

Achieve



Connections

Looking for a way to kick-start student engagement—consider hosting an Achieve Connections workshop.

The Connections program is structured as a student leadership workshop. Through the partnership of the IHSAA and its sponsors, there is no cost to bring Achieve Connections programming to your school or activity conference.

We typically work with 40-100 students from one or more schools. Many events have included several schools from a conference or geographic area. The programming is specifically aimed at students in activities to help develop their leadership skills. The workshops also provide students the opportunity to explore issues they have in common: stress management, overcoming obstacles, sportsmanship, communication, and leadership development.

According to national surveys, more than 30% of all teenagers have experienced heightened levels of stress or anxiety in their high school experience. Students need to learn the difference between good stress and distress and how to manage those situations. **A continued focus of the 2026-2027 Connections program will be on student mental health awareness and self-care. We will also bring a renewed focus on bystander intervention and how it impacts school culture and climate.**

Whether you want to engage athletes, StuCo leaders, student advisory members or all the above—consider scheduling Achieve Connections programming.

Open spaces such as a gym, multi-purpose room, or large classroom are ideal for the workshops. The workshops are interactive and tied directly to the principles of leadership and communication in the context of skills for the 21st Century.

To learn more about Achieve Connections, please contact Chad Elsberry, IHSAA Assistant Director at celsberry@iahsaa.org or call 515-432-2011.



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