For a theme that incorporates something trendy for teens this summer, how about:

1. **"Camp Unplugged"** – Focusing on creating authentic, meaningful experiences without relying too much on screens, encouraging both staff and campers to engage in nature and face-to-face interactions. It’s trendy because many teens are looking for a balance between digital and real-world experiences.
2. **"Level Up Camp"** – A theme inspired by gaming culture, emphasizing personal growth and team development as a "game" where each challenge is an opportunity to "level up" as individuals and as a group. It’s fun, competitive, and taps into the gaming world’s language.
3. **"Vibe Check!"** – This is a popular phrase among teens, meaning to assess the mood or energy of a situation. It can serve as a playful reminder to keep the camp environment positive, inclusive, and energetic while focusing on creating good vibes for everyone.
4. **"Camp Goals: Be the Main Character"** – Drawing inspiration from the idea of “main character energy,” where teens are encouraged to take ownership of their experience and approach everything with confidence and self-expression. It’s empowering and taps into a viral trend around self-confidence.
5. **"Camp Realness"** – Focusing on authenticity and being true to oneself, which ties into a popular trend among teens of embracing individuality. It encourages both staff and campers to bring their true selves to the camp experience.
6. **"Trending Together"** – Using the idea of "trending" from social media and pop culture, this theme focuses on being a team that stays on top of the latest ideas, activities, and initiatives, while promoting inclusivity, collaboration, and creativity.
7. **"Slay the Summer"** – Drawing on the empowering use of “slay” to describe doing something exceptionally well, this theme encourages staff to bring their A-game and give campers the best summer experience. It’s confident, playful, and motivating.
8. **"Camp Glow Up"** – Playing on the term “glow up,” which is all about transformation and personal growth. This theme focuses on helping staff and campers improve, learn, and grow, all while having a great time in the process.
9. **"Good Vibes Only"** – A laid-back yet trendy theme, embracing the popular positivity movement seen across social media and among teens. It encourages spreading kindness, creating an inclusive environment, and staying optimistic all summer long.
10. **"Catch the Wave"** – A theme that connects the excitement of surfing (which has become trendy thanks to social media and influencers) to the idea of going with the flow and staying adaptable, embracing new experiences, and riding the wave of the summer!

Here are a few more ideas for trendy and catchy workshop themes, based on current trends and popular teen culture:

1. **"Camp Squad Goals"** – A fun take on the "squad goals" trend, focusing on building a strong, cohesive team that works together to achieve great things throughout the summer.
2. **"Mood Boosters"** – Drawing from the idea of self-care and emotional well-being, this theme focuses on strategies to stay positive, manage stress, and keep the camp atmosphere energized and uplifting.
3. **"Manifest the Magic"** – Inspired by the manifestation trend that’s popular on social media, this workshop could focus on setting goals, visualizing success, and creating a positive, proactive mindset to shape the camp experience.
4. **"TikTok Takeover: Camp Edition"** – Leverage the TikTok craze by creating a workshop focused on using creativity and fun to engage with campers, bringing viral challenges, teamwork, and creativity into camp activities.
5. **"Camp Culture Shock"** – A playful take on the culture-shock idea, this workshop could be about introducing new activities, creating fresh ideas, or embracing new ways of thinking to create an exciting camp environment.
6. **"Get in the Zone"** – Taking inspiration from athletes and fitness influencers, this theme could focus on helping staff get mentally and physically prepared for a successful summer, with a focus on staying motivated and focused.
7. **"Glow Up Your Camp"** – A variation on the "glow up" trend, focusing on personal development, leadership skills, and transforming the camp experience into something extraordinary.
8. **"Influence Your Impact"** – Inspired by the concept of social media influencers, this workshop could help staff understand the power they have to positively influence campers and create meaningful connections.
9. **"Self-Care & Squad Care"** – With the growing importance of mental health and self-care, this theme could focus on how to take care of yourself as a staff member and also support each other throughout the summer.
10. **"Create Your Own Story"** – Inspired by the rise of narrative-driven content (think YouTube vlogs, Instagram stories), this theme could focus on how staff can take charge of their own experiences at camp and create lasting memories for themselves and campers.
11. **"Camp Is Lit"** – A fun, trendy theme using the phrase “lit,” which is often used to describe something exciting or fun. This workshop could focus on ways to keep the energy high, making each day feel like an adventure.
12. **"Beyond the Highlight Reel"** – Inspired by the social media concept of “highlight reels,” this workshop could focus on how to create meaningful, authentic experiences that go beyond the curated moments and really impact campers.
13. **"Viral Teamwork"** – Inspired by the viral challenges and trends on social media, this could be a workshop focused on building team cohesion, creating unforgettable moments, and achieving group goals.
14. **"Camp Influencers"** – Emphasizing leadership and role-modeling, this theme encourages staff to take on the role of camp "influencers," inspiring campers and helping guide the camp's culture in a positive direction.
15. **"Epic Fails & How to Bounce Back"** – A fun, humorous take on the idea of failure, with a focus on learning, resilience, and teamwork. Teens are often encouraged to embrace their failures on social media, so this would resonate with them while emphasizing growth.