



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



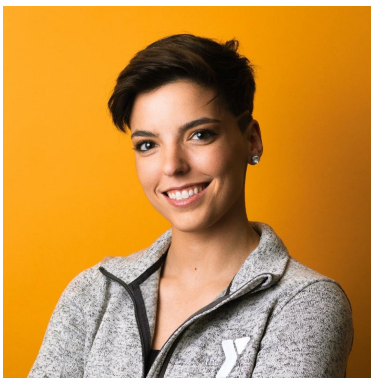
MOUNTAIN MIDWEST HUB NEWSLETTER

Monthly Updates, Resources, and Opportunities | March 2023

What is the Regional Hub?

Access LCDC Here

Your Career Link Community



Don't limit yourself to certification tracks!

This is one piece of advice I always try to share in the world of Y-USA trainings! There are so many great opportunities for learning and leadership development outside of the Leader, Team Leader, Multi-Team and Organizational Leader Certificates that shouldn't be overlooked.

This month, I wanted to highlight some **newer opportunities for learning and leadership development** that are rolling out! Click on each of the hyperlinks for a course description:

- [Implementing Change with Frontline Staff](#)
- [Allyship in Action Experience: Race Equity](#)
- [Navigating Program Challenges](#)
- [Building Effective Relationships with Families](#) (coming soon)
- [Building a Business Case for Your Work](#) (coming soon!)
- Supervisor Essentials eLearnings (see below)

YMCA Supervisor Essentials is a series of short, free eLearnings designed to help you develop as a supervisor.

Supervisor Essentials:

- [A Supervisor's Role in Conflict Management](#)
- [Giving Effective Feedback](#)
- [Onboarding New Hires](#)
- [Performance Management](#)
- [Preventing Microaggressions](#)
- ...More coming soon!

Happy learning everyone!

Elli Grapp (she/her)
Regional Training Director
Mountain Midwest Hub

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!

Body Diversity, Sizeism, and Accessibility: Asking the Right Questions to Create a More Affirming YMCA Movement

*Monday, March 13 7
12:00-1:00 p.m. CST*

The harmful impacts of sizeism are well documented, and create significant barriers to accessibility for the people who are most affected by fatphobia. Unfortunately, the health and wellness field has a long history of endorsing sizeism in ways both intentional and unintentional. This presentation will establish the deleterious health impacts of sizeism, discuss some of the intersecting dimensions of diversity that exacerbate the harms of sizeism, and introduce the questions and considerations that will help attendees discover opportunities for improvement within their branches and associations.

Learn more about the speaker and register for this webinar below!



**Register
Here!**



Recent webinar recordings:

[Dispelling Myths of the African Diaspora](#)
[How to Be Culturally Responsive with BIPOC Students](#)

Speaker: [Jebeh Edmunds, Jebeh Cultural Consulting](#)

TRAINING OPPORTUNITIES



Annual Campaign Training

- [June 14 – 15 \(Kansas City, MO\)](#)

Cultural Lenses

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

Dimensions of Diversity

- March 21 (Green Bay, WI)
- June 7 – 8 (Virtual)

EnhanceFitness

- March 11 – 12 (Kansas City, MO)
- March 15 – 16 (Virtual)

Facilitating Change in Small Groups

- May 3 – 5 (Virtual)

Facilitation Skills

- March 20 – 21 (Virtual)
- March 20 – 21 (Virtual)
- March 31 (Virtual)
- June 21 – 22 (Virtual)

Implementing Change with Frontline Leaders

- May 15 & 22 (Virtual)

Introduction to Fiscal Management

- March 13 – 14 (Green Bay, WI)
- March 16 – 17 (Omaha, NE)
- April 4 – 5 (Watertown, WI)
- April 25 & 27 (South Sioux City, NE)
- May 15 – 19 (Virtual)

Introduction to Listen First

- March 15 (Virtual)
- April 3 (Green Bay, WI)
- May 15 – 17 (Virtual)

Leading & Coaching Others

- March 22 – 23 (Green Bay, WI) (Pre-webinar on March 9)
- April 25 & 27 (Sioux City, IA) (Pre-webinar on April 12)

Leading People

- March 7 – 9 (Green Bay, WI)
- March 13 (Virtual)
- March 23 (Omaha, NE)
- April 4 – 6 (Virtual)
- April 4 – 6 (Virtual)
- April 25 (South Sioux City, NE)

Living Our Cause Experience

- March 15 (Virtual)

Navigating Program Challenges

- March 23 – 24 (Virtual)

New CEO Institute

- June 2 – 15 (Virtual)
- September 22 – October 5 (Virtual)
- November 15 – 17 (Chicago, IL)

Project Management

- April 27 (South Sioux City, NE)

Swim Officials

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

Volunteerism

- [March 10 \(Virtual\)](#)
- [March 28 – 29 \(Virtual\)](#)
- [March 30 – 31 \(Virtual\)](#)
- [April 6 \(Virtual\)](#)
- [April 26 \(Green Bay, WI\)](#)

Aquatics

YUSA Trainings (with travel funding available through application process)

Y Swim Lessons Faculty

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

Y Swim Lessons Trainer

- [April 14 – 17 \(Saginaw, MI\)](#)
- [April 18 – 21 \(Southington, CT\)](#)
- [April 28 – May 1 \(Elizabeth City, NC\)](#)

Other Opportunities:

- [Nebraska Recreation & Parks Association Aquatic Workshop](#) (April 14; Papillion, NE). Click the link to learn more and register by April 1!

NEW Principles & Practices - Chicago

There has recently been a new section of Principles & Practices added to the 2023 calendar for June 13 - 14 in Chicago, IL. Register [here!](#)

Other sections of P&P can be found through [this post](#) on Link.

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*:

- [Leading People Trainer](#) (April 4 – 6; Virtual)
- [Introduction to Listen First](#) (May 15 – 17; Virtual)
- [Introduction to Fiscal Management Trainer](#) (May 15 – 19; Virtual)
- [Annual Campaign Training Trainer](#) (June 14 – 15; Kansas City, MO)

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

the YMCA
FOR YOUTH DEVELOPMENT™
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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.yeschange.org/Catalog/CoursesAdvancedSearch>
- 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.yeschange.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**
Once 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: leadershipcertification@ymca.net
<https://cdc.yeschange.org>
link: ymca.net

Undoing Racism Community Organizing Workshop Opportunities for 2023

As a part of the Y's commitment to becoming an anti-racist, multicultural organization and creating strategies and opportunities for local Y associations to join in this commitment, YMCA of the USA, in partnership with the African American CEO Group, is continuing to support the movement through providing Undoing Racism® Workshops facilitated by the People's Institute for Survival and Beyond.

The Undoing Racism Workshop is a learning opportunity to understand the constructs of race and racism in the U.S. You will be equipped with a framework to critically analyze (and address) how being racialized has contributed to our socialization, our workplace policies & practices, and the way in which we, the Y, engage with community.

Click [here](#) to learn more and apply!

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



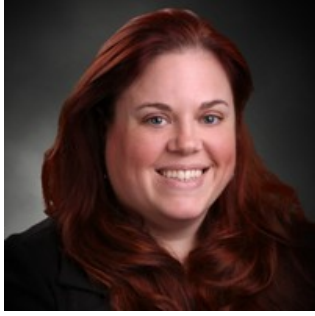
The Y-USA Leadership Development Podcast is your go-to for all things Leadership Development. Including tips, tools, techniques and time-savers.

New! Episode 16: What is an AMO? With Jose Diaz and Victor Rivera

What does it mean to be an Antiracist, Multicultural Organization (AMO)? How can I do my part to make the Y into an AMO? How will we know when we get

there? Listen as our host Michelle Rodriguez talks with Victor Rivera and Jose Diaz who are members of the Y-USA GDEI team.

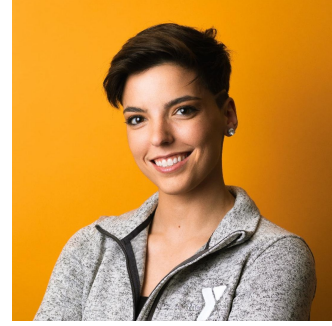
Subscribe and catch past episodes on Spotify [here!](#)



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