



2021 Mental Massage Expo Agenda

9:30am – Login to prepare and have Girls Build TRiO Students Login

10:00am – 10:15am – Welcome Music (DJ DeShawn)

10:15am – 10:20am – Welcome Introduction and Introduction of Keynote Speaker (DeShawn Fuller-Gough)

- Add Girls Build Registration Link to the Chat <https://forms.gle/qz5tJULrqEbAVpyb9>
- Raffle (1st student who logs-in to zoom automatically wins and raffle prior to the keynote speaker for the students who are on time and ready for the Mental Massage Expo)
- Introduction of Keynote Speaker – Gabby Quintero

10:20am – 10:45am – Keynote Address – Gabby Quintero

10:45am – 10:50am – Housekeeping – Ms. Dominguez

- Thanking Keynote Speaker Gabby
- INTRODUCTION OF ALL STAFF
- Add Girls Build Registration Link to the Chat <https://forms.gle/qz5tJULrqEbAVpyb9>
- Informing students that they can pick and choose what workshop they would like to attend by joining
- Each session is 20-25 minutes after each session students must return to the main room prior to joining the second session in order to confirm that all workshops have ended. Students need to use the time from the ending of one session and the beginning of another to utilize the restroom, get food etc...
- Please stay until the end there will be an evaluation and more raffles being distributed
- If you have any questions, concerns or comments please ask the moderators/staff that will be in each breakout room
- Thank you for attending

Session 1 – 10:55am – 11:20am

- Stress and Body (Ms. Hernandez)
- Stress and Education (Ms. Fuller-Gough)
- Stress and Self-esteem (Ms. Dominguez)
- Main Room – (Ms. Crimes) – Music can be played in the background
- Volunteer – Charly -Rotating Between Room to Check-in Make sure everyone is equally keeping track on time and on task and reminding moderators and/or informing moderators if workshops have ended



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11:20am – 11:25am – Students return to Main Room

- Ms. Crimes can direct students to utilize the restroom, take a snack break etc
- Answer any questions or concerns
- Music can be played in the background
- Remind them to have registered <https://forms.gle/qz5tJULrqEbAVpyb9>
- If students need to leave early give them the evaluation

Session 2 – 11:25am – 11:50am

- Stress and Body (Ms. Fuller-Gough)
- Stress and Education (Ms. Dominguez)
- Stress and Self-esteem (Ms. Hernandez)
- Main Room – (Ms. Crimes)
- Volunteer – Charly -Rotating Between Room to Check-in Make sure everyone is equally keeping track on time and on task and reminding moderators and/or informing moderators if workshops have ended

11:50am – Students return to Main Room

11:50am – 12:15pm – Culmination

- Thank you to Everyone and Distribution of Evaluations– Ms. Dominguez– 2 Minutes
- Introduction of Culminating Speaker – Ms. Fuller-Gough – 2 minutes
- Culminating Speaker – Tanya Baeza – 15 minutes
- Thank you and Raffle – Ms. Hernandez (3 Wellness Bags – Please get the students email and program)
- Provide Girls Build Website: <https://voapositiveminds.weebly.com> and Thank Everyone – Ms. Hernandez
- SING HAPPY BIRTHDAY TO KARLA – ALL STAFF

Raffles

- 1) 2 - \$10.00 gift cards raffled in the beginning – Ms. Fuller-Gough
- 2) 6 – Gift Cards raffled at each workshop during each Session
 - 3 – Door Dash Cords Distributed (One in each session) – All Moderators in charge of distributing
 - 3 - \$10.00 Gift Cards Distributed (One in each session) – All Moderators in charge of distributing
- 3) 3- Wellness Bags raffled at the end of the Mental Massage Expo – Ms. Hernandez

Moderator Duties

- Raffle – One in each workshop if the students already have it incorporated in their ppt through a game or a raffle no need to add another one unless necessary
- Keep track of time
- Assist presenters as needed

Website for the Raffle: <https://wheelofnames.com/>

Chaperone Duties in the Main Room

- Answering any questions
- Playing uplifting music in the background (optional)
- Encouraging students to review the Girls Build Website: <https://voapositiveminds.weebly.com>
- Distributing Evaluation (as needed if students need to leave early)
- Informing students that they can utilize their time in the main room for a restroom and/or snack break
- Texting other staff as needed for any problems that arise

Volunteer Duties

- Student will be made co-host and go from room to room to make sure that all sessions are on a similar timeline and communicate with staff as needed regarding the timeline
- Add questions to the chat to encourage other students to participate
- Participate in each session as much as possible to encourage students
- Motivate and encourage students