



## 2025 KSHSAA STUDENT COUNCIL REGIONAL CONFERENCES

September 22 @ Shawnee-Mill Valley HS

September 23 @ Pittsburg HS

September 24 @ Valley Center HS

September 25 @ Minneapolis HS

September 29 @ Lawrence-Free State HS

September 30 @ Quinter HS

October 1 @ Dodge City Civic Center

October 2 @ Derby HS



## KATE GARNES – WHAT’S YOUR BATTLE CRY? THINK IT! SPEAK IT! LIVE IT!



**All In for An Incredible leadership learning and networking opportunity!** Come join leaders from across the state this fall at a Regional Student Council Conference near you! These half-day (8:30- 11:45 a.m.) leadership conferences are for both high school and middle school students and advisors. Login at [www.kshsaa.org](http://www.kshsaa.org) to register using the STUCO Regional Conference Entry Form. The registration fee is \$10 per student; advisors are free.

This year’s speaker is Kate Garnes. In her powerful and inspiring keynote, she shares her personal journey from self-doubt to self-empowerment. Growing up with the sting of hurtful words from trusted adults who said she wasn’t good enough, Kate faced a constant battle with negative self-talk. But through resilience, self-discovery, and a commitment to rewriting her own story, Kate transformed her life—from being told she’d never succeed, to becoming a published author, performer at places like Walt Disney World and Universal Studios, and even a gladiator.

Kate’s talk speaks directly to teens and teen leaders, encouraging them to challenge the harmful narratives placed upon them by others. Kate reminds the audience that they are not defined by the hurtful words or criticisms of the past. They possess the power within themselves to silence the negativity and change their story. Through actionable insights and relatable personal anecdotes, teens will leave this talk feeling empowered to overcome obstacles, redefine their worth, and embrace the strength they’ve always had to shape their own future.

In a second session with students, Kate will address effective communication as a leader. When accepting a leadership role, it is so important to know how to treat those you are leading with respect, humility and kindness. In this interactive workshop, Kate shows the importance of recognizing how to see, hear, and understand others, even when it’s not easy. Students will leave with hands on actives to take back to their communities to help create an engaging and safe environment where everyone feels seen, heard, and understood.

<https://www.kategarnes.com/>