



# IF YOU CAN DREAM IT, YOU CAN BE IT!

## The DREAM IT, BE IT program can help you plan your future!

Soroptimist's Dream It, Be It: Career Support for Girls helps girls grow up to be strong, successful, happy adults. The program provides girls, like you, with access to professional role models, career education and the resources to live their dreams.

## Are you ready to work toward achieving your goals?

By participating in this program you will learn about career opportunities, setting and achieving goals, overcoming obstacles to success, and moving forward after setbacks. Sign up today and get on track to making your career dreams become reality!

**WHAT:** Career Planning Conferences

**WHEN:** Sat, Oct. 20, 2018 / Jan. 19, 2019 from 1-5 pm

**WHERE:** 210 Cafe, 210 W. Center St., Visalia, CA

*Dream It, Be It is a program of Soroptimist and its online community LiveYourDream.org, which work to improve the lives of women and girls through programs leading to social and economic empowerment.*

DREAM IT\*BE IT\*  
CAREER SUPPORT  
{for girls}

For more information  
and/or to register contact:

Soroptimist International of

Visalia

Name Mary Ontiveros

Email ontiveros.mary@yahoo.com

Phone 559-303-3881

Website sivalia.org







## PARTICIPANT INFORMATION FORM

### The DREAM IT, BE IT program can help you make your dreams a reality!

Are you a high school girl interested in going to college? Do you want guidance on how to set and achieve your career goals? Would you like access to professional role models and mentors? Get the resources you need to plan your future through the Soroptimist Dream It, Be It: Career Support for Girls program.

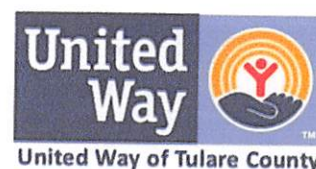
Soroptimist International of Visalia in partnership with United Way of Tulare County will host 2 half-day conferences for high school age girls to provide with career guidance, mentorship, and resources to help them be successful. They will be presented on October 20, 2018 and January 19, 2019 from 1-5 p.m. at 210 Café, 210 Center St, Visalia. During these interactive workshop sessions, the following topics will be covered:

- Discovering your dreams
- Exploring careers
- Creating achievable goals
- Rising above obstacles
- Turning failure into success
- Balancing your stress
- Putting dreams into action

Because we don't expect that all girls will know what they want to do for the rest of their lives and we also know that plans change, the skills developed by attending these workshops can be applied to any goals you identify throughout their education and careers. You will also have the opportunity to speak with working women each session and perhaps arrange a mentorship with a woman whose career interests you.

Girls and their parents/guardians can learn more about the Dream It, Be It program by visiting <http://www.soroptimist.org> or contacting Mary Ontiveros at [ontiveros.mary@yahoo.com](mailto:ontiveros.mary@yahoo.com) or call or text to 559 303-3881.

**If you would like to participate, please complete the attached Participant Information Form and return it to Mary Ontiveros at Soroptimist International of Visalia, P.O Box 747, Visalia, CA 93279 by October 15, 2018**





**PARTICIPANT INFORMATION FORM**

Name: \_\_\_\_\_

Parent: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: Home: \_\_\_\_\_ Cell: \_\_\_\_\_

Email: \_\_\_\_\_

School: \_\_\_\_\_

Grade Level: \_\_\_\_\_

Parent/Guardian **Work** Phone:

Parent/Guardian **Cell** Phone:



## Media Consent Form

A SOROPTIMIST/LIVEYOURDREAM.ORG RESOURCE

Dream It, Be It: Career Support for Girls participants have great stories to share about this life-changing program! Girls often share what they learned, how it prepared them to pursue their career goals, and how it boosted their confidence. So many girls have had positive experiences! When promoting Dream It, Be It, Soroptimist & LiveYourDream.org use first-hand stories and testimonials to show the program's impact, encourage volunteers to host projects in their communities, and to attract donors so that we can continue providing resources to support this program.

By signing this media consent form, you give Soroptimist & LiveYourDream.org permission to use the below-mentioned girl's name, photo, likeness and/or voice for publicity purposes in various formats including, but not limited to, print media, social media, photographs, website, audiovisual, fundraising appeals, ads, etc. Soroptimist & LiveYourDream.org shall retain all rights to said materials.

Name (print)

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*If above person is under 18 years of age:*

Parent/Gaurdian Name (print)

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Signature

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Address

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City, State Zip

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**Phone**

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**E-mail**

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**Date**

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**Witness Name (print)**

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**Signature**

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**Date**

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## Parental Consent and Release Form

A SOROPTIMIST/LIVEYOURDREAM.ORG RESOURCE

Dear Parent/Guardian,

Date: \_\_\_\_\_

Please sign and return the following form to **Mary Ontiveros, Soroptimist International of Visalia, P.O. Box 747, Visalia CA 93279** or email to [ontiveros.mary@yahoo.com](mailto:ontiveros.mary@yahoo.com)

I give permission for my daughter, \_\_\_\_\_, to attend and participate in the activities of **Dream It, Be It: Career Support for Girls**, a program of Soroptimist International of the Americas/LiveYourDream.org. I agree to the following, intending for me and my child to be legally bound:

1. In case of medical emergency, I grant the facilitators the right to authorize medical care, if I cannot be promptly and readily reached.
2. In the event medical treatment is necessary for my child, I agree to pay all costs associated with such treatment including the cost of emergency medical evaluation and care. I further agree to hold harmless and indemnify Soroptimist/LiveYourDream.org and its volunteers for any costs associated with medical treatment and transportation for my child.
3. I agree that Soroptimist/LiveYourDream.org is not responsible for any bodily injury, illness or disease, or loss or damage from any cause concerning this program, even in the event of negligence by the club, its members or facilitators. I release and agree to hold harmless Soroptimist/LiveYourDream.org members and facilitators from any liability in connection with the activities of this program.
4. This consent and release shall be governed by the law of the state in which Soroptimist/LiveYourDream.org [Visalia, California] is located, without regard to its principles on conflicts of laws.

Parent/Guardian Name:

\_\_\_\_\_

Parent/Guardian Signature:

\_\_\_\_\_

Parent/Guardian **Home** Phone:

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