



Leadership Through Counseling Seminar

Battle Lake - Enthusiasm and vigor were in the air between June 28 and July 3 as 76 senior members from all corners of the province came together for immensely popular counselor-in-training program, Leadership Through Counseling Seminar (LTCS).

The LTCS summer program, which was held at the Alberta 4-H Centre, is the official kick-off to the many summer programs offered by 4-H. During the program, senior members' well-developed leadership skills are optimized through hands-on training that will see them become counselors for the programs that take place both at the regional and provincial level throughout the summer. Delegates were kept busy while epitomizing 4-H's "learn to do by doing" mentality.

The theme for this year's LTCS program was "Sharing the Beat," and delegates wasted no time harmonizing their way to teamwork through a variety of technical and personal skill sessions focused on behaviour management, first aid and conflict resolution. They also worked on trust building exercises, decision making and leadership skills and crisis management. The members then put their skills to use in planning activities for the program. Events planned by the delegates included beachfront activity, mini Olympics, a talent show, the final dance, among others.



"LTCS is a crucial rung on a 4-H member's ladder to success because they receive valuable training that helps to enhance their overall 4-H experience," explains Rita-Marie Leask. "In return, our organization benefits by developing leaders who can serve as mentors at camps and programs."

At the end of the program, delegates were assigned a summer camping program to counsel and will now spend the remainder of their summer continuing their personal development while mentoring the future counselors of the 4-H program.

Programs like LTCS exemplify Alberta 4-H's commitment to seeing its members' communication and leadership skills, confidence and self awareness flourish and develop. It is the organization's hope that through the skills imparted through 4-H programming will prove to set members up for numerous successes and achievements.



The LTCS program is sponsored by Penn West Energy Trust, Agrium, the Government of Alberta, Monsanto, and Olds College, as well as supported by the Alberta Wheat Board and the 4-H Foundation of Alberta.

To learn more about summer programs and the Alberta 4-H program, please visit the website at www.4h.ab.ca

For more information on Alberta 4-H summer programs, please contact Mark Shand, Programs Specialist at (403) 946-8508 or by email at mark.shand@gov.ab.ca

