



CITY OF TITUSVILLE  
STUDENT ADVISORY COUNCIL  
AGENDA

Special Meeting

March 5, 2026 - 4:00 PM

Council Chamber at City Hall

555 South Washington Avenue, Titusville, FL 32796

Any person who decides to appeal any decision of the Student Advisory Council with respect to any matter considered at this meeting will need a record of the proceedings, and for such purpose, may need to ensure that a verbatim record of the proceedings be made, which record includes the testimony and evidence upon which the appeal is to be based.

The City desires to accommodate persons with disabilities. Accordingly, any physically handicapped persons, pursuant to Chamber 286.26 Florida Statutes, should, at least 48 hours prior to the meeting, submit a written request to the chairpersons that the physically handicapped person desires to attend the meeting.

1. **CALL TO ORDER**
2. **DETERMINATION OF A QUORUM**
3. **COMMENTS FROM THE PUBLIC PRESENT**
4. **APPROVAL OF MINUTES**
5. **NEW BUSINESS**
6. **OLD BUSINESS**
  - A. **Host a Youth Leadership Seminar in Spring of 2026**

Final review of the planning guide in the agenda packet. Go through the script and main activities. Discuss any changes.

7. **MEMBER REPORTS**
8. **STAFF LIAISON REPORT**
  - A. **Action Items**

**B. Informational Items**

**9. ADJOURNMENT**

**City of Titusville**  
"Gateway to Nature and Space"

REPORT

**To:** Members of the Student Advisory Council  
**From:** Emily Campbell, Sr. Administrative Assistant  
**Subject:** **Host a Youth Leadership Seminiar in Sprring of 2026**  
**Department/Office:** City Clerk

**Recommended Action:**

Final review of the planning guide in the agenda packet. Go through the script and main activities. Discuss any changes.

**Summary Explanation & Background:**

**Alternatives:**

**Item Budgeted:**

**Source/Use of Funds/Budget Book Page:**

**Strategic Plan:**

**Strategic Plan Impact:**

**ATTACHMENTS:**

1. 2026 Leadership Action Plan and Scripts\_Status 3.2.26
2. 2026 Program Both Sides.doc2
3. Silent Shapes FACILITATOR SHEET
4. Trust Walk FACILITATOR SHEET
5. Mini Activities FACILITATOR SHEET
6. Time traveler FACILITATOR SHEET
7. Time Traveler Worksheet

**City of Titusville  
2025/2026 Student Advisory Council (SAC)**

*Youth Leadership Seminar*  
**Draft/Working Planning Guide**

**Goal:** *Students will learn and use leadership skills for successful interaction with others. Listen, ask, reflect, equip, support, motivate, and inspire others.*

**Core Planning Items**

1. **Seminar Date:** Thursday, March 12, 2026 contract with Parrish Medical Center signed and approved
2. **Venue/Location:** *Hospital/Parrish Medical, 951 N. Washington Ave. (Conference Rooms 2-5)*
3. **Facilitator:** Student Advisory Council
4. **Seminar Format:** **In-person** and combo of **lecture** and **interactive**
5. **Main Activity Theme:** Sustainability Planner Lily Galleo will lead interactive main activities
6. **Keynote Speakers on LEADERSHIP**/in general (if desired and how many?): 1-2

**6. Keynote (Guest) Speakers**

**SAC members need to seek out guest speakers for the leadership seminar. Two time options available to choose from.**

**9:00 - 9:30 a.m.**

**1:00 - 1:30 a.m.**

Next, obtain or create a brief biography for each keynote speaker and facilitator (use during introductions). Email speaker bios to City Liaison Emily Campbell at [Emily.Campbell@Titusville.com](mailto:Emily.Campbell@Titusville.com).

2026 Guest Speaker & their contact info	Who's Responsible for contact and biography (brief intro)	Has biography been received?
<b>9:00 AM – 9:30 AM</b>	<b>Michelle Lucas</b>	<b>No.</b>

<b>1:00 PM – 1:30 PM</b>	<b>Dan Diesel</b>	<b>No.</b>
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## 7. Main Activity Plan:

Interactive leadership activities: Silent Shapes, Leadership Rotation Challenge, Trust Walk, Consensus Countdown

## 8. Peer Applications –

Due January 19, 2026

## 9. Publicity (Start by November 2025).

ACE – Christa Sims

THS – Grace Barraza and David Speeler

AHS – Peyton Redfern

## 10. Donations and Door Prizes

- Decide whether to seek donation assistance to hold the event (breakfast foods, drinks, snacks, etc.)?
- **Decide whether to distribute door prizes** (gift certificates, t-shirts, gift baskets, etc.)?
- **Distribute goody bags** (candy and misc. freebies)?
- SAC members should have the **merchant letter** from the City on-hand before approaching businesses for donations.

### Ideas:

1. Contact grocery stores, Wal-Mart, SAMS, BJ's, etc. for snacks, water, soda, etc.
2. Individual donations (Checks payable to the City of Titusville)
3. Donations from donut shops (breakfast), restaurants, department stores, movie theaters, bowling alley, coffee shops, apparel stores, airboat rides, etc.
4. Letters to major attractions on City letterhead.

Who is doing what? (Elective tasks necessary to support goals): \_\_\_\_\_

## 11. Ice Breaker Exercise – Pasta and Marshmallows (Ava Sperr facilitating)

Each group has spaghetti, and Marshmallows. The challenge is to build with them, within 5-10minutes range, a self-sustaining structure with the Marshmallow on top of it. The winner is the group that achieve the maximum height between the Marshmallow and the table.

## 12. Food - Breakfast, Lunch, Snacks and Drinks

- **Head count** including all students, the facilitator, advisors and city staff
- **How will you feed your guests?**
  - Breakfast – Breakfast from Publix
  - Lunch: Provided by Parrish Medical Center
  - Snacks – Publix
  - Drinks – Publix
  - Plastic ware, cups, napkins, paper plates, mints/candies, garbage bags -
  - Big Coolers needed? Who can bring them?
- **If seminar at hospital, confirm the hospital can provide:**
  - Coffee in morning – hospital
  - Ice - hospital
  - Hospital comfort cart or cooler to store drinks inside prior or during the event – UNSURE
  - Lunch – (XX boxed lunches)

**13. POSSIBLE VISITORS DURING SEMINAR (Make them feel welcome!)**

Welcome, find them a seat, be attentive.

**City Council - Mayor Andrew Connors, Vice-Mayor Herman Cole, and City Council Members JoLynn Nelson, Megan Moscoso and Sarah Stoeckel  
City Manager – Thomas Abbate**

**14. Venue Set-up – Supplies - Equipment***(Hospital contact Jackie Hurley 268-6122 or Lisa Cavallero 225-7641)**(PMC Security Office x6565. Can ask the concierge to call Security)***Items SAC/the City Must Bring to Seminar**

- ✓ 1 laptop
- ✓ 1 flash drive (for misc.)
- Main activity supplies!! (coordinate w/Planning)
- ✓ Extra pencils/pens/paper
- ✓ Name tags
- Welcome packets/info inside
- Donations
- Ticket Stubs for door prizes
- Sign-In Sheets
- Certificates: participants
- Certificates: Guest speakers
- Sunshine notice at City Hall
- Foods (Breakfast/Snacks/Drinks/Candy)
- Updated Scripts for all SAC!!
- Serving trays
- ✓ Coolers (Who??)

**Items Hospital is Providing**

- American Flag
- Tables and chairs
- Podium
- Microphone
- Projector and projection screens
- Audio for room
- Internet

Hospital Policy\*\*\*\*

No decorations or banners attached to walls

**Must Purchase????**

- Snacks and drinks
- cups
- napkins
- small paper plates
- plastic forks and knives
- juices

**EVERYONE**

**15. Entering Hospital & Assignments**

- a. Confirm all SAC members understand where the leadership seminar is being held---**ENTER THROUGH HOSPITAL’S MAIN ENTRANCE at 7:00 A.M.**
- b. **On 3/12/2026**, SAC Representatives must meet seminar guests at the hospital’s main entrance/security desk to be **escort guests** to the conference rooms. The representative will be given generic passes for the guests.
- c. Ask the hospital if we have to take all of our supplies through the main entrance

<b>WHO</b>	<b>LOGISTICAL TASKS</b>
Trinty, Christa, Jackie	Set-up conference rooms the <b>night before</b> on 3/11/2026 @ 4:00 PM
Sydney Lelle	Bring a big cooler from home can drop off the night before
<b>All SAC: By 7:30 a.m. March 12, 2026</b>	Arrive and be available to unload cars and complete final preparations (set up group tables, registration table, breakfast, drinks, coffee, etc.)
Emily	In charge of electronics (microphone, laptop)
David Speeler	Set up American Flag and lead Pledge of Allegiance
Kylie Miller	Check ice in coolers throughout day
Christa Sims	Photographer
<b>All SAC Members!</b>	<ul style="list-style-type: none"> <li>• <u><b>Be attentive</b> to guests &amp; impromptu visitors. Find them a seat. Make them feel welcome. Offer them refreshments and a program. See if they have any questions.</u></li> <li>• Straighten tables &amp; room throughout the day.</li> <li>• Replenish foods and snacks.</li> <li>• Do not play on cell phones. You are the hosts. Be attentive.</li> <li>• Move chairs if needed for impromptu/unexpected guests.</li> <li>• No Short shorts, skirts or dress. Business Casual (new polo shirts!)</li> <li>• No noisy food wrappers. No homework.</li> <li>• Listen actively to keynote speakers and guest hosts.</li> </ul>

Emily will request the following from Parrish: American Flag, Podium, Microphone, Projector and projection screens, Audio for room, Internet

## SAC Leadership Seminar, Thursday, March 12, 2026

### TIMELINES, ASSIGNED ROLES, & SCRIPTS

**All Student Council members** should be at **Parrish Medical Center (hospital), Conference Room Nos. 2-5 (Enter through Main Entrance at 7:30 a.m.)**. ALL Student Advisory Council are expected to participate unless excused by your high school advisor. High school advisors need to be at the registration table at the return of lunch and dismissal.

### PROGRAM

- 7:30-8:30: Registration Table. **(Christa Sims)**
- 8:30-8:40: Begin day (1<sup>st</sup> paragraph of script). **(Sydney Lelle)**
- Pledge of Allegiance Ceremony – **(David Speeler)**
- Continue intro/host script – **(Grace Barraza)**
- 8:40-9:00: Ice-Breaker **(Ava Sperr)**
- 9:00-9:30: **Guest Speaker #1 – Michelle Lucas**
- 9:30-9:40: 10-minute break
- 9:40-12:00: Main Activity: Introduce City of Titusville Sustainability Planner Lily Galleo
- 12:00-1:00: Lunch (Provided by Parrish)
- Re-Sign In required **(Christa Sims)**. High School Advisors present.
- 1:00-1:30 **Guest Speaker #2 – Dan Diesel**
- 1:30-2:15: **Visioning Block / Time travel activity**
- 2:15-2:30: Wrap up & Door Prizes

**Dismissal and Participation Certificates** - Participants pick up participation certificates upon leaving.

(2026 SCRIPT)

**WELCOME & INTRODUCTION OF DIGINITARIES**

8:30 a.m.

**Sydney Lelle:** “Good morning, everyone! My name is Sydney Lelle from Astronaut high school. I serve as vice-chairman on the City of Titusville’s Student Advisory Council. Before we begin, I would like everyone to rise and stand for the Pledge of Allegiance to the Flag, as led by **Member David Speeler**.”

{{{PLEDGE OF ALLEGIANCE}}}

**Sydney Lelle** Next, as one of your hosts of today’s seminar, I would like to tell you a little something about the Student Advisory Council. We are an advisory board of City of Titusville, and we are appointed by the Titusville City Council. Our board consists of students from Astronaut and Titusville High Schools and the Academic Community Enrichment, Inc. (Association). Each year we undertake projects that support our mission, which is to encourage the involvement of young people in community affairs and create an awareness of their rights and responsibilities as citizens of Titusville”.

No Phones

**Sydney Lelle** “Next, I would like to introduce you to the Student Advisory Council---your hosts of today’s seminar...”

**(ALL STANDING AT FRONT)**

Peyton Redfern	AHS	12 <sup>th</sup> grade	Co-Chair
Cadyn Fiebig	THS	12 <sup>th</sup> Grade	Co-Chair
Sydney Lelle	AHS	11 <sup>th</sup> grade	Vice-Chairperson
Christa Sims	ACE	11 <sup>th</sup> grade	Secretary
Grace Barraza	THS	11 <sup>th</sup> grade	
Luke Donhoff	AHS	10 <sup>th</sup> grade	
Trinity Johnson	ACE	10 <sup>th</sup> grade	
Ava Sperr	THS	10 <sup>th</sup> grade	
Kylie Miller	AHS	9 <sup>th</sup> grade	
Jackie Willis	ACE	9 <sup>th</sup> grade	Photographer
David Speeler	THS	9 <sup>th</sup> grade	

“And the High School Advisors are,,”

- Morgan Smith - Astronaut High School
- Missy Johnson – Academic Community Enrichment
- Kathleen Rios - Titusville High School

Next, we want to recognize a few others that have made holding today’s seminar possible. Some of these persons plan to “drop-in” today. If you are present, however, please stand, so we can thank you for your support.

- Parrish Medical Center President/CEO Dr. George Mikitarian
- City of Titusville – City Council
  - Mayor Andrew Connors
  - Vice-Mayor Herman Cole
  - City Council Member Megan Moscoso
  - City Council Member JoLynn Nelson
  - City Council Member Sarah Stoeckel

- City Manager Tom Abbate
- City Clerk Wanda Wells
- Brevard County School Superintendent Dr. Mark Rendell
- Brevard County School Board, District 1 Representative Ms. Megan Wright
- City of Titusville staff liaison Emily Campbell

### Grace Barraza

Next, as you can see from your program, we have a full day planned for each of you. Before we begin, let me share some **important information**:

- Bathrooms are located in the hallway to the west side of the conference rooms.
- There is water and breakfast items at the back of the room; help yourselves at any time.
- Lunch will be served from the **servery bar** in the hallway where you came in this morning – provided by Parrish Medical Center (free). You may eat your lunch in **this room**, or the hospital's **exterior courtyard**, or the **community dining room**. During lunch we encourage you to get to know each other as there are students present today from the three area high schools!
- About lunch, **you are not allowed to leave the hospital grounds**. Please also return from lunch no later than 1:00 p.m., so that we can **promptly** begin the afternoon session.
- In order to receive an excused absence from school, you must re-register upon returning from lunch.
- We will also have **Participation Certificates** for each of you that may be useful for your future pursuits.
- Finally, the City of Titusville Student Advisory Council would like you to know that our Council took several months to carefully plan a seminar that we feel will provide you with an inspiring and useful experience. We have a full day planned and we hope that the information and activities that you experience today might shape your thoughts on leadership. And now, I will turn the microphone over to **Ava Sperr** to lead you through an **ice-breaker** activity!

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**8:40 – 9:00 AM**

### **ICE BREAKER (Ava Sperr)**

Break into groups of 4 or 5.

**Pasta & Marshmallow -To run a "pasta and marshmallow" icebreaker, divide participants into teams, give each a set amount of spaghetti and marshmallows and have them build the tallest free-standing structure in a timed period (10 minutes) with a marshmallow on top. After time is up, measure the towers, declare a winner, and debrief to discuss teamwork and lessons learned.**

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9:00 – 9:30 AM

**(Christa)****GUEST SPEAKER #1 – Michelle Lucas**

**Christa** “We would like to begin the seminar by introducing you to our first guest speaker **Michelle Lucas**.”

**Michelle Lucas spent 10+ years working at NASA’s Johnson Space Center. First as part of the International Space Station (ISS) Payload Safety Review Panel (PSRP) and then in the Mission Operations Directorate as a Flight Controller in ISS Mission Control and as an Astronaut Instructor in the ISS Daily Operations Group. Additionally, she worked with each of the International Partners (European Space Agency – ESA, Japanese Space Agency – JAXA, and the Russian Space Agency) in the field of Daily Operations, Flight Controller, and Instructor Training. Michelle was part of the Core NASA Extreme Environment Mission Operations (NEEMO) team for 9 missions where astronauts would carry out analog space missions underwater in the Aquarius habitat. Along the way, Michelle found she has a passion for launching the next generation’s dreams and ambitions. Her passion for inspiring students led to extensive work with other organizations in STEM outreach so she founded the non-profit Higher Orbits to use space to excite and inspire students about STEM, Leadership, Teamwork, and Communication. Michelle is proud to be a Space Camp Alum, AIAA Associate Fellow, and member of the Space Camp Hall of Fame. She believes that collaboration in space and STEM is the key to the stars! Space Inspires!**

*After Speech*

**(APPLAUSE!!!) (Christa) – you will give Michelle Lucas an appreciation certificate and thank her on behalf of the City’s Student Advisory Council. Christa, you can also let everyone know we will go on a break for 10 mins and return at 9:40 a.m. If anyone needs to use the restroom or get a drink/snack please do that.**

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9:30 – 9:40 AM Break

9:40 – 12:00 PM

**MAIN ACTIVITY:****(Kylie)**

*“Let me introduce you to an individual that has graciously donated her time and professional expertise to help us host today’s seminar: let’s welcome the City of Titusville Sustainability Planner, Ms. Lily Galleo to the front to open and lead the main activity, which includes multiple group leadership activities.”*

**(Lily is reading the rest of the opening)**

**Opening**

We have a lot of interesting and hopefully eye opening activities scheduled for you all and facilitated by members of the Student Advisory Council. Before we break into groups we wanted to take a moment to look at the leadership traits sheet in front of you. This is a list of common qualities that most strong leaders often demonstrate in moments of challenge, teamwork, and uncertainty. This day is designed to help you see those traits come to life not just in others, but in yourself as well. There

might be other traits that aren't on this list that you can add on to but we encourage you to take notes, circle traits that come up, because you very well may need it for the last activity.

Pay special attention to the ways leadership shows up. It often comes in many forms. Leadership isn't about being the loudest voice or having all the answers; it often appears in small but meaningful actions.

During your debriefing sessions, the facilitator will return to this sheet after each activity to help you discover your own leadership style or at least learn to recognize it in others. Most importantly, keep an open mind, support one another, and don't forget to have fun today. Some of the best leadership lessons happen when you fully engage in the experience.

### **ACTION: Split the room in half**

**Main activities: more info in you packets.**

**Trust Walk Facilitators** – 30-60 mins – David, Sydney, Christa, Kylie

**Silent Shapes Facilitators** – 30-60 mins – Grace, Peyton, Ava, Cadyn and Trinity

**Support/Supplies:** Luke and Jackie

If time for extra there is a mini activities sheet available for groups.

**12:00 – 1:00 PM Lunch Break (Re-sign In required of all participants)**

**(Christa Sims)**

**Christa please make sure everyone signs back in from lunch.**

Lunch provided by Hospital (50 boxes lunches) There is also food in the cafeteria you can purchase.

**1:00 – 1:30 PM**

### **GUEST SPEAKER #2 – Dan Diesel**

**Kylie** “We would like to introduce you to our second guest speaker, Mr. Dan Diesel. Mr. Diesel moved to Titusville, from St. Louis Missouri in 1965 with his parents, as part of the Space Program. He attended schools in Titusville from first grade to his graduation from Titusville High School in 1976. He went on to play college football at Tennessee Tech University, after graduation from that institution, he returned to Titusville and worked hard to make a positive difference in the lives of the youth in this community. Mr. Diesel or Coach Diesel has passionately worked to make that positive difference every day of his past 40 years as a Coach, Teacher, Athletic Director, Administrator and mentor at Titusville High School. He is also an active participant with many local organizations including Country Acres Children' Home, Titusville Little League, Chamber of Commerce Education Committee, IRC United Methodist Church, Kids Place, Brevard County Alzheimers Foundation, and Brevard County Parks and Recreations Board. Mr. Diesel was elected to the Titusville City Council in 2016 and served as the mayor from 2020 to 2024. Mr. Diesel was also honored with induction into the

prestigious Space Coast Sports Hall of Fame in 2016. He has a passion for serving our community and giving the next generation more opportunities.”

**Kylie**

**After Speech - (APPLAUSE!!!) Chairpersons/At podium (Kylie) – you will give Dan Diesel an appreciation certificate and thank him on behalf of the City’s Student Advisory Council.**

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(Ms. Lily Galleo)

**1:30 – 2:15 VISIONING BLOCK**

**Time travel activity** – facilitated by students – more information in packet.

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**2:15-2:30**

**CLOSING/WRAUP UP/DOOR PRIZES**

**(Sydney)**

***Appreciation Certificates for City Staff Member***

*“Please give a warm round of applause to the professionals that made hosting the main activity possible!*

*“Additionally, we want to say how very appreciative that we are to Sustainability Planner Ms. Lily Galleo for the time that she took out of her busy schedule to assist the City’s Student Advisory Council and for the expertise and knowledge that you bring from your professions and specialized fields. **(BIG APPLAUSE!!)***

***Present Ms. Lily Galleo with certificate of thanks and give her time to give her closing remarks.***

**Lily’s Closing remarks**

In closing, we hope you learned a lot today about what it takes to strengthen your leadership abilities. The obstacles and challenges are unavoidable and definite but there are as many challenges as there are opportunities in life for every challenge presents within itself the opportunity to overcome. Be flexible, do not fear changing over time because is growth, open your mind to that growth and try to use as many opportunities as you can to align yourself with the kind of person are envisioning to be.

My final point here that I wanted to make, is that we humans are social creatures. If the introverts don’t believe me then ask yourself how many times you’ve texted someone, used social media (consumed media of any types really), or even gone to a restaurant, etc. The only exception might be if someone went off into the woods and never saw or spoke or interacted with any resources outside of their own making. It’s rare and not the case for most of us. My point is, for as long as humans have existed, we have done so in teams and communities. We rely on them for our survival. You are, at this very moment, part of that community. Sure our social structures are not without its issues, some of which may seem so systemic it can be daunting to face or dream of ever changing but luckily for you, you are not an observer. You are the community as a day-to-day participant within it you are a crucial factor that make it work. So foster and master those traits and skills naturally already sparking within you. Own it. Use it as the guiding light within the social groups you find yourself in throughout this life and work together.

With that I will leave with this pretty popular phrase “If you want to fast, go alone. If you want to go far, go together.”

Thank you for taking the time out of your school day to come here to learn, discover and foster your leadership skills. I’d like to give a big round of applause for the Student Advisory Council, this group is the main communication channel between your local government and the student body in Titusville so without their help we could not have created such an event. Thank you to the advisors who nominated them at THS, AHS, and ACE and thank you to Parrish Medical for donating the space for us to be here today.

**\*\*\* All SAC Members at the front**

**(Sydney)**

*“On behalf of the Student Advisory Council, we would like to thank Parrish Medical Center, the City of Titusville, the Titusville City Council, Brevard County Schools, Astronaut High School, the Academic Community Enrichment Association, Titusville High School, Ms. Lily Galleo, our Guest Speakers, and all of the very generous sponsors and the individuals who helped make the 2026 STUDENT LEADERSHIP SEMINAR. Let’s give them a big round of **applause**.”*

*We have **certificates of participation** ready for each of you at the registration table. Don’t forget to pick yours up upon leaving”.*

*“Finally, thank you for coming!!! We hope you have been inspired by today’s seminar and will take away useful knowledge that will benefit your future.*

**Dismissal –**

## *Student Advisory Council*

*Peyton Redfern, Co-Chairperson*  
*Cadyn Fiebig, Co-Chairperson*  
*Sydney Lelle, Vice-Chairperson*  
*Christa Sims, Secretary*  
*Grace Barraza, Member*  
*Luke Donhoff, Member*  
*Trinity Johnson, Member*  
*Ave Sperr, Member*  
*Kylie Miller, Member*  
*Jackie Willis, Member*  
*David Speeler, Member*

## *Titusville City Council*

*Andrew Connors, Mayor*  
*Herman A. Cole, Jr., Vice-Mayor*  
*Megan Moscoso, Council Member*  
*Jo Lynn Nelson, Council Member*  
*Dr. Sarah Stoeckel, Council Member*  
*Thomas Abbate, City Manager*

**“What a person does for himself dies with him...What he does for his community lives forever.”**

**(By Reverend Harry R. Lee, former City Chaplain)**



# 2026

## *Youth Leadership Seminar*

**Thursday, March 12, 2026**  
**8:00 a.m. – 2:30 p.m.**



**Parrish Medical Center**  
**(Conference Rooms 2-5)**  
**951 N. Washington Avenue**  
**Titusville, Florida**



**Sponsored by:**  
**2025-2026 Titusville Student Advisory Council**

***THANKS TO OUR DONORS WHO  
HELPED MAKE THIS A SUCCESS***

*Publix*

***AND THE PARTNERS WHO  
COLLABORATED TO MAKE OUR  
DREAM BECOME A REALITY***

*Astronaut High School  
Brevard County School Board  
City of Titusville  
Parrish Medical Center  
Titusville Community Development Department  
Titusville High School*



***PROGRAM SCHEDULE***

Parrish Conference Room Nos. 2-5

**8:00-8:30 A.M.** - Registration – Breakfast

**8:30-8:4 A.M.** - Welcome and Introduction of Dignitaries (Student Council)

**8:40-9:00 A.M.** - Ice Breaker

**9:00-9:30 A.M.** - Guest Speaker Michelle Lucas

**9:30-9:40 A.M.** - Break

**9:40-12:00 A.M.** - Main Activity Led by City of Titusville  
Sustainability Planner Lily Galleo

**12:00-1:00 P.M.** - Lunch provided by Parrish Medical Center  
(Lunch will be served across from conference rooms)

- Participants may eat in the Conference Rooms, or Community Dining Room
- 2<sup>nd</sup> Registration required upon return

**1:00-1:30 P.M.** – Guest Speaker Dan Diesel

**1:30-2:15 P.M.** – Visioning Block – Letter from the future

**2:15-2:30 P.M.** – Wrap-Up by Student Advisory Council and Door Prize

**Dismissal – Participants pick-up Participation Certificates.**

# Silent Shapes – SAC Leadership Activity

## 1-Page Facilitator Cheat Sheet

**Total Time:** 30–60 minutes (flexible)

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### Group Setup

- Form a groups of **7-8 students**
- All students participate simultaneously

**Positioning:** - Groups stand holding a rope/string that makes a loop

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### Materials Needed

- One rope or long string per group
  - Blindfolds (optional but recommended)
  - Timer/phone
- 

### ACTIVITY

#### 1 Introduction (5 min)

Say: > “Leadership isn’t always about talking or being in charge. Sometimes it’s about listening, observing, and helping a group move together.”

Explain rules clearly before starting.

#### **In this game:**

- Everyone wears a blindfold
- No talking or seeing once the round begins
- Everyone must keep one hand on the rope
- If you want you make take 1-3min to strategize, no moving,
- When blindfolds on, no talking

In the first round take as long as they need to feel confident the team formed the assigned shape. Once you all agree it's done, remove the blindfold and assess your shape

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## 2️⃣ Base Round – Silent Shape (10–15 min)

**Starter Shapes (choose 1–2):** - Triangle - Square

Stop the round, then allow eyes open to check results.

**Quick Debrief (2 min):**

- How do you think you all did?
  - What was difficult (or what made it work)?
  - How did the group try to lead without speaking?
- 

## 3️⃣ Next Rounds (15–25 min total)

### 🔄 Round 2 – More Complex Shapes

More Complex Shapes: - Rectangle - Star - Letters (T, S, A, C)

Keep rules the same.

**Debrief (2 min):**

- What strategies improved?
  - Did leadership feel shared or individual?
- 

### 🔄 Round 3 – Leadership Twist

Choose ONE:

- One person may speak one sentence total, OR - One person can see but still not speak and no strategy period is given

**Debrief (3 min):**

- How did the group adapt?
  - How did leadership show up differently?
-

## 4️⃣ (Optional) Final Challenge – Team Choice (10 min)

Groups choose:

- Their final shape
- Their strategy

Run one last silent round.

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## 🗨️ FINAL DEBRIEF (10-15 min)

Ask:

- What was the team's strategy and how did you decide it
  - Who led during this activity and how did the group feel about that?
  - How could you tell?
    - > Ask the "leader" what why they think they fell into that roll?
  - What other leadership traits show up (formal or informal)? And who?
  - What assumptions were made and what happened when assumptions were wrong?
  - How does leadership work when not everyone has the same information?
  - How did \_\_\_\_\_ affect success and how did you feel about failure(s)?
  - Did the failures help when you tried again?
  - Do we see examples of this in everyday life? School? Work? Locally?
- 

## ✅ Facilitator Tips

- Let silence feel uncomfortable, it's part of the learning and critical-thinking process
- Don't correct shapes mid-round
- Focus debrief on *behavior*, not accuracy, follow the narrative

**Outcome:** Students experience leadership and see the applied traits and values in action

## ADDITIONAL DEBRIF QUESTIONS (THIS is the learning)

### Communication

- What type of communication worked best?
- What leadership traits showed up in this exercise? Elaborate?
- What caused confusion?
- Did people talk at the same time or listen?
- Did someone naturally step into a leadership role?
- Was leadership shared or controlled?
- How did the group handle disagreement?
- Did everyone feel included?
- How did it feel not being able to see?
- How is this similar to leading without full information?

### **Notes if they come up**

**On failure** If they seem indifferent about the failure or that they liked it because it helped them get better...highlight that!! Accepting, learning, and growing from the “fails” is good, very good. This is that concept in action.

**On strategy** How did the approach change and why? If it was iterative (building on the examples of the past) highlight that! That is adaptability, critical-thinking, and resourcefulness in action!

**If they'd done this before** If any member of the group had, in some other event, done this exercise previously (either at another leadership camp etc.) and they took the lead, and the rest of the group allowed that because they had done it before - highlight that! This is being knowledgeable, awareness, and collaborative in action!

# Trust Walk – SAC Leadership Activity

## 1-Page Facilitator Cheat Sheet

Total Time: 30–60 minutes (flexible)

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### Group Setup

- Students group up in 3s
  - One partner is the **Seer**, one is the **Talker**, the other is **Walker**
  - Partners switch roles halfway through
- 

### Materials Needed

- Blindfolds
  - Cones, chairs, or simple obstacles
  - Object to retrieve
  - Timer/phone
- 

## ACTIVITY FLOW

### Introduction (5 min)

Say: > “Trust and trustworthiness is one of the most important leadership skills. Today, you’ll experience what it feels like to lead someone who depends on you and what it feels like to trust someone else.”

Review safety rules clearly.

The object is to cross the path, retrieve an item and bring it back

#### Rules:

- Amongst your team choose a

1. Walker: wears blindfold, can move, but cannot talk or see
2. Talker: wears blindfold, can talk, but cannot move or see
3. Seer: no blindfold, can see, but cannot talk or move

- Carefully and safely the team must help the walker retrieve the object and bring it back

You have 5-6 minutes to strategize. Afterwards, the game begins.

All blindfolds are on and the I, the facilitator, will silently place the object at a random location across the course. Seers pay attention but do not speak or start. Once I say go, you may begin until the object is retrieved.

Time each group to see who completed the course first.

### **Quick Debrief (2 min):**

- How did it feel to trust someone?
- How did it feel to be responsible for someone else?

They may try it again with a different strategy and same roles if they wish

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### **3️⃣ OPTIONAL Progression Challenge – Switch (10 min)**

- Change roles

### **Debrief (3 min):**

- How did it feel changing the dynamic of the group?

### **4️⃣ OPTIONAL Progression Round (15–25 min total)**

#### *Round 2 – Silent Trust*

- No talking allowed
- Guide uses **non-verbal sounds** (claps, snaps, or other means)

### **Debrief (3 min):**

- How did trust change without words?
- 

## **FINAL DEBRIEF (10 min)**

Ask:

What worked and what didn't?

What helped your team succeed in the obstacle course?

What behaviors built trust quickly? What broke trust?

What sort of leadership traits showed up as responsibility?

What leadership behaviors emerged during the exercise?

- Why is \_\_\_\_\_ important?

How might this relate to real-world community problems (e.g., when you lead a project and team members have incomplete information, when decision-makers make calls based on research that is still developing, when teachers make lesson-plans without knowing the students prior knowledge)?

How does \_\_\_\_\_ affect teamwork and decision-making?

How can members build/create/foster \_\_\_\_\_ with each other and the community?

How can you build/create/foster \_\_\_\_\_ with each other and the community?

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### Facilitator Tips

- Emphasize safety over speed
- Remind Guides they are responsible for others
- Let students reflect honestly—no wrong answers

**Outcome:** Students understand that leadership begins with trust, care, and accountability.

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## Silent Line-Up

**Focus:** Non-verbal leadership

**Time:** 15–20 minutes

### How it Works

Students must line up **without talking** by:

- Birthday month/day
- Height
- Alphabetical first name

### Debrief

- Who led? How?
- What signals worked?
- How is leadership shown without speaking?
- What leadership trait(s) showed up in this exercise?

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## One-Voice Challenge

**Focus:** Listening & coordination

**Time:** 15 minutes

### How it Works

- Group up in 6-7 people
- Objective is to count to 20
- Only one person can speak at a time
- If two speak at once → restart
- No one standing next to the speaker may say the next number
- No patterns (going around in an order, same person speaking, etc)

### Debrief

- What changed after failure?
  - How did the group self-correct?
  - What leadership trait showed up in this exercise?
  - Why is \_\_\_\_\_ important in leadership?
- 

## Floating Object Challenge

**Focus:** Group Cooperation

**Time:** 15 minutes

### How it Works

- Group up into teams of 3-4
- Each person must have at least one finger supporting and object
- Collectively, move the object to the floor together
- If the object falls, start over.

### Debrief

- What strategies helped your group stay coordinated while lowering the object
- How did you decide who would guide the process?
- How did communication (both verbal and nonverbal) impact your success.
- What did you learn about working together under pressure?
- What does this challenge reveal about cooperation in real-life situations where everyone must contribute for the group to succeed?



# Time travel – SAC Leadership Activity

## 1-Page Facilitator Cheat Sheet

**Total Time:** 30–60 minutes (flexible)

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### Group Setup

- Individually then in groups
- 



### Materials Needed

- Paper
  - Pen/Pencils
- 



## ACTIVITY FLOW

### 1 Introduction (5 min)

Say: > Think back on the leadership traits that stood out to you during the activities today. Consider the strengths you may not have realized you already possess, and recognize the leadership qualities you saw in others on your team.

The truth is, our communities need many different types of leaders. I'm not just talking about coaches, politicians, CEOs, or managers. Leadership shows up in friend groups, in clubs, as mentors, teammates, and even as parents or role models. Just as importantly, you are the leader of your own life. At some point, each of us is called to lead, and whether you succeed or learn and try again often depends on your willingness to grow and develop these skills.

As we experienced today, leadership is not about always having the answers. More often, it's about having a vision sometimes even multiple visions that help guide your decisions and shape the direction of your life. So now, I want you to imagine what that could look like for you.

Let's rewind five years. Picture a younger version of yourself. Imagine sitting down with them as a mentor, a guide, and a leader. What traits did they already have that you now recognize as the foundation of who you are becoming? Resist the urge to judge the mistakes you know they might make. Instead, meet them with understanding and encouragement. They were doing their best just as you are doing here today.

Now fast-forward five years into the future. Picture the person you've grown into and the impact you've made. What positive changes did you help lead in your school, your neighborhood, or even your city? What challenges did you face, and how did you rise to meet them? Most importantly, what kind of leader did you choose to be?

In this activity, you'll write a letter from your future self to the person you are today. Let it reflect your growth, your leadership, and the difference you hope to make. Don't limit your thinking this is your opportunity to define the future you want to help create.

### **Independent Activity (20 min)**

**(5-10min)** Begin by traveling back in time to meet yourself five years ago. Picture sitting across from that younger version of you.

- What were they thinking about?
- What mattered most to them?

Speak to them as a mentor, a guide, and a leader.

Consider:

- What motivated or inspired you at that time?
- Which traits were already present that you now recognize as the foundation of who you are today?
- What obstacles were ahead, and what strengths would they need to navigate them?

In closing, offer that younger version of yourself encouragement. Remind them that growth takes time and that the traits they begin building now will continue to shape their future in powerful ways.

**(10-15min)** Now shift your perspective forward. Imagine yourself five years from today returning to speak with the person you are right now. You have grown through challenges, stepped into leadership, and made a meaningful impact in your own life and perhaps even in your community.

Write a letter as your future self who is mentoring you as you are today.

- What would they say? What words of encouragement would they offer?
- What change did you help lead?
- What real problem did you take action to solve and what challenges did you face?
- How did you inspire, support, or guide others?
- Which leadership traits helped you overcome challenges and succeed?
- Looking back, what advice would your future self give you today?

Be specific. Focus on real issues, real actions, and real impact. Don't focus too hard at setbacks and focus on turning any obstacle into opportunities. This is your chance to envision not only who you will become, but the difference you will make.

### **Group Connection (15-20)**

Once you've finished writing, move around the room and form small groups with others whose future visions are similar to yours. They do not need to match perfectly just having a shared purpose is what matters most (community-based, school-based, etc.)

Discuss together:

- What makes our visions alike?
- Where do they differ?
- Are there more than one ways to reach a similar vision?
- How have our past experiences and current motivations influenced the futures we imagined?

In leadership development, some of the greatest accomplishments happen when strong leaders unite around a shared vision. Backgrounds and personal stories may vary, but common goals create momentum and that is what's really powerful. Seek out people who challenge you, support you, and believe in a future similar to the one you want to help build.

And if you don't immediately find someone whose vision aligns with yours, don't be discouraged. It may simply mean they are not here in this room, or you may be called to pave a new path, and often transformational leadership begins that exactly that way.

## Time Travel Worksheet

Begin by traveling back in time to meet yourself five years ago. Picture sitting across from that younger version of you. Speak to them as a mentor, a guide, and a leader.

- What were they thinking about?
  
- What mattered most to them?

Consider:

- What motivated or inspired you at that time?
  
- Which traits were already present that you now recognize as the foundation of who you are today?
  
- What obstacles were ahead, and what strengths would they need to navigate them?
  
- What encouragement or advice would you give them?

Now shift your perspective forward. Imagine yourself five years from today returning to speak with the person you are right now.

You have grown through challenges, stepped into leadership, and made a meaningful impact in your own life and perhaps even in your community.

Write a letter as your future self who is mentoring you as you are today.

- What would they say? What words of encouragement would they offer?
  
- What change did you help lead?
  
- What real problem did you take action to solve and what challenges did you face?
  
- How did you inspire, support, or guide others?
  
- Which leadership traits helped you overcome challenges and succeed?
  
- Looking back, what advice would your future self give you today?

Be specific. Focus on real issues, real actions, and real impact. Don't focus too hard at setbacks and focus on turning any obstacle into opportunities.

This is your chance to envision not only who you will become, but the difference you will make.

## Group Debrief and Presentation

Form small groups with others whose future visions are similar to yours. They do not need to match perfectly just having a shared purpose is what matters most (community-based, school-based, team-based, etc.)

Discuss together:

- What makes our visions alike?
- Where do they differ?
- Are there more than one ways to reach a similar vision?
- How have our past experiences and current motivations influenced the futures we imagined?

Pick a speaker to share on behalf of your group.

In leadership development, some of the greatest accomplishments happen when strong leaders unite around a shared vision.