



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



MOUNTAIN MIDWEST HUB NEWSLETTER

Monthly Updates, Resources, and Opportunities | February 2023

[What is the Regional Hub?](#)

[Access LCDC Here](#)

[Your Career Link Community](#)



With the start of February comes the end of our “new year” greetings and we are all facing forward into the work of the year ahead! Our Hub team is excited for what 2023 has to bring, and we hope you all have something to look forward to in this “newer” year. As you look through this newsletter and see the different classes and opportunities coming up this spring, reflect on your development journey and evaluate what growth means to you.

A question that I often reflect on after taking part in a training is:

Did I spend time in a training? Or did I invest time in learning?

I encourage you to bring that question with you as you consider future growth opportunities. Investing time in learning and leadership development is only as good as the knowledge, skills, and habits you take with you moving forward. By choosing to look for new learning opportunities and choosing to be engaged in those spaces, you can build a wealth of knowledge to better prepare yourself and your team to tackle any challenges that come your way. Let’s grow together in 2023 and **invest time in our learning!**

“The most important attitude that can be found is the desire to go on learning.”
— John Dewey

Mitchell Lochner
Hub Training Coordinator

Mountain Midwest Hub Webinar Series

Each month, we host a bite-size webinar on a topic that we believe our leaders can benefit from and be inspired by!



Photo Credit: Andrew Vick Photography

Pt. 1: Dispelling Myths of the African Diaspora

Speaker: Jebeh Edmunds, Founder & CEO of Jebeh Cultural Consulting

Tuesday, February 7

12:00-1:00 p.m. CST

You know the adage that first impressions are the most lasting? Community members might not understand the cultural responsiveness to help our members in the African Diaspora in a respectful way. Jebeh Edmunds is a Liberian American who has advocated dispelling the myths of Africans in the Diaspora living in our community spaces. We will explore several situations from her personal stories and research best practices, and we will reflect if it has language that could deter your African heritage members. We need to look for language that reflects a welcoming cultural environment. This training will help you answer much-needed questions about Diversity, Equity, and Inclusion practices.

Register Here!

Pt. 2: How to Be Culturally Responsive with BIPOC Students

Tuesday, February 28

12:00-1:00 p.m. CST

In this training you'll learn how to be culturally appropriate when interacting with BIPOC students. You will also learn about multicultural classroom activities, which are great for engaging your students and making them feel welcome.

Link post with registration links for both webinars:

<https://link.ymca.net/mlink/post/MTI1MDI>

Register Here!

TRAINING OPPORTUNITIES



IN-PERSON & VIRTUAL TRAININGS:

Advanced Fiscal Management

- April 3 – 6 (Virtual)

Allyship in Action Experience: Race Equity

- February 9 (Virtual)
- March 2 – 3 (Virtual)

Cultural Lenses

- February 22 – 23 (Virtual)
- March 22 (Green Bay, WI)
- March 27 – 28 (Virtual)
- April 6 – 7 (Virtual)

Dimensions of Diversity

- February 22 (Virtual)
- February 24 (Virtual)
- March 21 (Green Bay, WI)
- March 22 (Virtual)

Facilitating Change in Small Groups

- February 22 – 24 (Kansas City, MO)
- May 3 – 5 (Virtual)

Facilitation Skills

- February 9 – 10 (Virtual)
- February 10 (Virtual)
- February 17 (Virtual)
- February 23 – 24 (Virtual)
- March 31 (Virtual)
- June 21 – 22 (Virtual)

Governance Board Leadership: Bridge Program

- March 1 – 16 (Virtual)

Healthy Heart Ambassador Instructor

- February 23 (Virtual)
- February 28 (Virtual)

Implementing Change with Frontline Leaders

- May 15 & 22 (Virtual)

Introduction to Fiscal Management

- February 21 – 22 (Virtual)
- March 13 – 14 (Green Bay, WI)
- March 16 – 17 (Omaha, NE)
- April 4 – 5 (Oconomowoc, WI)

Introduction to Listen First

- February 15 (Virtual)
- March 14 – 15 (Virtual)
- March 15 (Virtual)
- March 30 (Virtual)
- April 3 (Green Bay, WI)

Leading & Coaching Others

- March 7 – 10 (Virtual) (Register ASAP! Pre-webinar on Feb. 9)
- March 22 – 23 (Green Bay, WI) (Pre-webinar on March 9)

Leading Change

- March 3 – April 14 (2 days in Worcester, MA)

- [March 23 – May 26 \(Virtual\)](#)
- [September 13 – November 17 \(Virtual\)](#)

Leading People

- [February 17 \(Virtual\)](#)
- [February 22 – 23 \(Virtual\)](#)
- [February 28 – March 1 \(Virtual\)](#)
- [March 7 – 9 \(Green Bay, WI\)](#)
- [March 7 – 9 \(Virtual\)](#)
- [March 15 – 17 \(Virtual\)](#)
- [March 23 \(Omaha, NE\)](#)

Living Our Cause Experience

- [March 6 \(Virtual\)](#)
- [March 15 \(Virtual\)](#)

Navigating Program Challenges

- [March 1 – 2 \(Virtual\)](#)

New CEO Institute

- [April 21 – May 3 \(Virtual\)](#)
- [June 2 – 15 \(Virtual\)](#)
- [September 22 – October 5 \(Virtual\)](#)
- [November 15 – 17 \(Chicago, IL\)](#)

Project Management

- [March 20 – 21 \(Virtual\)](#)

Swim Officials

- [Level I: February 10 \(Virtual\)](#)
- [Level II: February 11 \(Virtual\)](#)
- [Administrative Official: February 11 \(Virtual\)](#)

Volunteerism

- [February 28 – March 1 \(Virtual\)](#)
- [March 30 – 31 \(Virtual\)](#)
- [April 26 \(Green Bay, WI\)](#)

Weight Loss Program Facilitator Instructor

- [February 8 - 9 \(Virtual\)](#)
- [March 3 \(Parkville, MO\)](#)

Y Lifeguard Faculty (YUSA Travel funding available)

- [March 22 – 25 \(San Francisco, CA\)](#)

Y Lifeguard Trainer (YUSA Travel funding available)

- [March 22 – 25 \(San Francisco, CA\)](#)

Y Swim Lessons Faculty (YUSA Travel funding available)

- [April 18 – 21 \(Southington, CT\)](#)

Y Swim Lessons Trainer (YUSA Travel funding available)

- [April 18 – 21 \(Southington, CT\)](#)
- [April 24 – 26 \(Beverly, MA\)](#)
- [April 28 – May 1 \(Chesapeake, VA\)](#)

Y Swim Lessons Instructor

- [February 24 – 25 \(Wichita, KS\)](#)
- [March 4 – 5 \(Naperville, IL\)](#)
- [March 4 – 5 \(Olathe, KS\)](#)

Y Swim Lessons Instructor: Advanced Swimming Techniques

- [February 26 \(Naperville, IL\)](#)

YMCA's Diabetes Prevention Program T2 Lifestyle Coach

- February 18 – 19 (Virtual)
- February 28 – March 2 (Virtual)

Become a Trainer!

If you are interested in becoming a trainer, please reach out to Elli Grapp (egrapp@duluthymca.org) and check out [this](#) one-pager for an overview of the process.

Available Trainer Candidate Sections*:

- Living Our Cause Experience (March 6; Virtual)
- Living Our Cause Experience (March 15; Virtual)
- Introduction to Listen First (March 15; Virtual)
- Leading & Coaching Others (March 21 – 22; Green Bay, WI)
- Dimension of Diversity (March 22; Virtual)
- Cultural Lenses (March 27 – 28; Virtual)

**NOTE: Trainer candidates must apply a minimum of 30 days before the trainer section's start date to be considered.*

the Y
FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BECOME A YMCA TRAINER

- 1 | CHOOSE A COURSE**
Pick a course from the Learning & Career Development Center on a topic for which you have knowledge and passion.
<https://cdc.yexchange.org/AdvanceSearch>
- 2 | SATISFY PREREQUISITES**
Attend the course as a participant.
Passes Three Years Experience in the Topic.
Gain Experience Teaching, Facilitating, Training.
Complete Follow-up Courses:
 - Orientation to the Y Training System
 - Adult Learning Concepts
 - Facilitation Skills<https://cdc.yexchange.org>
- 3 | SUBMIT APPLICATION**
Attend the desired training; the course will be designated as "Trainer level."
 - When you go to the class details page, there will be an "Apply for Trainer Candidate" button at the top of the page.
 - Click on that button and complete the application. You will need to upload one letter of recommendation. Once complete click the "Submit" button.
 - Submit your application at least 30 days prior to the training.
- 4 | APPROVAL & REGISTER**
Click your information is reviewed & verified by the Trainer Quality Team, attend the required interview. Once you have received your approval email, complete your registration for the trainer-level course.

For questions please email trainerquality@ymca.net
<https://cdc.yexchange.org>
link.ymca.net

February 2023 Marketing & PR Tools

Click [here](#) to access Marketing & PR Tools for American Heart Month, Black History Month, National Advocacy Days, National Cancer Prevention Month, President's Day, Valentine's Day, and We Wear Black. Tools may include social media posts/graphics, blog/news articles, press releases and/or op-eds that can be used to help promote each observance to your members and your community.

NEW in 2023 - tools may also include customizable Canva templates, virtual meeting backgrounds and/or TikTok content ideas!

Introducing Y-USA's Accountability Portal



Y-USA will share organizational data frequently requested by YMCAs, including financials, staffing information, network evaluations and more. This information will be accessible to anyone in the Movement and updated regularly to reflect current information and new data sets as they become available.

Learn more about how to access the portal [here](#).

2023 General Assembly

Early-bird registration is now open through February 15 for the 2023 General Assembly of YMCAs (GA), July 20-23 in Atlanta. Understanding the operational and financial pressures Ys are all under, Y-USA is waiving registration fees for all CEOs and board chairs (or a designated board member) who attend. Learn more about GA and how to register [here](#).

Multicultural Experience at General Assembly (ME at GA) is also open for registration!

Are you a multicultural Y staff or volunteer looking to learn, grow, thrive and connect with hundreds of peers from across the Movement? Then this conference is for you! We are pleased to announce the 2023 Multicultural Experience at General Assembly (ME at GA) will be held in person on July 19-20 in Atlanta, GA.

More information can be found [here](#).

2023 National Peer Community Call Schedule

Find the registration links [here](#) for the 2023 National Peer Community Call Series along with direct hyperlinks to call recordings and resources. Please note that some communities have been combined to facilitate more strategic, cross-functional conversation as we move forward. National Peer Communities include:



- Achievers Learning Community
- Aquatics
- Camping
- Chronic Disease & Social Determinants
- Facilities & Property
- Finance
- Financial Development
- Food Program
- Human Resources
- IT
- Leadership Development
- Marketing Communications
- Member Experience
- Out-of-School Time
- Risk Management & Child Protection
- Sports
- Teens

Y-USA Leadership Development Podcast



The Y-USA Leadership Development Podcast is your go-to for all things Leadership Development. Including tips, tools, techniques and time-savers.

NEW! Episode 14: Growth Mindset with Wendell House

Do you have a growth mindset, do you know what it is? How do patience and acceptance figure into a growth mindset philosophy? Can having a growth mindset help you to thrive when facing challenges?

Subscribe and catch past episodes on Spotify [here](#)!

Emerging Native American Indigenous Resource Network (NAIRN)

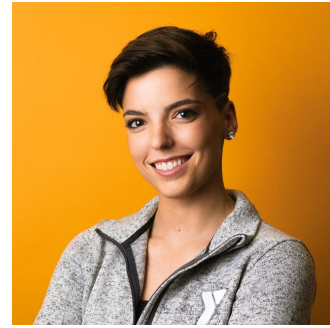
NAIRN is embarking on year two of the Emerging Native American Indigenous Resource Network (NAIRN). We continue to need your help to grow awareness of this group and participation. NAIRN is currently meeting monthly through a virtual format. The next convening will take place on Tuesday February 7th at 3pm EST/ Noon PST. For more information and to register for the upcoming conversations, click [here](#).



Sara Cole
Duluth Regional Hub
Lead



Mitchell Lochner
Human Resources and
Training Coordinator



Elli Grapp
Regional Training
Director



Duluth Area Family YMCA | 302 W 1st St, Duluth, MN 55802

[Unsubscribe egrapp@duluthymca.org](mailto:egrapp@duluthymca.org)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by egrapp@duluthymca.org powered by



Try email marketing for free today!