Appalachian Trail Emerging Leaders' Virtual Summit

Event Schedule

Wed, Aug 11, 2021

12:00pm

Welcome/Overview

① 12:00pm - 12:10pm, Aug 11

Speakers



Julie Judkins Director of Education & Outreach, Appalachian Trail Conservancy



Eboni Preston Director of Operations, Greening Youth Foundation

12:10pm

Keynote Speakers

12:10pm - 12:50pm, Aug 11

♥ Speakers



Wendy K. Janssen NPS Superintendent, Appalachian National Scenic Trail, National Park Service



Tyrone Brandyburg Superintendent - Harpers Ferry National Historical Park, National Park Service

12:50pm

Mindful Movement Break

① 12:50pm - 1:00pm, Aug 11

Take this time to stretch, process, and reflect. Thank yourself for showing up in this space.

Check out the Mindful Movement Breaks Padlet/virtual bulletin board to enjoy restorative guides and our Summit Spotify playlist! Feel free to add to this Padlet as well. :)

1:05pm

Successful Interviewing

1:05pm - 1:50pm, Aug 11

This session will provide tips for preparing and practicing for interviews. This includes an overview of the STAR method for answering behavioral interview questions and how to craft answers that apply to different requirements of the job.

Speaker



Amanda Noe Talent Acquisition Manager, Appalachian Trail Conservancy

Federal Resume Writing

② 1:05pm - 1:50pm, Aug 11

This workshop will provide an overview of how to develop an effective Federal Resume and tailor it to a job announcement. Participants will learn tips, techniques, and valuable insight on how to highlight their knowledge, skills, and abilities.

Speaker



Sylvia Staples Regional Recruiter (Region 8), USDA Forest Service

1:55pm

JEDI Through Action: Mobilizing Your Whole Self to Promote Meaningful Change

1:55pm - 2:45pm, Aug 11

Join Ambreen Tariq, founder of Brown People Camping, and Alexandra Garcia, ATC's Latinx Partnership Coordinator, on a panel discussion focused on advancing progress in Justice, Equity, Diversity, and Inclusion (JEDI) through online and in-person, boots on the ground action, creating spaces for communities to flourish. Ambreen and Alex will talk about their experiences mobilizing as individuals to promote change in the spaces they occupy and lift up - as students, professionals, and outdoor enthusiasts alike. Bring your questions or come in with a blank slate, ready to learn.

♥ Speakers



Alexandra Garcia Latinx Parnerships Coordinator, Appalachian Trail Conservancy & Florida Trail Association



Ambreen Tariq Founder & Strategic Communications Specialist, Brown People Camping

2:45pm

Mindful Movement Break

2:45pm - 2:55pm, Aug 11

♦ https://padlet.com/VanT/szpa7cdee0ma17a3

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3:00pm

Career Help: USA Jobs and the Resource Assistance Program

② 3:00pm - 3:45pm, Aug 11

This workshop will provide an overview of how to navigate and apply for federal jobs using the USAJOBS application portal. Participants will also learn about the Resource Assistants Program which emphasizes the engagement current students, recent grads, and underrepresented populations in natural and cultural resources.

Speakers



Sylvia Staples Regional Recruiter (Region 8), USDA Forest Service



Kelsey McNicholas Community Engagement Specialist, Chattahoochee-Oconee National Forest

General Networking Session

② 3:00pm - 3:30pm, Aug 11

♦ https://app.toucan.events/go/aa7aed74-d36e-4383-9b0f-0b3afdeceaf4

Meeting new people and wishing you had a space to connect further? Interested in following up with a speaker from earlier in the day? Our General Networking session is a space with multiple breakout rooms and the ability to mingle and connect with others in a virtual way. Make connections, talk about your work, ask about career opportunities, or just find folks with common interests. Stay for as little or as long as you'd like in this 30-minute session.

Please note: This session uses Toucan Events, a free and virtual networking platform. Prior to this session, please be sure to create a Toucan username and read this Getting Started User Guide.

♥ Speaker



Van Tran Education Network Coordinator, Appalachian Trail Conservancy

Making Money Moves

② 3:00pm - 3:45pm, Aug 11

Participants will engage in activities that spark discussions around money habits, both good and bad. Be prepared to discover tools used to achieve your money related goals and have fun while we work together!

♥ Speaker



Anna-Marie Smith Founder & Consultant, Black Coffee and Culture

3:50pm

Regional Networking: Beyond the USA

② 3:50pm - 4:45pm, Aug 11

In our 55-minute Regional Networking sessions, participants are able to connect regionally to folks within nearby states/provinces as well as reach out to those areas that may be of interest. Feel free to connect with those who may be in your backyard or across the world. This virtual platform allows for connection creating internationally and across time zones – take advantage of this opportunity to meet individuals and groups you may never have know existed – whether they are close or far away!

♥ Speakers



Conchita Espino El Camino De Costa Rica



Ernesto Viveiros de Castro Atlantic Forest Trail

Regional Networking: Midwest/West

② 3:50pm - 4:45pm, Aug 11

In our 55-minute Regional Networking sessions, participants are able to connect regionally to folks within nearby states/provinces as well as reach out to those areas that may be of interest. Feel free to connect with those who may be in your backyard or across the world. This virtual platform allows for connection creating internationally and across time zones – take advantage of this opportunity to meet individuals and groups you may never have know existed – whether they are close or far away!

Speakers



Roger Osorio Stewardship Council



Ben Barry Southern Sierra Regional Representative, Pacific Crest Trail Association



Treven Hooker Youth Outreach Coordinator, Arizona Trail Association



Kylie Yang Field Programs Manager, Continental Divide Trail Coalition



Kristin Murphy Government Affairs Associate, Audubon Great Lakes & ATC NextGen Council Alumna

Regional Networking: Northeast

② 3:50pm - 4:45pm, Aug 11

In our 55-minute Regional Networking sessions, participants are able to connect regionally to folks within nearby states/provinces as well as reach out to those areas that may be of interest. Feel free to connect with those who may be in your backyard or across the world. This virtual platform allows for connection creating internationally and across time zones – take advantage of this opportunity to meet individuals and groups you may never have know existed – whether they are close or far away!

♥ Speakers



Dakota Jackson Associate Director of Visitor Services, Appalachian Trail Conservancy & ATC NextGen Council Alumna



Olympia 'Libby' Bowker Environmental Lawyer, Anderson & Kreiger LLP & ATC NextGen Council Alumna

Regional Networking: Southeast

② 3:50pm - 4:45pm, Aug 11

In our 55-minute Regional Networking sessions, participants are able to connect regionally to folks within nearby states/provinces as well as reach out to those areas that may be of interest. Feel free to connect with those who may be in your backyard or across the world. This virtual platform allows for connection creating internationally and across time zones – take advantage of this opportunity to meet individuals and groups you may never have know existed – whether they are close or far away!

♥ Speakers



Michela Williams Co-founder, Black Too Earth & ATC NextGen Council Alumna



Eboni Preston Director of Operations, Greening Youth Foundation



Sarah Adams Regional Manager, Appalachian Trail Conservancy



Deidra Goodwin (she/they) Experiential & Outdoor Educator, American Conservation Experience & ATC NextGen Council Alumni

4:45pm

Mindful Movement Break

O 4:45pm - 4:55pm, Aug 11

Take this time to stretch, process, and reflect. Thank yourself for showing up in this space.

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4:50pm

Applying Your Trail Steps to Public Health Research: A Harvard Research Nature Study

4:50pm - 5:00pm, Aug 11

The health benefits of time spent in nature are all over the news headlines and are of particular interest following COVID lockdown. "According to a recent study, those who spend more time in nature saw improvements in....." Have you ever wondered where those "recent studies" come from, and who takes part? Emerging Leaders: this is your chance to be part of a real scientific research! During this break, Harvard doctoral candidate Linda Tomasso will lay out a new study exploring if time in nature improves creative and cognitive thinking and how long those changes might last. Volunteers are needed to pilot an app, give feedback, and do some fun thinking before and after your trail experience.

▼ Speaker



Linda Powers Tomasso PhD Candidate at Dept of Environmental Health, Harvard TH Chan School of Public Health

5:00pm

Using Our Emerging Voice - Nonviolent Communication Leadership Skills

② 5:00pm - 6:00pm, Aug 11

This workshop focuses on applying key concepts of Nonviolent Communication to Leadership. Concepts include active listening to others, finding your own voice, acknowledging emotions, identifying the needs at the root of our behaviors, empathy, and self-empathy. Roberta Wall and Daniel Suber like to help participants work through these concepts with engaging activities, discussions, and fun mixed throughout. The content featured can help to save friendships, improve relationships, deepen communities, and even make business-related situations clear. We're excited, see you there!

Speakers



Daniel Suber Mentor - Youth Environmental Leadership Program (YELP), Asheville Greenworks



Roberta Wall NVC Trainer, Asheville Greenworks

Resources for Resilience: Wired for Connection

② 5:00pm - 6:00pm, Aug 11

For this session, MC will explain the science behind connection (a tool used in the Reconnect Training) and

the importance of connecting with each other as peers, co-workers, friends, family, and the community. She will then ask the participants to engage in a connection-building exercise with a discussion afterward.

♥ Speaker



MC Ellis Implementation Specialist, LCMHC, Resources for Resilience™

6:05pm

Closing Connections

② 6:05pm - 6:30pm, Aug 11

▼ Speakers



Jay Levy Indigenous Research & Partnerships Coordinator, Appalachian Trail Conservancy



Jet Lewis



Julie Judkins Director of Education & Outreach, Appalachian Trail Conservancy

Thu, Aug 12, 2021

12:00pm

Welcome/Overview

② 12:00pm - 12:10pm, Aug 12

♥ Speakers



Julie Judkins Director of Education & Outreach, Appalachian Trail Conservancy



let Lewis



Van Tran Education Network Coordinator, Appalachian Trail Conservancy

Keynote Speaker

② 12:10pm - 12:30pm, Aug 12

♥ Speaker



Michelle Mitchell Director: Recreation, Wilderness, Heritage, and Volunteers, U.S.Forest Service

12:45pm

Equity Mapping Case Studies for Creating Community Change

② 12:45pm - 1:30pm, Aug 12

Equity maps use GIS data to visually illustrate racial, historical, and sociocultural contexts of inequity in specific geographic areas. Panel speakers will highlight examples in North Carolina and New Jersey on how equity maps tell stories and provide meaningful data to leaders about topics such as climate change, segregation, education gaps, economic development, gentrification, public safety, and health. Researching, understanding, and disseminating the history of local policies and systems, including past harms and future opportunities, can support racial equity practices.

₹ Speakers



Christen Watts City of Asheville, NC



John Evangelista Director of Operations, Groundwork Elizabeth



Lucy Crespo Director of Youth Initiatives, Groundwork Elizabeth



Oforiwaa Pee Agyei-Boakye GIS & Data Analytics Specialist, Gonigs, Inc., UMN & ATC NextGen Council Alumna

Youth Outdoor Policy Playbook Panel Discussion

12:45pm - 1:30pm, Aug 12

Join us for a panel discussion on the Youth Outdoor Policy Playbook, where you will have the opportunity to learn about the role policy has on driving change towards nature and climate justice. From our panelists, you can envision the role YOU have in shaping local and state policies in your own community!

Speakers



Tanya Pappa Youth Development Network Coordinator, Children & Nature Network



Kosis Ifeji Intersectional Climate Justice Activist & Environmental Steward



Abe Rosenberg Local Foods Local Places Program Director, San Luis Valley Local Foods Coalition



Leslie Sizemore Recent AmeriCorps Member, Alpine Achievers Initiative



Celeste Kathleen Development Coordinator, Together We Rise

1:30pm

Mindful Movement Break

② 1:30pm - 1:40pm, Aug 12

♦ https://padlet.com/VanT/szpa7cdee0ma17a3

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1:45pm

GIS 101

1:45pm - 2:15pm, Aug 12

Maps often contain 'layers' of information and are created and managed using a geographic information system, or GIS. This session will explore the use of Geographic Information Systems to collect and display information about locations in a web-browser based mapping software (ArcGIS Online). It will discuss how different types of real-world features (trails, parks, population/demographics) can be displayed on an interactive online map.

Speakers



Andrew Joyner Associate Professor, ETSU Tenn Climate Office



Wil Tollefson Lecturer, ETSU Tenn Climate Office



Oforiwaa Pee Agyei-Boakye GIS & Data Analytics Specialist, Gonigs, Inc., UMN & ATC NextGen Council Alumna

Intersections of Environmental Justice and Climate Change: Perspectives and Tools for Achieving Justice

① 1:45pm - 2:45pm, Aug 12

This session will explore intersections between environmental justice, health, and youth leadership in action to mitigate against the impacts of climate change. Panelists will also discuss emerging perspectives and tools to engage solutions across disciplines.

♥ Speakers



Samantha Shattuck Public Health Specialist, US EPA Office of Research and Development



Fatemeh Shafiei Associate Professor, Spelman College



Katie Allen Landscape Partnership Manager, Appalachian Trail Conservancy



Allie Thompson Project Lead, The Climate Service & ATC NextGen Council Alumna



Oforiwaa Pee Agyei-Boakye GIS & Data Analytics Specialist, Gonigs, Inc., UMN & ATC NextGen Council Alumna

2:10pm

Action on the Appalachian Trail

② 2:10pm - 2:50pm, Aug 12

For this session, we will be sharing ways of volunteering & stewarding the Appalachian Trail and opportunities for sharing your interests.

♥ Speakers



Leanna Joyner Director of Volunteer Relations, Appalachian Trail Conservancy



Alivia Acosta Volunteer Development Coordinator, Appalachian Trail Conservancy

2:20pm

Storymapping 101

② 2:20pm - 2:50pm, Aug 12

Want to tell location-based stories about something that matters to you? This session will explore ArcGIS StoryMaps, which are used to create inspiring, immersive stories by combining text, interactive maps, and other multimedia content in a low- or no-code process. StoryMaps can be published to share your story within your community or anyone around the world.

If you are interested in participating in the Equity Maps Deep Dive session following this session, please be sure to connect with our Equity Maps Coordinator, Pee Boakye (oforiwaapee@gmail.com) to set up an ATC ESRI License prior to participating in the Equity Maps Deep Dive.

Speakers



Andrew Joyner Associate Professor, ETSU Tenn Climate Office



Wil Tollefson Lecturer, ETSU Tenn Climate Office



Oforiwaa Pee Agyei-Boakye GIS & Data Analytics Specialist, Gonigs, Inc., UMN & ATC NextGen Council Alumna



Amber Millison GIS Support, Center for Land Use Change and Sustainability at Shippensburg University

2:50pm

Mindful Movement Break

2:50pm - 2:55pm, Aug 12

♦ https://padlet.com/VanT/szpa7cdee0ma17a3

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3:00pm

Take an Equity Maps Deep Dive: Create an Equity StoryMap in Tennessee or Pennsylvania ② 3:00pm - 4:15pm, Aug 12

Attendees will create equity maps for Tennessee or Pennsylvania. Working with GIS experts to examine existing data sets and create equity maps and stories based on income levels, race, and age. Participants will choose layers and content to weave together an equity story about the community. Participants will receive an ESRI Storymap license, and instruction on how to use software before preparing these maps in small groups. The goals are to get participants excited about GIS, provide a concrete project and take-away from the conference, and produce a set of maps that will be useful for future advocacy.

REQUIREMENTS:

Please be sure to connect with our Equity Maps Coordinator, Pee Boakye (oforiwaapee@gmail.com) to set up an ATC ESRI License prior to this session.

This session requires participating via a desktop or laptop computer.

Speakers



Andrew Joyner Associate Professor, ETSU Tenn Climate Office



Wil Tollefson Lecturer, ETSU Tenn Climate Office



Oforiwaa Pee Agyei-Boakye GIS & Data Analytics Specialist, Gonigs, Inc., UMN & ATC NextGen Council Alumna



Amber Millison GIS Support, Center for Land Use Change and Sustainability at Shippensburg University



Dr. Claire Jantz Professor, Department of Geography-Earth Science, Shippensbsurg University

Climate and Tribal Youth

② 3:00pm - 4:00pm, Aug 12

Join Jayson Levy, the Appalachian Trail Conservancy's Indigenous Partnership and Research Coordinator, in a presentation on the concept of the land being "Sacred". He will be joined by Brian Weeden, Mashpee Wampanoag Tribal Chairman who will talk on an indigenous youth movement known as UNITY's Earth Ambassador program, as well as Trey Adcock, Executive Director, Center for Native Health. This program provides discussion around Native American youth and methods to raise awareness of environmental issues affecting Indian Country and create change in their communities.

♥ Speakers



Jay Levy Indigenous Research & Partnerships Coordinator, Appalachian Trail Conservancy



Brian Weeden Mashpee Wampanoag Tribe, Chairman



Trey Adcock Executive Director of The Center for Native Health & Associate Professor of Interdisciplinary Studies and Director of American Indian and Indigenous Studies at the University of North Carolina Asheville, The Center for Native

4:15pm

Mindful Movement Break

4:15pm - 4:25pm, Aug 12

♦ https://padlet.com/VanT/szpa7cdee0ma17a3

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4:30pm

Beyond the Climate Crisis: The Journey to Environmental Justice

4:30pm - 5:30pm, Aug 12

A New Deal for Youth is a youth-led, youth-centered effort advocating for the creation of new systems, policies, investments, and structures that reimagine life for young people in America. New Deal for Youth Changemakers are young leaders between the ages of 14 and 32 from across the country who advocate and organize across a range of issues facing their communities. In this conversation you will learn more about New Deal for Youth and our Environmental Justice policy demands from three Changemakers, Aniya Butler, Kaliko Kalahiki, and Marissa Howdershelt.

Over the last year, these Changemakers have worked with A New Deal for Youth on developing a set of Environmental Justice policy demands. Recognizing the disproportionate environmental burden marginalized communities bear, our demands work towards the just distribution of decision-making and resources to foster authentic community-oriented solutions. We advocate for Indigenous self-determination, shifting power to marginalized communities, holding corporations accountable, healing-centered culturally responsive physical and mental health care, and the creation of quality green jobs. During this one-hour conversation, our Changemakers will share their own environmental justice advocacy journeys and discuss how and why we came to these demands. Changemakers will also share advice for other young leaders and activists hoping to get more involved in environmental justice advocacy. This panel will be informal and conversational – we look forward to engaging with the audience and answering your questions!

♥ Speakers



Kayla Tawa Youth Policy Research Assistant, The Center for Law & Policy



Kaliko Kalahiki CLASP Changemaker, Generation Indigenous Ambassador, Center for Native American Youth, The Center for Law & Policy



Marissa Howdershelt CLASP Changemaker, Mental Health Advocate/Artist, Mental Health America, The Center for Law 8. Policy



Aniya Butler CLASP Changemaker, Activist, organizer, and poet with Youth v. Apocalypse in Oakland, CA, The Center for Law & Policy

East Coast Climate Corridor: An Approach to Climate Action and Conservation in the A.T. Landscape

② 4:30pm - 5:30pm, Aug 12

The Appalachian Trail Landscape Partnership is initiating a process to build an action plan to advance conservation across the A.T. Landscape as an east coast climate corridor. This session will provide a discussion of the Appalachian Trail Conservancy's current and future landscape protection efforts to build a climate resilient corridor and A.T. experience. Panelists will discuss the unique context of the Appalachians as a climate corridor modeled after international examples of ecological corridors and as an iconic recreation destination.

Speakers



Katie Allen Landscape Partnership Manager, Appalachian Trail Conservancy



Aaron Troncoso Graduate Student, Yale Law School and the Yale School of Forestry & Environmental Studies & ATC NextGen Advisory Council Member



Kat Lyons Conservation Project Coordinator, Center for Large Landscape Conservation



Marian Orlousky Director of Science & Stewardship, Appalachian Trail Conservancy

5:35pm

#JusticeLabs

② 5:35pm - 6:05pm, Aug 12

#JusticeLabs: Join in to apply what you've learned, and offer you ideas for direct action. These practical learning incubators give participants an opportunity to give their input on how leaders can make changes and how they see themselves as part of that change.

♥ Speaker



Eriqah Vincent Network Engagement Director, Power Shift Network

6:05pm

Closing Keynote and Reflections

2 6:05pm - 6:30pm, Aug 12

Speaker



Sophia Kianni Founder and Executive Director, Climate Cardinals

Fri, Aug 13, 2021

12:00pm

Welcome/Overview

② 12:00pm - 12:10pm, Aug 13

♥ Speakers



Christina Oyelowo Summit Coordinator, Appalachian Trail Conservancy



Van Tran Education Network Coordinator, Appalachian Trail Conservancy

12:10pm

Keynote Speaker

② 12:10pm - 12:30pm, Aug 13

♥ Speaker



Amal Kassir

12:30pm

Mindful Movement Break

② 12:30pm - 12:45pm, Aug 13

♦ https://padlet.com/VanT/szpa7cdee0ma17a3

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Looking to learn more about the Appalachian Trail? Check out this video from Stratton Mountain, Vermont, where Benton MacKaye conceived the idea of the Appalachian Trail to an exploration of the night sky, this recorded webinar explores the sense of place with our three guests: Nika (Early Bird), John (Megapod), and Rob (Gazer).

Performances from Emerging Leaders

② 12:45pm - 1:30pm, Aug 13

♥ Zoom link will be posted on agenda within the morning of August 13th (Eastern Daylight Time).

From 12:45- 1:30 pm EST, join your fellow summit participants to watch powerful performances through dance, song, and expression. Emceed by Derick Lugo, storyteller, adventurer, podcast host, and author of the Unlikely Thru-Hiker, this hour will give people the chance to share their talents and passions with attendees of this summit.

Are you interested in sharing a performance? Check out this form, available here

Speaker



Derick Lugo Author, The Unlikely Hiker

1:30pm

Brainstorming & Networking for Georgia Youth Forest Advisory Council

② 1:30pm - 1:45pm, Aug 13

♦ https://app.toucan.events/go/cae15b13-4a5c-4751-b9e8-034fd276f428

Kick off the first-ever Georgia Mountains Children's Forest Network **Youth Forest Advisory Council!** This session is open to all **alumni of Georgia's NextGen Forest Ambassadors** program: come INFORM the model, ENERGIZE together, and LEAD the direction of future NextGen programs!

Please note: This session uses Toucan Events, a free and virtual networking platform. Prior to this session, please be sure to create a Toucan username and read this Getting Started User Guide.

₹ Speaker



Kelsey McNicholas Community Engagement Specialist, Chattahoochee-Oconee National Forest

1:45pm

Note to a Superhero(ine)": Crafting Poems in the Tradition of Lucille Clifton

① 1:45pm - 3:15pm, Aug 13

♥ Zoom link will be posted on agenda within the morning of August 13th (Eastern Daylight Time).

In this generative workshop, writers will first explore and examine several Clifton poems and examples of mirror poems that engage the structural or thematic elements of those poems directly. Participants will then work on drafting and revising poems that mirror or utilize fundamental poetic elements focusing on the line, images, music, economy, density and empathy. Workshop participants need only to be prepared to write and to engage their memory, possibly some research, and definitely their imagination. Limited to 25 participants.

▼ Speaker



Nature Journaling: A Powerful Tool for Learning and Change

① 1:45pm - 2:45pm, Aug 13

♥ Zoom link will be posted on agenda within the morning of August 13th (Eastern Daylight Time).

Nature journaling is not an art hobby. Nature journaling is a way of seeing the world that can help you learn faster, connect more deeply with nature, and communicate your experience with others. In this interactive workshop Marley Peifer will share the simple yet revolutionary approaches at the core of nature journaling. Using drawings, numbers, and words we will practice these techniques looking at engaging natural objects (skulls, flowers, etc) We will learn how to apply these techniques for personal nature connection, transferable skill-building, and community-level environmental action. Unique, beautiful, thought-provoking journal pages are a side benefit.

Bring a notebook, a pen or pencil, and your curiosity.

♥ Speaker



Marley Peifer

2:45pm

Mindful Movement Break

2:45pm - 3:30pm, Aug 13

♦ https://padlet.com/VanT/szpa7cdee0ma17a3

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3:30pm

10 Key Principles to Nature Photography

② 3:30pm - 4:30pm, Aug 13

10 KEY PRINCIPLES FOR BETTER NATURE IMAGES

Ten Basic Principles for Better Nature Images







There are certain principles that, when implemented, elevate an image regardless of the specific genre within nature photography. In this session we will look at these ten key aspects of nature photography, defining them and discussing how to achieve them. By understanding these principles and how they relate to each other, you can further your photography skills in the field and create portfolio-worthy images.

For more information or to schedule this presentation, please contact:

A. Bender Photography

www.abenderphotography.com

bender@abenderphotography.com

702-281-5326

Speaker Speaker



Alyce Bender Owner / Photographer, A Bender Photography LLC

Reaching New Summits

② 3:30pm - 4:30pm, Aug 13

The summit is not always the peak or highest point on a mountain, sometimes the summit is the moment you surpass your personal limits. In this workshop, participants will explore how nature can be used as a space not only for adventure but for rest, healing, and creative inspiration. Reaching New Summits is about redefining what it means to be 'outdoorsy' and how experiences in nature can be a metaphoric guide for our everyday lives.

♥ Speaker



Leandra Taylor Partnership & Outreach Coordinator, Southern Appalachian Wilderness Stewards (SAWS)

4:30pm

Mindful Movement Break

2 4:30pm - 5:00pm, Aug 13

♦ https://padlet.com/VanT/szpa7cdee0ma17a3

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In Stay Together, we learn from students at the end of their freshman year, from St. Benedict's who must participate in a backpacking project that culminates in a five-day trip on the Appalachian Trail starting at High Point, N.J., and ending at Delaware Water Gap, Pa.

In Trail Angels, we hear from a group of Chicago friends and young conservationists who ventured into the Great Smoky Mountains to experience the Trail in one of the best ways possible: they rebuilt it.

5:00pm

Yoga and Nature

② 5:00pm - 6:00pm, Aug 13

I think we can all agree that life in general, especially life in the outdoors, can be unpredictable. Stressors may come and go, good times will ebb and flow, and your surrounding environment will constantly remain a variable. However, one thing you can work to control is your state of mind through it all. Join me as we flow through a set of postures and breathing practices to help reconnect you to the grounding sense of the Earth and outdoors. Let's work to establish practices in a controlled setting like our yoga mat so that when we enter a new environment, these practices become, well, second nature.

Over the course of the hour class, we will practice poses that channel our strength, balance, expansion, and ability to self-soothe. You will leave this class knowing how to pause in your day, no matter where you are, and find a sense of belonging, of peace. This class is open to all levels, and no prior yoga experience is required. I will be there to guide you, but you may go at your own pace and you are encouraged to have fun and adapt to make your body, heart, and mind feel most at ease.

No props are needed, but a yoga mat, blanket, or towel to define your space is nice to have. Additionally, if you have a yoga block or a large book, feel free to bring that with you, too!

♥ Speaker



Devin Everett Escalation Specialist, BlueVine

Storytelling & Freestyle: Claiming the Power of Spoken Word

② 5:00pm - 6:30pm, Aug 13

There's power in your story & ancient magick in your words. Participants in this workshop will transmute vulnerability into strength & take up their wands as co-creators in the culture of hip hop currently transforming our world. Give voice to the truth of your own experience & cultivate the courage to share in life's cypher.

₹ Speakers



Stefan Moss Educator, Musician & Consultant, The Moss Group



Michael Numinous CEO & Steward, The Hawk & Hawthorne

6:00pm

Closing Session

② 6:00pm - 6:30pm, Aug 13

♥ Speakers



Jay Levy Indigenous Research & Partnerships Coordinator, Appalachian Trail Conservancy



Julie Judkins Director of Education & Outreach, Appalachian Trail Conservancy



Christina Oyelowo Summit Coordinator, Appalachian Trail Conservancy