tai Chi

*Perry Kloibhofer - North Star Tai Chi*

During this workshop students will watch a short instruction to Tai Chi and then will be learning some of the movements in the Tai Chi Set. They will also learn about proper body mechanics, the brain-body connection and how they work together as one. Through these exercises students will experience a sense of personal accomplishment.

#### Building Racial & Cultural Understanding

*Leroy Hibbert, LUSO Community Services*

Explore racism and cultural misunderstandings while learning proactive ways to help others feel included and appreciated.

#### Next Steps

*Matt Ross - London Youth Advisory Council*

The key to getting any big idea off the ground is to ask a simple question made up of five words. "What are the next steps?" Thinking what is the smallest next action you can accomplish to make progress towards your goal. This is the key to accomplishing anything. From getting ahead in school to building large corporations, everyone must think of next steps to get moving. This means breaking things down into the smallest parts and then choosing the most important next thing to do. The easier it is to do, the more likely you'll be to do it and in turn, the more successful you will be at achieving what you want in life. This workshop will focus on a simple trick to help you achieve your goals and find the leader in you!

#### Empowerment Through Food Choices

*Andrew Fleet - Growing Chefs*

In this workshop we will explore empowerment through our food choices. Andrew will discuss the effects our food choices have on our local, national and global economies and the role each of us play in shaping our food system. Through group discussions and activities, students will explore the potential impact we can all make though what we put on our plates.

#### Library Scavenger Hunt

*Ruth Major, London Public Library*

Take part in a scavenger hunt while discover just some of the items the library has offer.

**4 SPEAKERS & WORKSHOPS**

