



ASATT (A Seat at the Table) – Workshop Overview

Overview

A Seat at the Table (ASATT) is a dynamic, youth-centered workshop and training series designed to elevate the voices of young people within their communities. Grounded in principles of equity, lived experience, and empowerment, ASATT equips youth and youth-serving professionals with the tools to foster authentic engagement, shared leadership, and sustainable change.

Workshop Objectives

- ✓ Understand the importance of youth voice in program and policy decisions
- ✓ Learn frameworks for building inclusive and youth-friendly spaces
- ✓ Develop advocacy skills rooted in personal experience and community insight
- ✓ Explore pathways from peer leadership to professional growth
- ✓ Create actionable strategies for community engagement and collaboration



Who It's For

- Youth ages 14–24
- Peer leaders and advocates
- Youth-serving professionals
- Community organizations looking to deepen youth engagement practices

Format Options

- 1-Day Intensive Workshop (In-person or Virtual)
- 3-Part Series (Ideal for ongoing programs or schools)
- Custom Integration into existing youth development programming

Key Features

-  Trauma-informed & healing-centered approach
-  Rooted in behavioral health & youth development



- ✂ Interactive, activity-based learning
- 🗣 Youth-led discussion + facilitator guidance
- 💬 Space for dialogue, storytelling, and community building

Outcomes

Participants leave with:

- A clearer sense of their voice, power, and role in community change
- Tools to advocate for themselves and others
- A personalized "seat at the table" action plan
- Stronger relationships with peers, mentors, and organizations

Contact Us

- Cozycornertalks@gmail.com
- www.cozycornertalks.com
- Available for in-person and virtual facilitation