

# 4-H Canada Members Forum 2020

## My World, My Career, My Self



Friday Nov. 6 -  
Saturday, Nov. 7, 2020



9 hours, over 2 days



Virtual, via Zoom



4-H members ages 16 - 21  
10 members per province

## About

First offered in 1931, Members Forum is 4-H Canada's longest-running program. The 88th, and first virtual, edition of this iconic event is the premier opportunity for 4-H youth across Canada to come together for an impactful, engaging, and fun-filled conference.

Through experiential learning, workshops and interactive virtual activities, delegates will develop a deeper awareness, knowledge, and understanding of what it means to positively impact the environment and healthy living. 4-H'ers will leave feeling energized and equipped to apply new knowledge and skills to club projects in their home communities, and maybe even discover new career paths to explore or pursue.

## Conference Experience from Home

To help enhance your virtual conference experience, delegates will receive an exciting kit filled with event materials and fun stuff. A collection of digital resources and activities will also be provided to help you make the most of Members Forum.

## Learn More

Visit [4-h-canada.ca/members-forum](https://4-h-canada.ca/members-forum) to learn more.

For more information or questions, contact Lina Saigol, Youth Programs Manager, at [lsaigol@4-h-canada.ca](mailto:lsaigol@4-h-canada.ca).

## What to Expect

Taking place virtually via Zoom, the conference kicks off Friday evening and continues with a half-day of workshops and events on Saturday. The conference theme, My World, My Career, My Self, will see workshops and activities focus on three key topics:

1. **My World** - Environment & Climate Action
2. **My Career** - Career Skills & Mentorship Circles
3. **My Self** - Healthy Living & Personal Well-being



**Learn  
To Do  
By Doing**

# Agenda

All times are in Eastern Standard Time (ET)

Please note: session times and topics are subject to change

FRI  
NOV  
6

## Welcome & Opening Event

4:30 - 5:15 pm

## Break

## My Self: Healthy Living Workshops

5:30 - 6:30 pm

## Day 1 Wrap-Up

6:30 - 7:00 pm

SAT  
NOV  
7

## Day 2 Welcome & Introduction Activity

12:00 - 12:15 pm

## My Career: Careers on the Grow Session

12:15 - 1:00 pm

## Mentorship Circles Networking Session – Supported by RBC

1:00 - 1:45 pm

## Break

## Financial Literacy Session – Supported by FCC & Agriculture in the Classroom

2:15 - 3:00 pm

## My World: Environment & Climate Action Workshops

3:00 - 4:15 pm

## Break

## Resource-Building Session: Engaging Young People Online

4:30 - 5:15 pm

## Day 2 Wrap-Up & Closing Event

5:15 - 6:00 pm

