



## MEDIA RELEASE

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### **Lompoc's Teaching Our Teens As Leaders (TOTAL) Conference Now Registering**

*Leadership conference designed to teach, motivate, empower and energize high school and junior high students*

**LOMPOC, CA, Jan. 12, 2017** – The Lompoc Youth Commission is proud to announce its 4<sup>th</sup> Annual TOTAL (Teaching Our Teens As Leaders) Conference with this year's theme of "LOL".

TOTAL is a teen leadership conference open to all junior high and high school students. The keynote speakers and breakout sessions are designed to teach, motivate, empower and energize individuals to realize that no matter what life brings, we can always "LOL" (laugh out loud).

This year's TOTAL Conference will be held on **Mon. Feb. 13** at the Dick DeWees Community and Senior Center, 1120 East Ocean Ave. The conference begins at 8 a.m. with check-in and a light breakfast, and will conclude at 3 p.m. The day includes two keynote speakers, three breakout sessions and a social. Each registrant will choose from 10 workshops to take part in three of throughout the day. Pre-registration is recommended by **Feb. 5** to receive a discounted rate of \$15 and a conference T-shirt. Registrations will be accepted at the door based on availability for \$20.

The opening keynote speaker is David Garcia, reportedly the only five-language-speaking motivational comedian in the world. Garcia empathizes with students who face challenges, because he was once considered an "at-risk student" himself before defying odds to graduate with a bachelor's degree and then earning his master's degree. Garcia has motivated people of all ages in metropolitan cities throughout the world, including: Los Angeles, New York, Sao Paulo, Paris, Kuala Lumpur and London.

Closing keynote speaker, Yahya Bakkar, will wrap up the day. Bakkar is a motivational speaker, confidence coach and health educator who has spoken at Harvard University, Georgia Institute of Technology, TEDx and various nationally recognized conferences and organizations. He's the author of *Beyond Motivation* and *The Ultimate Guide to Teen Life*, and has trained with the top experts in psychology, physiology and health. Born in Makkah, Saudi Arabia, Bakkar first traveled alone to the United States at the age of five. Bakkar struggled to find his own identity because he never got along with his father and never met his birth mother.

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Despite his circumstances, Bakkar did his best to put the missing pieces of his life back together, seeking professional help and finding his birth mother in Thailand after being separated for more than two decades. Bakkar's inspirational story gives people hope, and reminds them to never give up on their dreams. He now lives in New Jersey and is married to his high school sweetheart.

The Lompoc Youth Commissioners have worked hard to develop workshops, secure exciting motivational speakers and develop a day where teens can learn leadership skills and become empowered to make a difference in their lives. This conference is designed by teens, for teens, and the youth community is encouraged to take part in this opportunity.

To register, contact the Lompoc Recreation Division at 875-8100 or stop by the Anderson Recreation Center, 125 West Walnut Avenue.

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### **City of Lompoc**

The City of Lompoc, known as "The City of Arts and Flowers", was founded as a town in 1874 and incorporated as a city on Aug. 13, 1888. Prior to the City's establishment, the building of La Purisima Mission in 1787 marked the earliest European settlement in the Lompoc Valley. Growth in the Lompoc Valley was sparked by the 1901 completion of the coastal railroad between San Francisco and Los Angeles, which included the extension of a spur into Lompoc. The Lompoc Valley is home to Vandenberg Air Force Base, the first missile base of the United States Air Force. Today, the City of Lompoc is a travel destination known for its downtown mural program, local wines and acclaimed cuisine, historic landmarks, parks and nearby beaches. For more information, visit: <http://www.cityoflompoc.com/>