



# MIJA PIONEERS PROGRAM SCHEDULE

MIJA, YES YOU CAN.



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9 AM - 9:45 AM

## Welcome Breakfast & Opening Remarks -

Check-in, icebreakers, program overview, and goal setting



POWERED BY



**bianomics**

9:45 AM - 10:45 AM

## Soft Skills PI + Goal Setting -

Communication, teamwork, and emotional intelligence - Conflict resolution & problem-solving strategies.



10:45 AM - 11:30 AM

## Soft Skills PII + Leadership Training

Public speaking, identifying leadership styles - Strategic thinking and decision-making - Women in leadership discussion.



11:30 AM - 12:30 PM

## Lunch + Peer Connection Time

- Catered lunch from Chick-Fil-A
- Networking with mentors and peers.



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12:30 PM - 1:30 PM

## Resume Building + Mock Interviews

Rotations include: 1:1 Mock Interviews with professionals - Personalized resume station



1:45 PM - 2:30 PM

## Mental Wellness Integration

-Guided mindfulness activity & wellness check-in - Journaling & stress management tools - Self-doubt, self-worth, and self-care talk



2:30 PM - 3:00 PM

## Closing Session: Reflection + Swag Bags -

Affirmation writing - Closing circle: what we learned & what's next - Group photo + swag bag giveaway , Free professional headshots - Mija Closet shopping



3:00 PM - 3:30 PM

## Scholarship Awards

Two teens will be awarded a \$500 scholarship based on a writing prompt that will be submitted before the day of the event. Scholarship will be awarded by Teen P.O.P Founder.