# G



- USA Prime AMBASSADOR DIVISIONS
  - Ms. Heartland: Donna Boerger
- Ms. USA Prime Divisions
  - o DIV 2
    - Ms. Georgia: Sara Williams
    - Ms. Ohio: Marissa Dimond
    - Ms. South Carolina: Jasmine O'Banner
    - Ms. Utah: ShayLee Hunter
    - Ms. New Hampshire: Kathryn Barry
    - Ms. Tennessee: Kara Granados
  - DIV 3
    - Ms. Colorado: Ala Ahmed
    - Ms. New York: Yolanda Canela
    - Ms. Ohio: Teylor Emch
    - Ms. California: Bobbi Verdugo
    - Ms. Louisiana: Juanita Mosby
    - Ms. Florida: Beatrice Deliperi
  - o DIV 4
    - Ms. Minnesota: Kat Stanley
    - Ms. Ohio: Mariette Wade
    - Ms. Alabama: Gena Richardson



- Mrs. USA Prime Divisions
  - o DIV 2
    - Mrs. California: Tee Lee
    - Mrs. Ohio: Britton Allen
  - o DIV 3
    - Mrs. Ohio: Ladonna Crosby
    - Mrs. Alabama: Amanda Taylor
    - Mrs. Indiana: Kasey Munzer
    - Mrs. North Carolina: Tarah McLaughlin
  - o DIV 4
    - Mrs. Minnesota: Faith Sage
    - Mrs. Washington: Holly Boyce
    - Mrs. Ohio: Maria Hoffman
    - Mrs. Florida: Rhonda Nowicki
    - Mrs. Utah: Heidi Petersen
    - Mrs. North Carolina: Dayna Causby
- Mrs. USA Prime Ambassador
  - Mrs. Southern States: Laura Coffee
  - Mrs. Sunshine State: Fallon Williams

BE SEEN. BE HEARD. BECOME YOUR BEST SELF.



# Junior Personal Improvement Visionary Award Program

**INFORMATIONAL SESSIONS: AUGUST 12, 13, OR 14** 

Come with us on a two week mission to learn more about personal improvement, goal setting, and self care, and be paired with a mentor to help you achieve your goals.

You will write a 1-2 page essay about your experience and receive a certificate.

Program Dates: Aug 15-31 Mentor Meetings: Aug 15, Aug 22, Aug 31 Essay Due: Aug 31

Once you have received your certificate, you will be invited to accept the award at nationals in Orlando on September 18.

BE SEEN. BE HEARD. BECOME YOUR BEST SELF.



# JUNIOR PERSONAL IMPROVEMENT VISIONARY AWARD

**INFORMATIONAL SESSIONS: AUGUST 12, 13, OR 14** 

You've been nominated to experience incredible mentorship from a Prime Queen to help you become your best self.

Come with us on a two week mission to learn more about personal improvement, goal setting, and self care, and be paired with a mentor to help you achieve your goals.

### How it works:

- accept your nomination
- attend an informational session
- meet your mentor, print your provided workbook, and set your two week goal
- write a 1-2 page essay about your experience
- receive your award!

### JUNIOR PIVA PROGRAM

### APPLICATION AND PERMISSION SLIP

- Application Process and Link
- No fee to apply
- FORM: Basic Information about Junior Visionary & Parental Consent
- Needs to be turned in by August 10th
- Prime Queen Mentor will be assigned if Prime Queen didnt originally nominate and/or want to mentor the Junior Visionary
- LINK: https://forms.gle/prFXaoogBGo3p2Qt6

### INFORMATION OVERVIEW

- Girls 14-18 years old(not your own children) will have the opportunity to complete a mini self-care, goal setting program.
  - Educational element, workshop, planner/tracker, essay.
- They can be nominated by a Prime Queen but do not have to be.
- They will be paired with a Prime Queen that would like to mentor them throughout this 2 week period (answering any questions, etc.)
  - o approx. (3) 30 minute sessions
- Program will be Aug 15-Aug 31
- To complete the program, the junior will need to have their parents sign a form before starting and submit a 1-2 page prompted essay on Aug 31 regarding their goal process and self care journey and will receive a certificate.
- Those juniors who want to accept their award or certificate in person are invited to attend the National Competition on September 18, 2022 at Horizon Highschool, Winter Garden, Fl.
- Initial Program Content and Information Session for Juniors will be (choose one):
  - Aug 12 (5pm EDT),
  - Aug 13 (12pm EDT),
  - Aug 14 (12pm EDT).

### PROCESS FOR PRIME QUEEN

- Nominate a Junior Visionary with the Google Form Provided on your contestants' only page
- Have the Junior Visionary's parents sign the agreement
- Decide when you will attend the informational session Aug 12,13,14
- Set up 3 actual times (30 min sessions) to virtually mentor your mentee (Aug 15, Aug 22, Aug 31)
- Your job is to help them through the process and make sure they can turn in their goal summary essay on time.

### JUNIOR PIVA PROGRAM

### MENTORING STYLE

- Create an Ice Breaker Activity to Start.
- You are there to provide consistency, clarity, guidance and motivation to the Mentee.
- Listen, ask questions and do NOT judge. Validate their feelings.
- Help them through the Goal Setting Process but let them lead when you can.
  - o identifying opportunities and possibilities.
- Establish Expectations for what they are suppose to accomplish and what your relationship will be.
- Remain respectful at all times and please let the parents know if something doesn't seem right to you.
- Be on time and no rescheduling when meetings.
- Celebrate with them when they turn in their essay!

### NATURE OF PROMPTED ESSAY THEY ARE TURNING IN

- This course is only an introduction to goal setting and self care.
- Please let them know that their goal may take longer than 1 week to accomplish and their essay will only be a reflection of the process they have gone through so far.
- Some things they may want to write about:
  - What area of self care did she focus?
  - Did she create a plan of action?
  - What tools did she use to execute the plan?
  - What setbacks did she experience along the way?
  - How will she reward herself for achievements?
  - o Did she keep records of what, why, or how she executed her plan?
  - Did she use any community leaders, organizations, people in her community to help with her focus and to reach her goals?
  - Did she share her experience with others? How did she share her experience on social media?
  - How did she create accountability to execute her plan?
  - What were her results of her journey?
  - What was her assessment of her own efforts?
  - Did her efforts regarding her focus positively affect any other additional areas of her life that she wasn't expecting?
- They are more than welcome to independently continue the process after turning in the essay.

### JUNIOR PIVA PROGRAM

## PROGRAM DAILY AGENDA FOR JUNIOR Visionary

- Aug 12-14: Information Session (Pick One)
  - Aug 12 (5pm EDT),
  - Aug 13 (12pm EDT),
  - Aug 14 (12pm EDT).
- August 15: Introduction to Goal Setting and Self Care Process
- August 16: Workbook-Reflect and Analyze / Journal
- August 17: Workbook-Expand and Manifest / Brain Dump
- August 18: Workbook-Make Your Plan
- August 19: Workbook-Mini Goals
- August 20: Workbook-Support & Accountability
- August 21: Workbook-Vision Board Creation
- August 22: First Day of Tracking Goal
- August 23: Second Day of Tracking Goal
- August 24: Third Day of Tracking Goal
- August 25: Fourth Day of Tracking Goal
- August 26: Fifth Day of Tracking Goal
- August 27: Six Day of Tracking Goal
- August 28: Seventh Day of Tracking Goal
- August 29: Workbook-Pivot or Reward
- August 30: Workbook-Glow and Write Essay
- August 31: Finish and Turn in Essay
- Certificate is either Mailed or they can accept it at Nationals in Orlando on stage during the Nationals Competition Show