



EMPOWER

YOUTH LEADERSHIP

STEP UP AND STAND OUT!

Leadership, learning, friendships and challenges. Energize your potential through the EmPOWER Youth Leadership Program!

This inspiring, interactive program will help you discover personal strengths, build & improve leadership skills, link up with peers & professionals, and explore career paths.



Have a chance at:
SCHOLARSHIPS!
TRIPS!

FOUR FUN-FILLED, PEER-ADVISED PROGRAM DAYS FOCUS ON:

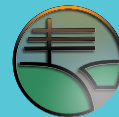
- Leadership Skills
- Cooperatives
- Personal Strengths
- Communication Skills
- Team Building
- Health & Wellness
- Electrical Safety/CPR
- Networking
- Career Options

TO APPLY:

The 12-month program is open to upcoming juniors who are ready to commit to fully EmPOWER themselves with fun, positive, open minds. Applications are available from your school counselor or on the Sioux Valley Energy website. Submit via email to Empower@siouxvalleyenergy.com.



Brought to you by



SIoux VALLEY
ENERGY

A Touchstone Energy Cooperative

PROGRAM INFORMATION AND APPLICATION INSTRUCTIONS

EmPOWER Youth Leadership Program

2023-2024 PROGRAM YEAR

Application Deadline:

4:30 pm, Friday, May 12, 2023

empoweryouthleadership.com

Sioux Valley Energy is excited to provide an opportunity for 2023-2024 high school juniors with a comprehensive understanding of cooperatives while developing their leadership skills in a fun, interactive and challenging way through the 7th annual EmPOWER Youth Leadership program. EmPOWER is a 12-month program that will commence July 1, 2023. The "meat" of the program includes four EmPOWER sessions held throughout the year that will allow students to learn about the cooperative business model, explore career options, network with other students and professionals, build and improve leadership skills through interactions with community leaders, industry experts and motivational speakers while working on personal growth. The program will then conclude the following June at the cooperative's 2024 annual meeting. Scholarships may be available for students who go above and beyond and attend the required sessions as well as all-expenses paid traveling opportunities for selected students. Those trips include a four-day trip to Youth Excursion at Bismarck, N.D., and also a week-long trip to Washington, D.C. in June of 2024. Upon completion of the EmPOWER program, participants will have the opportunity to form an EmPOWER Advisory Board. Your role will be to offer feedback to the Sioux Valley Energy Board of Directors and help plan the following years EmPOWER program.

www.siouxvalleyenergy.com

Phone: 800-234-1960

108 N Heritage Road • PO Box 857
Brandon, SD 57005

47092 SD Hwy 34 • PO Box 216
Colman, SD 57017

1102 7th St. SE • PO Box 336
Pipestone, MN 56164

Program Coordinator:
Chinelle Christensen



Dear Applicant:

Congratulations on your decision to apply for EmPOWER! Forty high school juniors from across Sioux Valley Energy's service territory will be selected to participate in this 12-month program.

Eligibility ~ Applicant must:

- Be a junior during the 2023-2024 school year.
- Have an interest in furthering their knowledge about cooperatives, Sioux Valley Energy and leadership skills.
- Receive approval by a high school principal and/or school counselor.
- Commit to fully EmPOWER yourself with a fun, positive, open mind ready to take in everything the program has to offer.

Student Commitments:

- Students are encouraged to attend our Annual Meeting on Tuesday, June 6, 2023. They are required to attend the four program days (school observed Native American Day/ Columbus Day – Oct. 9 Veterans Day – Nov. 10, Martin Luther King Day – Jan. 15, Presidents Day – Feb. 19).
- Program days will run from 8:30 a.m. to 3 p.m.
- Students are responsible for transportation to and from the required sessions on the dates above.

Application Requirements:

- Fill out the online application at www.empoweryouthleadership.com.
- Your school official must review your application and complete the School Consent Form. The COMPLETED application must be received by Sioux Valley Energy on or before 4:30 p.m. Friday, May 12, 2023.

Selection Process:

- All applications will be reviewed by the EmPOWER Executive Committee.
- All applicants will be notified of the status of their application the week of May 22, 2023.

Good luck with your application! Please contact Chinelle Christensen at 800-234-1960 or email empower@siouxvalleyenergy.com with any questions. Let us EmPOWER each other and grow this program together!

Be EmPOWER-ed,

Chinelle Christensen
EmPOWER Youth Leadership Coordinator



APPLICATION

We are pleased that you have taken the initiative to EmPOWER yourself and apply to take part in the EmPOWER Youth Leadership Program sponsored by Sioux Valley Energy.



- Applications forms MUST be filled out electronically.
- Everything should be typed out and then printed. The form should then be signed by the appropriate individuals. You can either mail in the application: Sioux Valley Energy/EmPOWER Attn: Chinelle PO Box 216, Colman, SD 57017 or scan and email to empower@siouxvalleyenergy.com
- Forms need to be received by 4:30 p.m., Friday, May 12.

Student Name: _____
First Last

Mailing Address: _____

City: _____ State: _____ Zip: _____

Student Phone: _____ Student Email: _____

Age: _____ Sex: M F T-Shirt Size: XS S M L XL XXL XXXL Birthday (MM/DD/YYYY): _____

High School: _____ Grade during 2023-2024 school year: Junior

Parent(s)/Guardian(s) Names: _____

Mailing Address: _____

Parent(s)/Guardian(s) Phone: _____

Emergency Contact (other than guardian/parent): _____

Emergency Contact Phone: _____

Any medical condition(s) we should be aware of:

Please read carefully the following information and sign (student and parent).

STUDENT

As the participating student, I agree to follow these rules:

- I will remain in the designated areas of all activities and will not leave the premises unless arrangements are made with the Sioux Valley Energy staff and my parents.
- I will not invite any non-participants to come and attend any of the activities sponsored by Sioux Valley Energy.
- I understand that no alcoholic beverages or any illegal substances will be allowed. If I am on medication prescribed by a physician, I will inform the Sioux Valley Energy staff.
- I will keep my cell phone silenced during all sessions.
- I understand that my parents will be called to pick me up if I violate any of these rules.
- I understand that I have to complete/take part in all required activities to be eligible for the monetary leadership awards/scholarship.
- I understand that to receive the scholarship, I must attend a post-secondary school within two years of high school graduation.
- I understand that Sioux Valley Energy may take photographs of participants and activities. I agree that SVE shall be the owner of and may use such photographs relating to the promotion of future programs. I relinquish all rights that I may claim in relation to use of said photographs.

Student Signature: _____ Date: _____

PARENT/GUARDIAN

My child has my permission to attend and participate in all activities during the EmPOWER Youth Leadership Program sponsored by Sioux Valley Energy. I understand that if my child does not abide by the rules above, I will be called to pick up my child from any activity. In addition, I understand that if my child does not abide by the rules and meet all requirements of the program, they may not be eligible for scholarship dollars.

Parent Signature: _____ Date: _____

Questions? Contact Chinelle Christensen, EmPOWER Youth Leadership Program Coordinator, at 800-234-1960 or empower@siouxvalleyenergy.com



Please give a short essay answer to the following question

Why are you interested in EmPOWER, and what do you hope to get out of it?

How did you hear about the EmPOWER Youth Leadership program? _____

SCHOOL CONSENT FORM

TO THE APPLICANT: Please type your name below and then give this form, along with your application, to your school counselor, who will complete the remainder of this form and mail all materials to Sioux Valley Energy/EmPOWER, Attn: Chinelle Christensen, PO Box 216, Colman, SD 57017 or email to empower@siouxvalleyenergy.com.

Applicant Name: _____
First Last

School Address: _____

City: _____ State: _____ Zip: _____

School Phone: _____ Applicant's GPA: _____ GPA calculated on a scale of: _____

Recommendation: (Please check one):

- I recommend this applicant unreservedly I recommend this applicant with reservations Applicant not appropriate

I understand that this applicant must attend the four program days (Native American Day (South Dakota)/Columbus Day (Minnesota), Veterans Day, Martin Luther King Day, Presidents' Day). School attendance credit will be granted for school time missed due to participation in this program. By signing below you agree to the terms and conditions set forth on this application by the EmPOWER Youth Leadership Program.

School Counselor Printed Name: _____

School Counselor Signature: _____

Principal Printed Name: _____

Principal Signature: _____

EmPOWER Youth Leadership Program

Session 1:

Cooperatives,
Leadership and
Relationships

Monday, October 10, 2022

8:30 a.m. to 3 p.m.

**Sioux Valley Energy
Colman Service Center
47092 SD Hwy 34
Colman, SD**

empoweryouthleadership.com

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Agenda

8:30 a.m.-9 a.m.

Welcome

- Chinelle Christensen, Sioux Valley Energy Training and Development Coordinator and EmPOWER Youth Leadership Coordinator

9:30 a.m.-10 a.m.

CEO Connection

- Tim McCarthy, Sioux Valley Energy General Manager and Chief Executive Officer

10 a.m.-11 a.m.

Co-op 101

- Carrie Vugteveen, Sioux Valley Energy Vice President of Public Relations

11:15 a.m.

Lunch: Taco Bar

12 p.m.-3 p.m.

Character Challenge

- Travis Guida, Co-founder Character Challenge Course Company

Travis Guida and his wife, Sarah Coumbe-Guida, are visionaries. They believe in providing life-changing experiences for people of all walks of life. Described by friends as "tireless," Sarah and Travis have pursued and conquered countless objectives on their quest to improving lives through character development. Passionate and caring, the Coumbe-Guida's aim to be a resource for all groups seeking to improve the way they operate.

Trained as Special Education teachers, the Coumbe-Guida's are able to tailor programs and events to address specific needs that a group may have. They will work to knock down walls of mistrust, improve a team's communication skills, develop an organization's leaders, provide character-based programs to schools, and foster a strategic vision.

SAFETY, POWER, AND PERSONAL STRENGTHS

EmPOWER Youth Leadership Program

Session 2:
Safety, Power, and
Personal Strengths

Friday, November 11, 2022

8:30 a.m. to 3 p.m.

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Agenda

8:30 a.m.-9 a.m.

Welcome

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9 a.m.-10 a.m.

CPR/High Voltage Demonstration

- Terry Ebright, CLCP, Sioux Valley Energy Manager of Safety, and SVE line workers

10 a.m.-10:30 a.m.

Quick Break/Team Builder

10:30 a.m.-11:45 a.m. Strength Finder Part 1

- Brian Gottlob

Brian Gottlob works in the finance industry out of Mitchell, S.D. In his LinkedIn bio, he writes, "I describe my life as Progress: I am greatly motivated by challenges/problems, beginning new projects, creating new methods or processes to complete existing operations, and love any steps that lead to progress in terms of saving time, money, and resources. In addition, many coworkers have commented that I love the process of learning. It does not matter the subject or degree of complexity, I find great value in learning new information. I credit that facet of my personality, for the many times people say, 'How did you think of that!?' In terms of growth and progress, I also strongly believe in self improvement through networking and honing personal skills such as leadership efficacy. I am willing to work very hard."

According to Strength Finder 2.0's personal assessment in 2019, his strengths were listed as 1.) Competition; 2.) Deliberative; 3.) Restorative; 4.) Individualization; 5.) Developer

Noon

Lunch: Pasta Bar

12:30 p.m.-1:15 p.m.

Strength Finder Part 2

- Brian Gottlob

1:30 p.m.-3 p.m.

Scavenger Hunt,
Important Upcoming Information

BREAKING THROUGH TO YOUR FUTURE

EmPOWER Youth Leadership Program

Session 3:
Breaking Through
to Your Future

Monday, January 16, 2023

8:30 a.m. to 3 p.m.

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Chinelle Christensen



Agenda

8:30 a.m.-9 a.m.

Welcome & Breakfast

- Chinelle Christensen, Sioux Valley Energy Training and Development Coordinator and EmPOWER Youth Leadership Coordinator

9 a.m.-11:30 a.m.

Breakthrough Leadership Training

- Craig Hillier has a passion to work with students, educators, and professionals. He has spoken to more than two million people since 1990. His high-energy programs and contagious enthusiasm captivate audiences throughout the United States.
<https://craighillier.com/breakthrough-phase-i/>

11:30 a.m.-12:15 p.m.

Lunch: Soup and Sandwich Bar

12:15 p.m.-1:15 p.m.

College Prep

- Amber Schmidt, Director of Admissions, Dakota State University

1:15 p.m.-1:30 p.m.

Break

1:30 p.m.-2 p.m.

Team Builder

2 p.m.-3 p.m.

Advisory Board Election

EmPOWER Youth Leadership Program

Session 4:
Weaving
Your Future

Monday, February 20, 2023

8:30 a.m. to 3 p.m.

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Program Coordinator:



Agenda

8:30 a.m.-9:45 a.m.

Welcome, Breakfast
& Team Challenge

- Chinelle Christensen, Sioux Valley Energy Training and Development Coordinator and EmPOWER Youth Leadership Coordinator

9:45 a.m.-10 a.m.

Break

10 a.m.-11 a.m.

Doors of Opportunity - Kevin Kush

- *Mr. Kush has been involved in coaching and teaching for over thirty years. Coach Kush spent 21 of those years working with at-risk youth at Boys Town in Omaha Nebraska. As a head football coach, he compiled a remarkable record of 164 wins and just 58 losses with 13 of those teams finishing in the top 10. Mr. Kush now shares his experiences with a variety of groups including teachers, youth organizations, and companies. He holds a Bachelor of Science degree from the University of Nebraska at Omaha in marketing and business education, and a Master of Arts degree from the University of Nebraska in vocational and adult education. Mr. Kush was featured on ABC World News Tonight as their Person of the Week. He is the author of 3 books:*

- *The 100 Yard Classroom*
- *Competing With Character*
- *A Piece of the Puzzle – 8 Traits of a Quality Teammate*

11 a.m.-11:45 a.m.

Team Builder

11:45 a.m.-12:30 p.m.

Lunch

12:30 p.m.

Switch Tables

1 p.m.-3 p.m.

Netweaving