2019 | 2020

Go Red Ambassador
Leadership Council

American Heart Association®
Go Red for Women

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THE PROGRAM

AMBASSADOR LEADERSHIP COUNCIL

This program empowers high school juniors and seniors to take their leadership skills to the next level, becoming change agents for a healthier Wichita. Students with a heart for service will learn how they can be a relentless force for a world of longer, healthier lives.

Each student will create and implement a personal Capstone Project that will help solve a health problem they see in the community — something in their schools, churches or neighborhoods. Imagine the impact!

SCHEDULE

Monthly sessions will begin in August and go through Breakfast in Red in February 2020.

Saturday, August 17 | 9:00 AM—3:00 PM
Leadership Training
Led by Bunny Hill & Dana Hensley, two women who have spent their lives developing young leaders. You will learn dynamic leadership skills that will be used throughout your Ambassador Leadership Council experience. This session will wrap with brainstorming on your Capstone Project.

Leadership topics covered:
• Leadership styles
• Setting your personal mission statement
• Growth mindset
• Courage in leadership
• Finding your voice

Thursday, September 19 | 6:00 PM—8:00 PM
Preparing for Professional Success
Tricia McNulty, a corporate recruiter will help you upgrade your resume. You will leave ready to submit it for jobs and college!

Terri Rice, Sr. Marketing Manager with Cox Communications, will share how having an executive presence can set you apart.

Thursday, September 26, 2019 | 4:30 PM—7:30 PM
Go Red for Women
Help celebrate Go Red for Women’s 15th anniversary! During this high-energy fundraiser, you will be introduced as a member of the Ambassador Leadership Council. You and one guest will receive a complimentary ticket.

Tuesday, October 8 | 6:00 PM—8:00 PM
Leading with Heart
Dr. Brian Pate is a well-respected leader and Chair of Pediatrics at KU School of Medicine — Wichita. He will share lessons to inspire you on your leadership journey. He will also teach you about pediatric heart patients and how your support of the American Heart Association impacts the lives of local children.

Then, you will begin planning your Capstone Project with Bunny Hill. You will leave with a list of goals, a timeline, and a marketing plan to complete your project.

November 2019
Healthy Lifestyle & Stress Management with Lululemon
Learn about goal setting and stress management — key components to living a heart-healthy life. You will learn how to set achievable goals and gain techniques to hold yourself accountable. Then, enjoy a yoga session to focus on your well-being.

December 2019
Mentor Panel
Bunny Hill will facilitate a panel of leaders in Wichita who will share how they came to be invested members of our community. We will select panelists based on your career goals, and the topics will be tailored to your interests.

Following their conversation, we will explore what leadership looks like in you and how you can grow as a leader.
REQUIREMENTS

Program Requirements
• Must be a junior or senior in high school during the 2019-2020 school year.
• Submit application to the American Heart Association by June 14, 2019.
• Strive to maintain a heart-healthy lifestyle by attending all program activities and events.
• Demonstrate leadership qualities and responsibility towards commitments.
• Prior completion of the Heart Ball Sweetheart or Ambassador Program is a plus, but not a requirement this year. It will be a requirement in 2020-2021.
• Solicit 1 (minimum) auction item, valued at $250 or more for the Go Red for Women ‘Pursonality’ Auction, Sept 26, 2019.

Financial Contribution
Option #1: $1,200 contribution ($825 is tax deductible)
• Membership in the program for one student
• Membership in Crimson giving society for a special woman in your life

Option #2: $2,400 contribution ($2,025 is tax deductible)
• Membership in the program for one student
• Membership in Crimson giving society for a special woman in your life
• Provide a need-based scholarship for another Ambassador Leadership Council member

About Go Red for Women
The American Heart Associations’ Go Red for Women movement is the trusted, passionate, relevant force for change to eradicate heart disease and stroke in women all over the world. Launched in 2004 as an awareness campaign, Go Red quickly grew into an international movement and has become a platform for real change. Today, more women than ever recognize that heart disease is the leading cause of death among women. Go Red focuses on inspiring and empowering women to better achieve health and well-being.

American Heart Association
To be a relentless force for a world of longer, healthier lives:
• 1 in 3 women die from heart disease and stroke.
• Cardiovascular diseases kill one woman about EVERY 75 SECONDS.
• Eighty percent of all cardiovascular diseases are preventable with healthy lifestyle choices.

How to Apply
Submit a completed application, deposit or full payment and your signed agreement by June 14, 2019. Applications received after this date will be accepted based on program availability.

January 2020 Presentation Practice
Come prepared to present your Capstone Project to your peers on the Ambassador Leadership Council. Bunny Hill & Dana Hensley will offer feedback to prepare you for your final presentation at Breakfast in Red.

February 7, 2020 - Final Session
Breakfast in Red, February 7, 2020
It’s time to inspire! You will present your Capstone Project to our community. Your work will inspire more than 300 guests who attend annually. You may bring any guests you’d like, and they will enjoy a complimentary breakfast while learning how we can save lives of the women we love.

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This may be paid in one sum or three installments. The first payment of $400 for Option #1 OR $800 for Option #2 is due with completed application packet. (entire payment breakdown included in application).

A partial packet will not hold a spot in the program (even with deposit); only completed application packets will receive consideration.

The full amount must be paid by August 30, 2019 or the Ambassador will not be presented at Go Red for Women. If you are not selected to serve on the Ambassador Leadership Council, the deposit will be returned.

To request an application or additional information, please contact our Office Manager, Jennifer Melcher at 316.768.3837.
My reason for being involved in the Go Red Ambassador Leadership Council was to make a difference in Wichita by spreading awareness of heart disease. Born with a congenital heart defect, I had open heart surgery when I was six days old. Music and dance have been my personal outlet and form of exercise, despite the limitations my heart condition has had on me. My project, “Stretching For Heart”, brought together my passion of music and dance while spreading awareness of heart disease. It is shown that music, while listening to, singing to, or stretching to, reduces heart rate and relaxes the body. The leadership skills I gained through Ambassadors allowed me to teach my peers that stretching and music contribute to a less stressed, more heart healthy life.

Zoe Corrigan
Senior—2019, Ambassador Leadership Council

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Elizabeth Meister
Senior—2019, Ambassador Leadership Council