

## The Era 21 Networking Breakfast for Young Canadians Parliament Hill, Ottawa

May 3, 2012

### Feedback Form – Sample Response from Students

#### What I learned today?:

- That no one is allowed setting my limits, and if I want something I should put my effort and time into it. The world has endless possibilities; it is for me to grab them.
- I can't fit everything I've learned on one page. I've learned I have the power to do whatever I set my mind to. I've learned to always keep my eyes open for new opportunities to create positive change in my community or even the world.
- So much! Great reminder that anyone can be a leader and make a difference if they know who they are and find their voice.
- Break the mold
- Need to stand up for myself. Not the only person who wonders about things. If I have a question, I need to ask.
- Not about the pay cheque but the passion!
- Interesting struggles people have gone through to be successful
- I learned that it doesn't always have to be a big extravagant thing that I have to do to make a difference. We CAN.
- Change begins today. Everyone – despite what others think – has an impact on society.
- Pathways to become a leader from different perspectives and of different ethnic backgrounds.
- Learned about others cultures, and to love myself. Shocked by the affect of racism has today.
- Diversity doesn't just derive from ones ethnic background, but also from ones dynamic and unique ideas and past
- Reminded of the impact of my choices – need to focus on health and spirit also
- A lot, however the story that stayed with me is MP Rathika's story about going into politics as a visible minority woman
- To love and take care of myself first
- That I can be anything I want
- Continual improvement – 1% a day for a 100 days
- If get no, continue to try and maybe you will et a yes
- Use your spirit, body and mind throughout your life
- Don't regret anything
- Many others face the same challenges I do
- Dedication is a necessary asset to becoming successful

- Opportunity given and imperative to grasp it
- That age is not a barrier to voicing opinions
- To appreciate and use the help provided by the community in my own efforts to give back
- Community can be built over the breakfast table!
- Young people can make great change, including political change
- Do not isolate myself in one area (academics, sports, etc.) Be a leader for a club or my community
- Be persistent, set targets
- Opportunities are doors to success
- Face my fears
- Raise your voice for what you believe in
- Try new things
- Setbacks such as race, ethnic background are no reason to not follow your dreams – stay positive and strive for my dreams

### How do I feel about the Breakfast and the Panelists?:

- Panelists were amazing and I think the breakfast is a great idea.
- The breakfast was wonderful.
- The panelists were insightful, funny, intelligent and inspiring
- The panelists did a great job. Wish there was more paper for me to take notes, and more time to network and talk to people
- Puts things in perspective when you hear that many others accomplished their goals.
- Good selection of speakers and relevant topics. Very well organized event, and excellent food.
- The panelists were honest, positive and helpful
- Panelists were amazing speakers – very charming and humorous
- Panelists were fantastic
- Panelists were personable and full of insights
- It was one of the best experiences of my life. Not only were the stories interesting, but very inspiring. There were so many stories that spoke personally to me. It was an honour.
- Great idea that should continue for future generations
- Loved how well spoken and truthful the panelists were. To be honest I think seeing young panelists really affected us students
- Amazed – they rejuvenated me
- There are always opportunities to make a difference and help others
- Could relate to the panelists – good examples for students as role models
- Panelists were a delight – very entertaining
- Panelists pretty good but they go through everyday struggles too
- Great panelists – should be all morning
- Panelists had passion
- I loved the taekwondo guy and the poet, Jenna
- I have never inspired by a group of people in my entire life. I was hanging on every word.

- Everybody brought their own, unique stories to the discussions, which made it interesting and engaging.
- I think the breakfast was a great way of networking with similar but different people from the community
- Educational, great for networking, panelists were bold and enthusiastic
- Great environment for young students and important members of the community to meet and share important advice. A real motivational day!

### How does this affect me?:

- I'm inspired and it's an excellent reminder to stay true to my values and what drives me to make a difference.
- I'm half Chinese and half India and all the stories were easy to relate to.
- It affected me because I feel more confident about my abilities, in my skin, and makes me want to better myself.
- Makes me want to raise awareness about aboriginal issues. Also makes me want to learn more about being a politician
- Motivate me to become an agent of change
- Affected the way I see youth in Canada, and what can be achieved
- As a young girl with a Chinese background, I've gained confidence not to worry about how I look to achieve my goals
- I think that I can apply the "perfect the 1%" everyday
- Teaches me to change my outlook on life and believe in myself
- Experience was wonderful and will carry on within me
- The careers that these individuals have realized demonstrates how important it is to be active as a youth
- To not be afraid to show the true me
- The spoken word poet at the end deeply impacted on my political views
- Be a leader on a large/small scale
- The whole theme of the breakfast was inspiring – have so much to think about
- I've gained a voice for change
- I can connect with many of the hardships some of the panelists faced and this showed me can get through hardship with help of others
- Setbacks, losses, difficulties part of the journey. Will pursue my dream of becoming a lawyer

### How can I apply what I've learned?:

- I can apply it immediately – in my relationships, my goal setting – improve each day.
- Speak my mind more
- Follow my dreams and ideas and trust that they're good.
- Teach others; get involved.
- Treat people you don't know with respect as you don't know what struggles they have been through
- Ask for help

- Daily activities – classes, community, work
- I think more of what I am able to do and apply it, even if it is in the smallest way
- Motivated to speak my mind
- I can be the change
- Will not second guess myself – will go after my goals and dreams
- Use charisma to influence, and use my leadership skills
- Go out and do something – never know the change you can make until you try
- Go for my dreams – try to be a professional photographer
- First work on accepting myself – don't be afraid to chase my dreams right now, talk to, get connected with the right people
- Take risks
- Show my understanding by applying it in my own life
- Find a cause that means something to me
- Continue with activism – ensure the Palestinian voice is heard
- Just like Ms. Rathika I will go out and seek help. Find ways to make a difference
- Will begin volunteering with organizations, and on issues that matter to me, and making connections that will better my future