



Student Registration Packet

What

1st Annual Future Leaders Forum for Young Women

When

Saturday, November 6, 2010

Registration: 8:30 a.m.

Event: 9:00 a.m. – 4:00 p.m.

Where

Houston Community College North East Campus

555 Community College Drive

Houston, TX 77013

Contents of this Packet

1. Parent(s)/Student Letter and Instructions
2. About Your Host: Capital One Bank®
3. About Our Guest Speaker: Josh Shipp
4. Frequently Asked Questions
5. Registration Permission and Emergency Medical Release Form
6. Leadership Statement: How am I a Leader?

[Due Friday, October 1, 2010](#)



Future Leaders Forum for Young Women

November 6, 2010

Dear Student and Parent(s) or Guardian:

Capital One Bank® and The Women's Resource of Greater Houston are pleased to sponsor the first Future Leaders Forum for Young Women on Saturday, November 6, 2010. This full-day event welcomes 100 young women in grades 9 through 12, where they will participate in activities designed to inspire, encourage and build leadership skills.

About the Future Leaders Forum for Young Women

The Future Leaders Forum for Young Women brings role models and young women together in a dynamic session—one that taps their strengths to assume the role of tomorrow's leaders. Students enjoy:

- Meeting and networking with their peers
- Hearing from national leaders
- Building financial skills in budgeting, saving and smart investing
- Learning more about topics important to young women through interactive workshops
- Participating in informative hands-on activities throughout the day

Additionally, associates from Capital One Bank® serve as mentors who role-model leadership, facilitate small group discussions and encourage attendees to strengthen their own leadership skills.

Mark your calendar for Saturday, November 6, 2010

The Future Leaders Forum for Young Women will be held on Saturday, November 6, 2010, at Houston Community College North East Campus in Houston, TX. Registration begins at 8:30 a.m. with the Forum starting promptly at 9:00 a.m. and ending at 4:00 p.m.

Registration deadline is **Friday, October 1, 2010- Leadership Statement Required**

Young women interested in attending must write a brief paragraph describing "How Am I a Leader?" without help from anyone else. Our mentors will use these statements as discussion topics.

To register, fill out and return the enclosed materials—be sure to **complete AND SIGN the Registration Permission / Emergency Medical Release Form**—by Friday, October 1, 2010 to:

- Fax: 713.435.5646, Attention: Future Leaders Forum for Young Women
- Mail: Capital One Bank, Attn: Vicki Ellis; 5718 Westheimer Road, Suite 1140 Houston, Texas 77057

There is no fee to attend, but space is limited and filled on a first come, first served basis. Confirmation packets containing directions and parking information will be sent to those students selected to attend.

For more information

If you have any questions, please contact a Forum representative:

- Email houstonflf@capitalonebank.com
- Phone 713.435.5853 - Fax 713.435.5646

Thank you for supporting the Future Leaders Forum for Young Women, where each young woman will connect with her unique leadership ability. We look forward to receiving your registration and leadership statement for this inspiring day together.

Sincerely,

Annella Metoyer
Houston Market President
Capital One Bank®

LaTanya Flix
Executive Director
The Women's Resource of Greater Houston



Future Leaders Forum for Young Women

About Your Hosts:

Capital One Financial Corporation

As Capital One Bank® continues to grow and diversify, our values remain constant—Excellence: how we perform as individuals, teams and an organization, and Do the Right Thing: how we interact with each other, our customers and our community.

These values are the foundation of our culture, our business and our philanthropic program. Supporting our communities brings our corporate values to life. Through associate engagement, philanthropic partnerships and nonprofit board leadership, we strive to be a meaningful part of the fabric of our communities. As such, we are pleased to be the title sponsor of the Future Leaders Forum for Young Women.

To leverage associates' ever-growing interest in community service, Capital One Bank® created its own Community Corps, an organization led by associates for associates. Each year, several of our associates volunteer in one or more Capital One Bank®-sponsored events. From teaching children to read to advising parents on how to manage money to helping build and refurbish homes, associates are dedicated to making a difference in many people's lives.

We believe that as a corporate citizen, we are in a unique position to help expand economic horizons for people in low- to moderate-income communities and create sustainable change. We invest our resources in revitalizing communities, increasing access to educational opportunities and teaching financial education. We know that helping to build strong communities in which to live, work and play benefits us all.

The Women's Resource of Greater Houston

Founded in 1990, The Women's Resource helps women and children develop social, financial and personal skills through education and experience. Implementing this mission expands opportunities for women and girls to become independent, productive and economically stable.

Our founding principle that *a woman who controls her money controls her destiny* remains unchanged and is essential to our work in 44 zip codes in the greater Houston area. We offer free financial education classes at area social service agencies, libraries, churches, government agencies, and businesses. Class topics include: Banking, Budgeting, Saving, Credit Management, Insurance, and Investing 101. To date, we have taught more than 14,000 Houstonians.

We also implement Project LEAD (Leadership Education and Development) for 9th and 10th grade girls at eight areas schools- Booker T. Washington, Cesar Chavez, Contemporary Learning Center, George I. Sanchez Charter, Kashmere, Lamar, Lee, and Madison High School; and sponsor research that focuses on issues critical to women, girls and families. Our accomplishments include:

- ◆ Expanding Project LEAD from a pilot at Jeff Davis High School in 2005 to eight campuses in 2010.
- ◆ Being selected as the financial education provider for the first LISC Financial Opportunity Center.
- ◆ Publishing over 13 research studies. Our most recent report on the *Charitable Giving Patterns of Houston Women* is the first of its kind completed in Houston.
- ◆ Being selected as one of nine financial education providers for *Bank on Houston*, which is designed to bring unbanked consumers into the financial mainstream.

Our goal is to build the literacy of the financially illiterate so that they can make informed choices and live productive, stable lives.

Future Leaders Forum for Young Women Keynote Speaker: Josh Shipp



Josh Shipp is the host of the TV Show JUMP SHIPP, author of "The Teen's Guide to World Domination" and was recently named to INC. Magazine's 30 under 30 list.

Josh has established an international reputation as an inspiring youth motivational speaker with a simple and entertaining, yet challenging message.

Abandoned and abused as a child, Josh was able to triumph over the tragedy, and he continues to encourage everyone to overcome struggles and live life to the fullest.

And he does so through the power of laughter.

Find more at www.JoshShipp.com

This impactful event has been held in Richmond, Virginia for the past six years. Here's what past attendees have said about the Forum :

- "I'm so glad I was able to be a part of this experience. I will definitely put this knowledge to use in my future! Thank you so much!"
- "I feel very motivated, like I can go out and do anything I set my mind to."
- "I hope to come to THIS forum again. I am glad there are so many positive women leaders who I can learn from."
- "This was an amazing experience."
- "You could really tell by the enthusiasm and the aura in the room that these young women were touched by this event...that was something wonderful to experience and be a part of. It was a great day."



Future Leaders Forum for Young Women Frequently Asked Questions

Who can attend this event?

High school women in grades 9 through 12.

Where do attendees check in the day of the event?

There will be designated registration tables at Houston Community College North East Campus, 555 Community College Dr., Houston, Texas 77013

Who are the mentors for the day?

Our mentors are female associates at Capital One Bank®. Mentors will share life and career experiences, teach effective leadership strategies, and encourage young women leaders to take initiative in their lives and communities. Small groups of students will be assigned a mentor for the day.

Is lunch provided for participants?

Yes, we do provide lunch for participants. Be sure to note any special dietary needs on the Registration Permission / Emergency Medical Release Form.

What is the attire?

Wear comfortable business casual clothing (no jeans). We recommend conference attendees bring a sweater or jacket in case the rooms are cooler than they prefer.

Do students need to bring anything to the event?

We provide all the materials needed. If there are any special needs (e.g., medical, dietary), please note them on the Registration Permission / Emergency Medical Release Form.

Is there a registration fee for the event?

No, there is no registration fee to attend. We do, however, require students to complete a paragraph consisting of a few sentences on "How Am I a Leader?" This leadership statement must be returned with the registration form to be considered for attendance.

What steps are needed to register?

A Registration Permission / Emergency Medical Release Form and Leadership Statement are provided with each Registration Packet. All materials must be completed in their entirety, signed and returned to the Future Leaders Forum by fax or mail by **October 1, 2010**. Seating is limited to 100 participants and will be filled on a first come, first served basis. Once accepted, the student will receive a Confirmation Packet, including directions and parking instructions, to confirm a seat is being held for the student.

Can students request to be seated with friends?

One of the important benefits of the Forum is meeting other young women from across the area. Forum coordinators group students so they meet representatives from multiple schools. Students will have a chance to talk with friends during breaks.

Can a student attend a portion of the Forum?

Because of the high demand for seats at the Forum, we ask all attendees to arrive on time and stay for the full event. Students who are unable to commit to the full day will be placed on a waiting list. Once registration closes we will notify you if seats are still available.

What should parents and guardians do during the event?

This event focuses specifically on the young women in attendance. We ask that parents/guardians drop off their attendee between 8:30 a.m. and 9:00 a.m. at the Houston Community College North East Campus in Houston, TX located at 555 Community College Drive, Houston, TX. 77013; and return (at the same location) for pick up by 4:00 p.m. An event coordinator will greet the young women as they are dropped off and proper supervision will be made available to escort the young women to the meeting room and during the Forum. Parents/guardians may temporarily park and walk to the meeting room; however, please make alternative plans during the event hours from 9:00 a.m. to 4:00 p.m. The event starts promptly at 9:00 a.m.

What if there are additional questions?

Please send your questions to fax 713.435.4656 or email houstonflf@capitalonebank.com. A Forum representative will respond promptly.



**THIS PAGE INTENTIONALLY LEFT
BLANK.**



Future Leaders Forum for Young Women Registration Permission and Emergency Medical Release Form

Instructions: Sign and complete this entire page- both the Registration Permission and the Emergency Medical Release Form- and the Leadership Statement on the back of this form and return in the attached envelope by **Friday, October 1, 2010**, to Capital One Bank, Attn: Vicki Ellis, 5718 Westheimer Road Suite 1140, Houston, Texas 77057 or fax to 713-435-5646, Attention: Future Leaders Forum for Young Women. Seats are reserved on a first come, first served basis.

Registration Permission

I give permission for my daughter, _____, to attend the Future Leaders Forum for Young Women on November 6, 2010, at Houston Community College in Houston, TX. I understand that I am responsible for arranging transportation to and from the Houston Community College in Houston, TX located at 555 Community College Drive Houston, TX 77013.

Furthermore, by registering my daughter to attend this Forum, I also give permission for her to be photographed at the event for inclusion, at Capital One Bank's and The Women's Resource of Greater Houston's sole discretion, in publicity related materials.

Emergency Medical Release Form

In the event of an emergency, I, **Please Print Parent/Legal Guardian Name** _____, give my permission for Capital One Bank® to provide first aid and to transport my child to a medical facility, if necessary. In case of an emergency, if I, or the contact named below, cannot be reached personally, I consent to treatment of my child under the supervision of and as deemed advisable by a licensed physician. I indemnify, release and hold harmless Capital One Financial Corporation; and their affiliated corporations, subsidiaries, affiliates and other related entities; their joint venturers, stockholders, successors, assigns, insureds, officers, directors, agents, representatives, employees, contractors and other personnel, jointly and severally, and any first aid/medical care providers they may engage from any claims related to my child's participation in the Future Leaders Forum for Young Women; the provision of first aid to, and emergency medical care and treatment of, my child; and including any accident, injury or death arising in connection therewith.

THIS SECTION MUST BE COMPLETED IN FULL & RETURNED ALONG WITH THE LEADERSHIP STATEMENT BY Friday, October 1, 2010 TO RESERVE A SEAT.

Please notify me at this daytime telephone number: (_____) _____

Address: _____

Street

City

Zip

Phone: (_____) _____ (_____) _____ (_____) _____

Home

Cell

Work

If I cannot be reached, please notify: _____ (_____) _____

Name

Phone

Name of Doctor: _____ Hospital: _____

Doctor's Office Phone Number: (____) _____ Emergency #: (____) _____

Insurance Company: _____ Medical Record #: _____

Special Medical or Dietary Needs (including allergies): _____

Name of school student currently attends: _____ Grade: _____

Parent/Legal Guardian Name (PLEASE PRINT)

Parent/Legal Guardian Signature

Date

Capital One Bank® cannot permit participation in the Future Leaders Forum for Young Women without receipt of this signed and fully completed Registration Permission, Emergency Medical Release Form and Student Leadership Statement.



Future Leaders Forum for Young Women

November 6, 2010

Leadership Statement: How Am I a Leader?

Student Name: _____

PLEASE PRINT

To ensure we serve the most interested and deserving students, we require that students write a paragraph describing “How Am I a Leader?” Students can handwrite (legibly) or type their paragraphs, which should consist of approximately three to five sentences. Please be sure to return your leadership statement with your completed registration permission and emergency medical release form.

Start here