



GSH Life Skills Volunteer Training Program – Cohort 1



Welcome back!

Presented by Kiara Gajo
Statewide Volunteer Manager



Agenda

Topics Covered

1

Support Ecosystem - Programs

2

Programs & gsEvents

3

Destinations

4

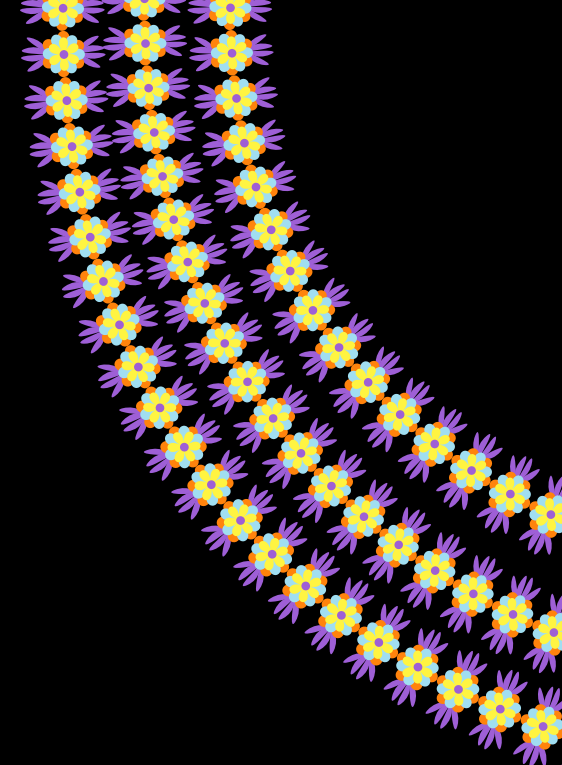
Leadership Awards

5

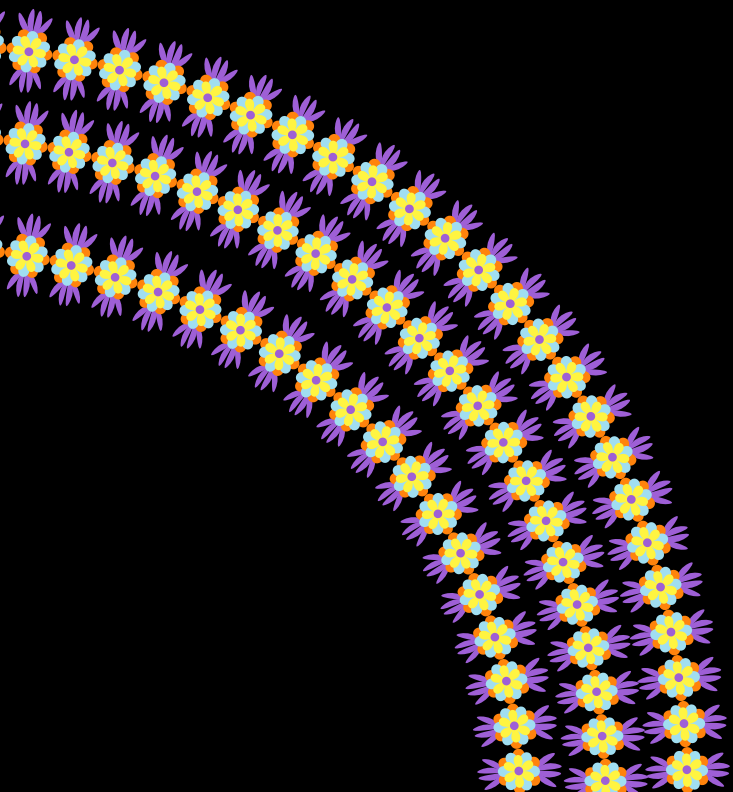
Bridging

6

Next Meeting & Resources



Objectives



1

Explore how GSH Programs and gsEvents contribute to skill building

2

Understand pathways for personal growth through Destinations, Leadership Awards, and Bridging

3

Learn how to connect girls to age-appropriate life skill experiences

4

Guide girls through personal goal setting achievement through level progression

5

Encourage the idea of travel to new places

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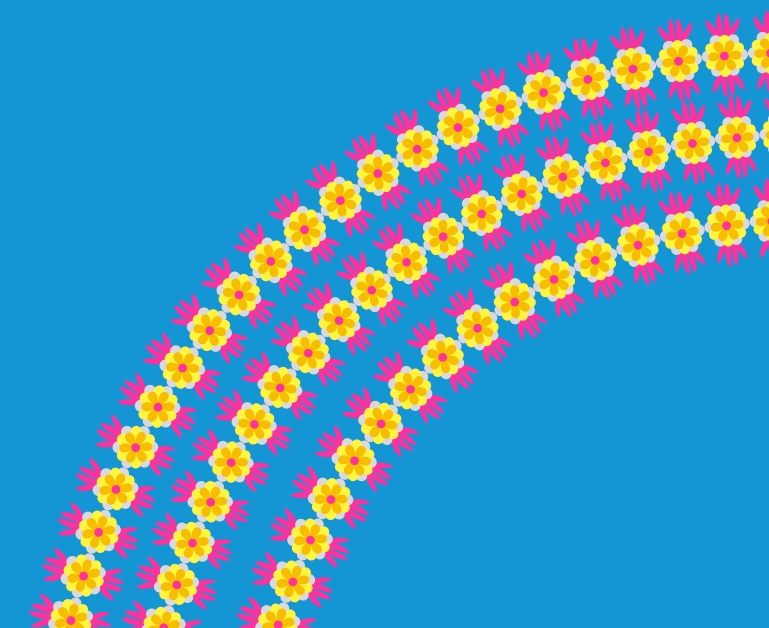
For more info, visit gshawaii.org
Contact GSH Customer Care at customer care@gshawaii.org
or Call Customer Care at 808.675.8400

Life Skills to Live by

The Life Skills pillar helps Girl Scouts build confidence and develop essential skills for school and life — including **civic engagement**, **healthy living**, **communication**, **financial literacy**, and **global citizenship**.

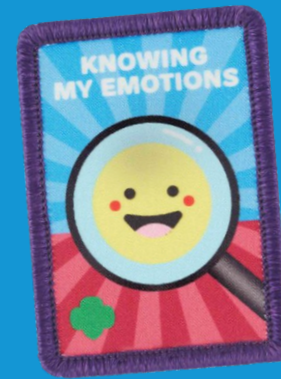
When girls engage in activities such as community service, mental wellness, career exploration and more they are shown to:

- Gain the skills and the inspiration to accept challenges and overcome obstacles
- Develop greater confidence and a stronger sense of self
- Are happier overall and display more positive values throughout life!



Life Skills Badges & Programs

Mental Wellness Patch Program



My Promise, My Faith Pins



Programs:

Civic Engagement



Body Appreciation & Healthy Living

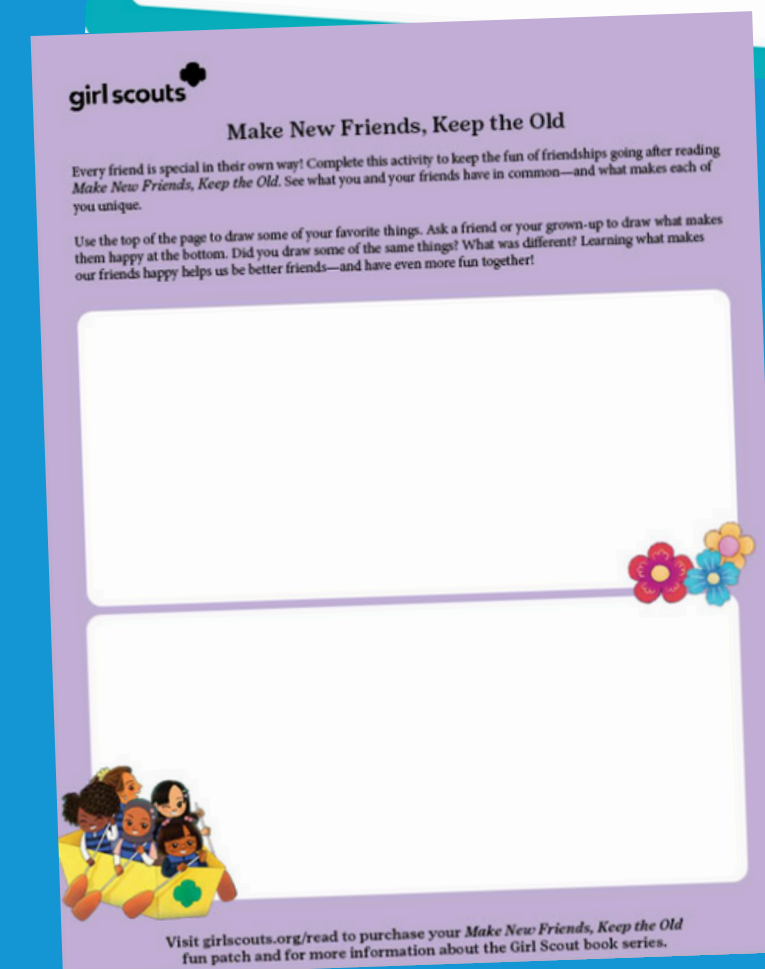
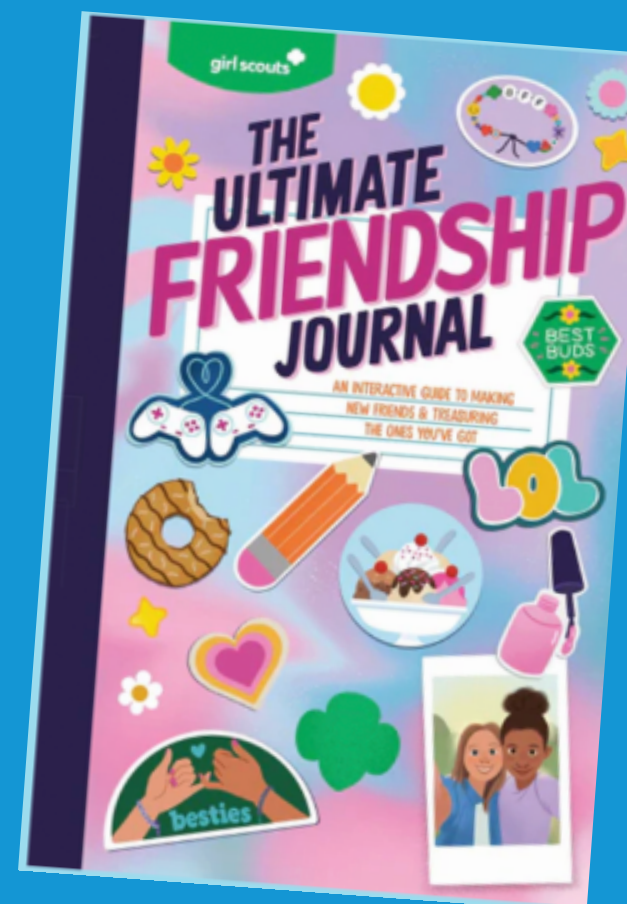
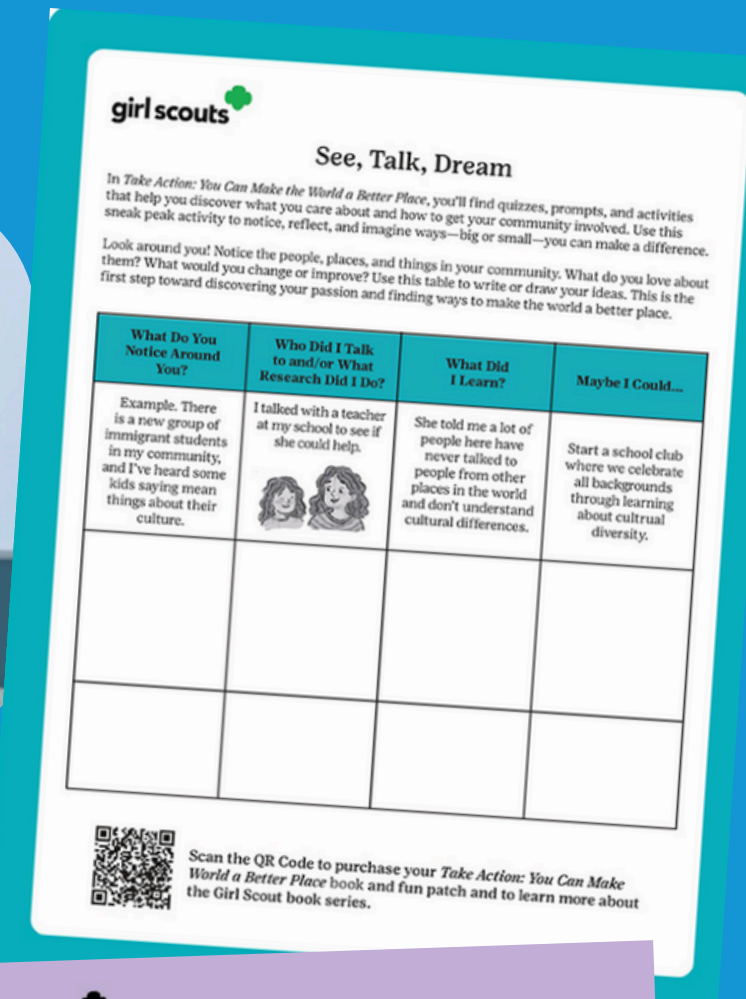


Practical Skills



Badges:

Read with Us – Harper Collins





Programs & gsEvents

"The magic of Girl Scouts happens not just in meetings, but in the moments we explore the world beyond them."



GSH Programs



Roles

Program Coordinator Role

Collaborate with Troop and GSH Council opportunities to plan a fun, meaningful Troop Year using tools like the VTK to create engaging, well-rounded experiences

Troop Admin

Manages troop communication, coordinates the calendar, ensures safety compliance, and keeps all forms and paperwork organized throughout the year.

Troop Helper

Drive, chaperone, and help coordinate troop trips or activities while supporting co-leaders with planning, prep, and any tasks needed along the way



gsEvents

Whether you're a Girl Scout eager to earn new badges and make friends, or a volunteer seeking training opportunities — there's an event waiting for you!



Event Search



Find Girl Scout events near you

Whether you're a Girl Scout ready to earn your next badge and make new friends at an art workshop, or an adult volunteer looking for training opportunities, we've got an upcoming event to help you do it. Search for Girl Scout events near you.

[OR use the Advanced Search](#) [VIEW RESULTS](#) [View on calendar](#)

October 2025



[First Aid / CPR / AED Certification Training - Oahu](#)

Date & Time: Sat Oct 18, 9:00 AM HAST - 2:00 PM HAST

Complete the American Safety and Health Institute (First Aid, CPR/AED) course by participating in this training!

[VIEW DETAILS](#)

[Bronze, Silver, & Gold Take Action Summit - Oahu](#)

Membership Required

Date & Time: Sat Oct 18, 6:00 PM HST - 8:00 PM HST

Girls & Adults interested in take action projects and higher awards will have an opportunity to meet with a diverse group of non-profit organizations.

[VIEW DETAILS](#)

[Monthly Gold Award Workshop - Virtual](#)

Membership Required

Date & Time: Wed Oct 22, 6:00 PM HST - 7:00 PM HST

Passionate about an issue and want to make a difference in a big way? It's time to tackle the highest award a Girl Scout can earn.

[VIEW DETAILS](#)

[Hawaiian Badge Camp- Kauai](#)

Membership Required

Date & Time: Fri Oct 24, 5:00 PM HADT - Sun Oct 26, 10:30 AM HADT

Join us for a weekend of Cultural Stewardship as we earn our Hawaiian Council Badges at Camp Hale Koa. Girls and Volunteers will discover our islands rich histories through: Oli, Malama Aina, Hula, music and histories. Explore the Ahupua'a system and navigate like Polynesian Voyager with the stars.

[VIEW DETAILS](#)



Outdoor Progression

Progression allows girls to learn the skills they need to become competent in the outdoors, including how to plan and organize outdoor activities. Acknowledge a girl's mastery of an outdoor skill and invite her to challenge herself further by taking that next step up and out! Outdoor fun can be endless when girls lead.

Look Out

Share past experiences in the outdoors.

- Talk about favorite outdoor places and why they're special.

- Wonder what else can be seen in the outdoors.

Meet Out

Step outside to look, listen, feel, and smell.

- Share what was observed.

- Learn more about what was discovered.

Move Out

Plan and take a short walk outside.

- Discuss being prepared for the weather.

- Do activities to explore nature.

- Plan and carry out an indoor sleepover.

Explore Out

Plan and take a short and easy hike.

- Discuss what to take in a day pack.

- Dress for the weather.

- Plan a healthy snack or lunch.

- Learn how to stay safe in the outdoors.

Cook Out

Plan and cook a simple meal outdoors.

- Make a list of gear and food supplies needed.

- Learn and practice skills needed to cook a meal.

- Review outdoor cooking safety.

- Practice hand and dish sanitation.

- Create a Kaper Chart for the cookout.

Sleep Out

Plan and carry out an overnight in a cabin/backyard.

- Discuss what to pack for the sleep out.

- Learn to use and care for camping gear.

- Learn and practice new outdoor skills.

- Plan a menu with a new cooking skill.

- Discuss campsite organization.

- Plan time for fun activities.

Camp Out

Plan and take a 1- to 2-night camping trip.

- Take more responsibility for planning.

- Learn and practice a new outdoor skill.

- Learn a new outdoor cooking skill.

- Plan a food budget, then buy and pack food.

- Practice campsite set up.

- Plan an agenda that includes fun activities.

- Explore/protect the surrounding environment.

Adventure Out

Plan and take an outdoor trip for several days.

- Learn and practice a new outdoor skill.

- Learn a new outdoor cooking skill.

- Develop first-aid skills and use safety check points.

- Budget, schedule, and make arrangements.

- Participate in an environmental service project.

- Teach and inspire others about the outdoors.

- Imagine new experiences to be had outdoors.

- Practice all Leave No Trace principles.

LEAVE NO TRACE PRINCIPLES:

Plan Ahead & Prepare

Leave What You Find

Respect Wildlife

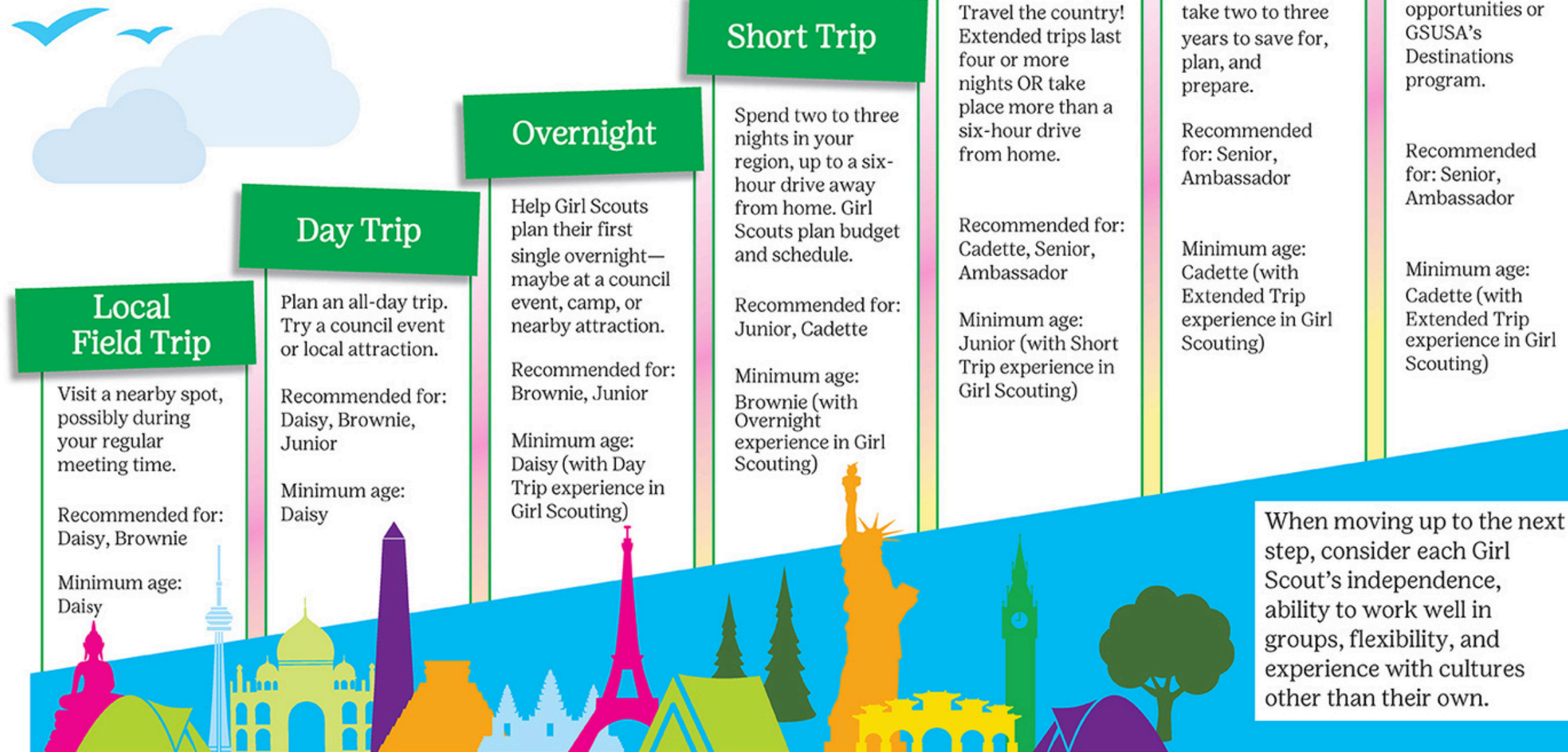
Minimize Campfire Impacts

Travel & Camp on Durable Surfaces

Dispose of Waste Properly

Be Considerate of Other Visitors

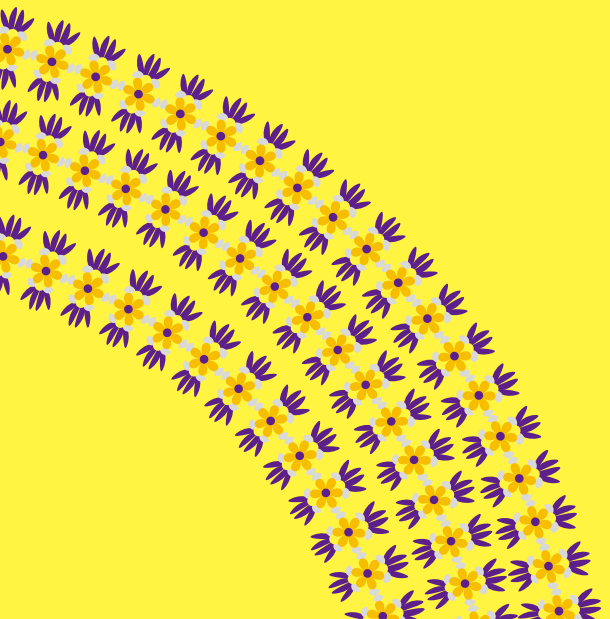
Travel Progression

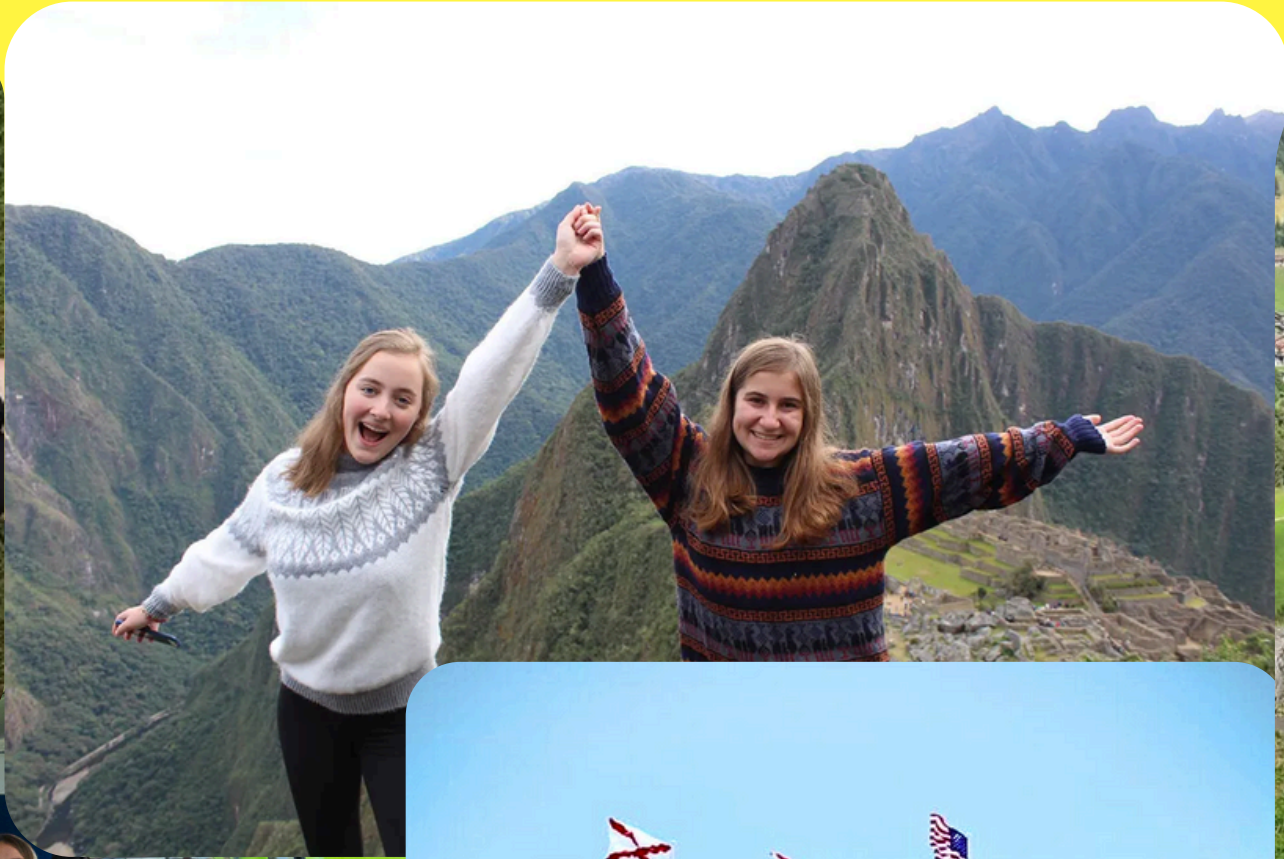


Through progression, Girl Scouts build skills to become lifelong travelers and global citizens. Girl Scouts take the lead in planning a new adventure at every level.

Destinations

“The work of today is the history of tomorrow, and we are its makers.”
- Juliette Gordon Low






girlscouts

Discover Get Involved Cookies Support Us Members

Members / For Girl Scouts / Ways to Participate / Travel / Girl Scout Destinations

Girl Scout Destinations



Are you ready for the ultimate adventure?

Girl Scout Destinations are the ultimate adventure for individual Cadette, Senior, and Ambassador Girl Scouts. Push past your comfort zone by applying for a trip on your own, and make friends from all over the country as you travel with new Girl Scout friends. There's a unique, life-changing experience for everyone.

Find the adventure of your lifetime. Search now.

For Advanced Search, use the grade level you will be entering next Fall to get the correct listings for your age.


OR use the Advanced Search

VIEW RESULTS

Event Date (Default)

▼

March 2026




Global Leadership Conference

Date & Time: Thu Mar 19 2026 - Sun Mar 22 2026

Engage with today's important social issues at this inspirational conference on the campus of Salve Regina University in beautiful Newport, Rhode Island, and plan your future to make the world a better place.

VIEW DETAILS

April 2026




Desert Dreams

Date & Time: Fri Apr 03 2026 - Sat Apr 11 2026

Explore three states and several National Parks in the beautiful desert of the American Southwest! Hike, climb, paddle, and learn about the Native American legacy of the area.

VIEW DETAILS

May 2026




Camp Fury

Date & Time: Tue May 26 2026 - Sat May 30 2026

Camp Fury is a high adventure immersion experience in the life of elite women of the fire and police services.

VIEW DETAILS

June 2026



Diamonds Destination: Exploring the Ozarks

Date & Time: Sun Jun 07 2026 - Sun Jun 14 2026

Destinations

1. Explore Options

Parents and the Girl Scout should first visit the website and review all available destinations.

- Visit [Girl Scout Destinations](#) at the GSUSA website

2. Choose a Destination

Select the destination that interests the **Girl Scout** the most. Girls are accepted individually for Destinations, not as a troop. The purpose of Destinations is to give Girl Scouts new expereinces on their own. Parents cannot attend Destinations—these trips are just for Girl Scouts to explore, learn, and make friends on their own.

3. Check Requirements

Make sure the Girl Scout meets all eligibility criteria, such as age, grade, prior experience, and payment deadlines.


4. Submit Application

Complete and submit the application for the chosen destination Applications and FAQ's can be found [Girl Scout Destinations](#) at the GSUSA website.



Pacific Exploration in STEM





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[Discover](#) [Get Involved](#) [Cookies](#) [Support Us](#) [Members](#)



Date: Wed Jun 24 2026 - Wed Jul 01 2026

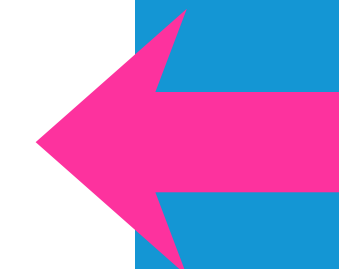
Category: Culture, STEM, Domestic Travel, Careers, Outdoors

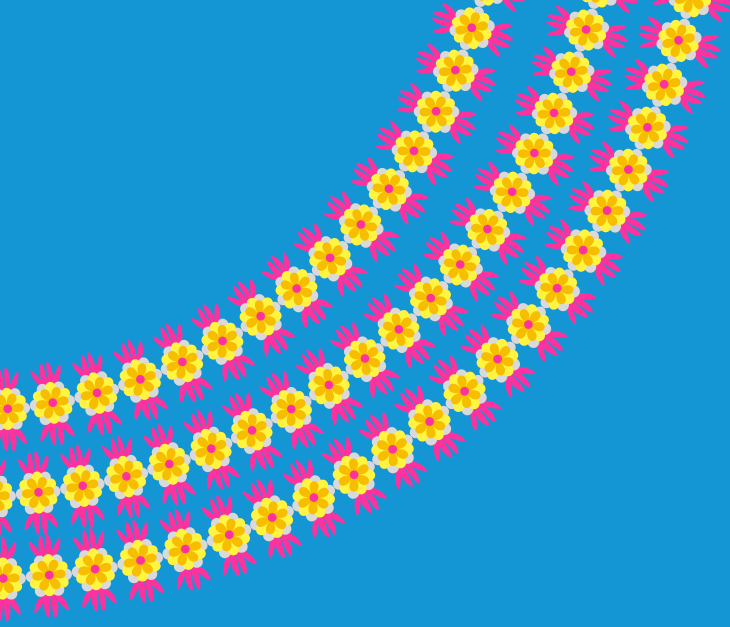
Level: Ambassador–11th Grade, Ambassador–12th Grade, Ambassador–12th Grade Graduate, Senior–9th Grade, Senior–10th Grade

[APPLY NOW](#)

Pacific Exploration in STEM: June 24-July 1, 2026

Experience Hawaii's multi-national cultures along with unique STEM activities at the newly opened International STEM Center for Excellence at Camp Paumalu on Oahu's North Shore.





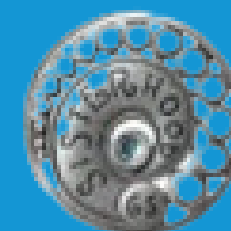
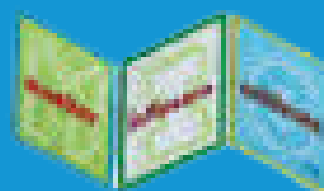
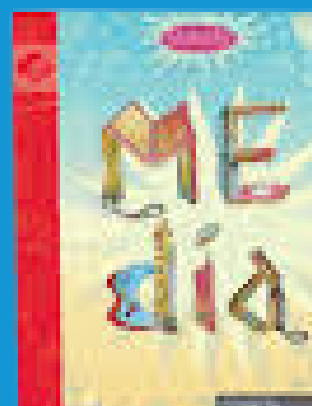
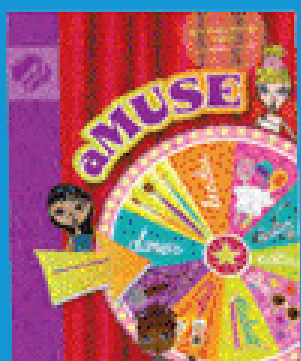
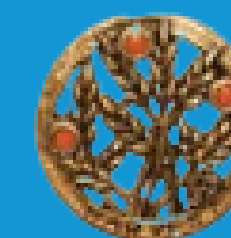
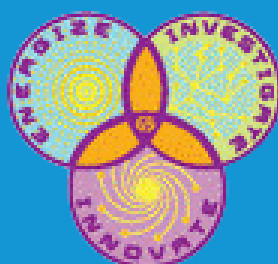
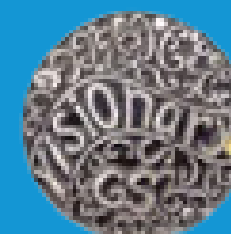
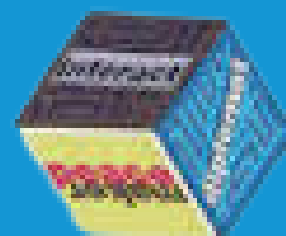
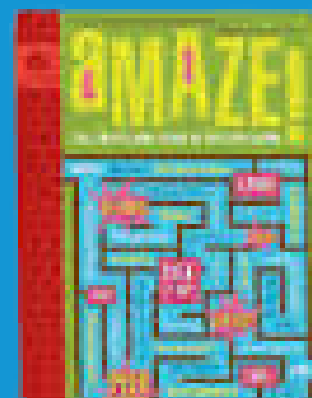
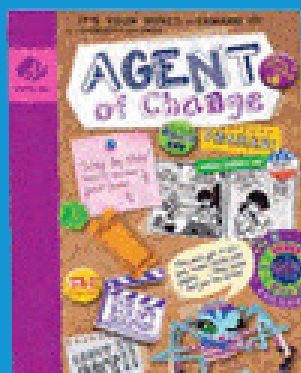
Leadership Awards

“Leadership awards are about building real skills for real impact and having the confidence to turn your ideas into action.”



Journeys

*will Retire on September 30th, 2026



Leadership Awards

Personal Leadership (True North Award)



Peer Leadership (Silver & Gold Torch Awards)



Teaching Leadership (Junior Aide, Program Aide, Volunteer in Training and Counselor in Training Awards)



Community Advocacy (Take Action and Global Action Awards)



Action Plans/Volunteer Guides

Personal Leadership Awards



Start with you—build confidence and courage to lead your way.

The brand-new True North award is available for Junior, Cadette, and Senior/Ambassador Girl Scouts.

The True North award is about discovering what matters to you and staying true to yourself. It's your chance to follow your values and take meaningful action, even when it feels hard or a little scary. Whether you're finding the courage to speak up for what you believe in, taking on challenges, or advocating for positive change, this award helps you build the confidence and clarity to chart your own course and take courageous steps toward what truly matters to you.

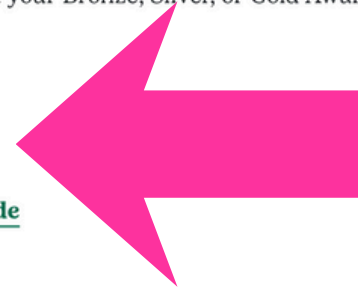
Bonus feature: Earning the True North award for your program level opens the door to the Highest Awards. Once you earn this award, you've fulfilled the prerequisite and are ready to start your Bronze, Silver, or Gold Award.

Download the Volunteer Guide and Action Plan PDFs:

- Junior: [Action Plan](#) | [Volunteer Guide](#)
- Cadette: [Action Plan](#) | [Volunteer Guide](#)
- Senior & Ambassador: [Action Plan](#) | [Volunteer Guide](#)

Make it official—Get your award pin!

- [Junior True North Pin](#)
- [Cadette True North Pin](#)
- [Senior/Ambassador True North Pin](#)



Volunteer's Guide to the Junior True North Award*

Find tips and ideas to help guide Girl Scouts through this award program.

A great way to practice leadership—plus, it opens the path to earn the Bronze Award

Facilitator overview: This guide will help you support Junior Girl Scouts in earning the True North award. You may be supporting just one Girl Scout, a few, or a larger group—adjust your delivery and language accordingly. Remind Girl Scouts that during each step, they should use the **Courage Plan** worksheet to capture their thoughts and reflect on their experience in any way they like.

Remember that your role in this award is to support Girl Scouts, not to evaluate them or to provide feedback. Your role is to create a space that allows Girl Scouts to share authentically and vulnerably. **ALL values, courageous acts, and approaches are valid, no matter how big or small.** Keep it girl-led and applaud Girl Scouts' efforts without directing or judging their choices. DO, however, help (but only as needed) with specific items, such as building a plan or choosing first steps.

Before you begin, consider doing the thought work of steps 1 and 2 yourself. Doing so will give you insight into stumbling blocks your Girl Scouts may encounter and prepare you to address any issues that may arise.

Step 1: Explore your values • 30–40 minutes

Ask: What values are most important to you?

Share: Your personal values guide a lot of the decisions you make. Your character grows stronger every time you use your values to make choices. It's like building any skill—the more you practice using your values, the easier it gets. In this step, you'll identify the values that matter most to you.

Guide: Help Girl Scouts understand what values are and are not. Explain that values aren't just things you care about; they're personal qualities or beliefs that support the things you care about. For example:

- Being on a sports team isn't a value, but teamwork is.
- Having friends isn't a value, but inclusion is.

- Getting good grades isn't a value, but dedication is.
- Cleaning your room isn't a value, but responsibility is.

Guide Girl Scouts to identify three to five things they care about most, then to dig deeper to find the core values within those things. Help with vocabulary (pinning down ideas can be tough!). Consider sharing examples from your own life to provide a real-world framework.

Sample activities (see award overview for details):

- **Share stories about values.** Help Girl Scouts come up with some examples prior to the discussion—it may be tough to summon ideas on the spur of the moment.
- **Live the Girl Scout Law.** Help Girl Scouts identify personal connections to the Law but don't help them decide which items feel most important—leave that up to them!

PAUSE TO REFLECT: Ensure Girl Scouts have filled out the **Courage Plan** worksheet before moving on to step 2.

Step 2: Choose a goal that matters to you • 30–40 minutes

Ask: How can you show your values in action?

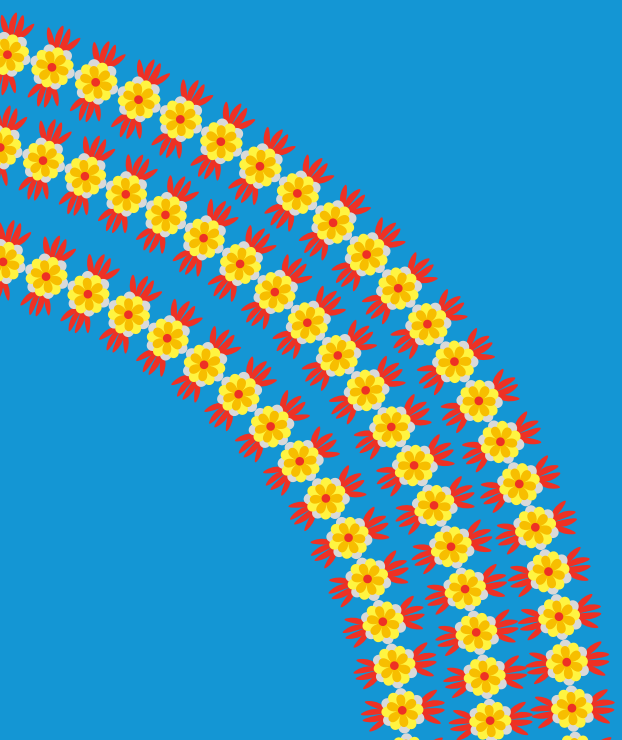
Share: Now that you know your values and how they help you build your character, it's time to find a courageous moment! This is an opportunity for you to practice using your values. Choose an action that matters to *you*—it doesn't have to seem big to others.

Guide: Explain to Girl Scouts that the purpose of this step is NOT to think of the biggest, bravest thing they can do (unless that's what feels right to them, of course). It's to choose ANY goal that reflects their values and that feels a little scary. It could be something quick, like asking for help in a school subject that's worrying them or talking to a family member about becoming more independent. Or it could be something a little longer-term, like practicing to try out for a sports team, a play, or a music group.



Bridging

*“Little girls into women grow,
Sharing with others all that they know.”*





Bridging

1. Talk with Girls, Make a Plan

Ensure steps are needed to complete bridging, discuss which activities the troop wants to participate in, and how, and then work together to create a plan.

2. Plan Bridging Ceremony

Bridging ceremonies, held at the start or end of the Girl Scout year, celebrate girls' progress with three parts: an opening to welcome guests, a main section led by girls and co-leaders, and a closing with thanks and a celebratory activity.

3. Gather Materials

Purchase new uniforms (vests/sashes) and Bridging Kits from GSUSA Shop or Aloha Shop. Kit should contain the awards and insignia each girl receives as she crosses over to her next level.

4. Hold the Ceremony

Make sure girls take a leading role in planning and running the ceremony. As girls get older, their participation will increase

Bridging – Rainbows

Bridge to Brownie Award



Bridge to Junior Award



Bridge to Cadette Award



Bridge to Senior Award



Bridge to Ambassador Award



Bridge to Adult Award



Bridging – Membership Stars and Discs

Stars - Added to show achievement or recognition during the bridging ceremony.

Discs - Represent completing the current level



Disc Color Guide:

- Daisy - Blue
- Brownie - Green
- Junior - Yellow
- Cadette - White
- Senior - Red
- Ambassador - Black

Key Takeaways

1. Connect with staff and fellow volunteers
2. Enrich your troop with programs and events
3. Guide girls to national and international Destinations
4. Support girls earning Leadership Awards
5. Celebrate progress with Bridging ceremonies
6. Stay informed through volunteer channels

Next Steps

- 1 Explore Volunteer Toolkit
- 2 Review upcoming gsEvents & Programs
- 3 Designate clear roles with parent volunteers
- 4 Utilize communication channels, myGS, gsLearn & more
- 5 Register on Microsoft Forms for next training meeting



Next Meeting:
GSH Pillar 2 –
Entrepreneurship

Dates available:
10/26, 10/28, 10/29, 10/30
@ 6-7PM



Communications & Support!

"Stay connected!"



GroupMe:

Join our Cohort 1: GSH Volunteer Chat

Facebook:

Council Page: Girl Scouts of Hawaii

Girl Scouts of Hawaii- Volunteers

Instagram:

Council: @girlscoutshi

Mahalo!

How confident do you feel in signing up for a Girl Scout Program after today?





Resource Page

Programs

[Forms and Documents | Girl Scouts of Hawai'i](#)

[New and Updated Programs | GSH](#)

[Hawaii Patches and Programs | Girl Scouts of Hawai'i](#)

[Activities | Girl Scouts of Hawai'i](#)

[Activity to Grade Level Guide | GSUSA](#)

[Safety Activity Checkpoints guidelines](#)

[Mental Wellness Patch Program | GSUSA](#)

[Body Appreciation Badge Program | GSUSA](#)

[Harper Collins Girl Scout-inspired stories, guides and journals | GSUSA](#)

Leadership Awards

[Leadership Awards | GSUSA](#)

[Leadership Awards FAQs](#)

[Award and Badge Explorer | GSUSA](#)

[Highest Awards | Girl Scouts of Hawai'i](#)

Events & Destinations

[Girl Scout Destinations | GSUSA](#)

[Find Events | Girl Scouts of Hawai'i](#)

[Travel & Destinations | Girl Scouts of Hawai'i](#)

[Girl Scout Destinations Application | GSH](#)

[Pacific Exploration in STEM | Girl Scouts of Hawai'i Destinations](#)

Bridging

[Bridging Guide | GSUSA](#)

[Aloha Shop | Girl Scouts of Hawai'i](#)

[GSUSA Shop - Bridging Kits](#)

Communications

GroupMe:

[Join our Cohort 1 GSH Volunteer Group chat!](#)

Facebook Page:

[Girl Scouts of Hawai'i- Volunteers](#)

[Volunteer Training Program - Cohort 1 Sign-Up Sheet](#)