WEDNESDAY, MARCH 16
10:00 AM ARRIVAL/REGISTRATION
11:15 AM WELCOME/ANNOUNCEMENTS
11:30 AM LUNCH (provided)
12:30 PM THE POWER OF POSITIVITY
Dr. J. Denise Honeycutt, United Methodist Clergy
in a ‘dog eat dog’ world where getting ahead at any cost has seemed to be the norm and where negativity is often pervasive, can there actually be another way to be a successful leader? Of course! Explore how the power of positivity can lead to more joy in your work and your world.

[11:45-2:00 PM BREAK]
2:00 PM WORK-LIFE INTEGRATION
Rachael Cotter, Principal Landscape Architect, McAdams
At no other time in modern history has the meaning of work-life balance been challenged as it has during the COVID-19 pandemic. This session will explore myths about work-life balance and the cultural shift to a more realistic and rewarding approach. Learn how to define a “full life” and to evaluate if your current time investments contribute to or compete with that vision.

3:15 PM KEEPING PROFESSIONALLY CONNECTED IN A VIRTUAL WORLD
Deborah Morton, Deputy Director, Richmond, VA Parks, Recreation, & Community Facilities
Due to the pandemic, we have gone from face to face interactions to seeing our employees, colleagues, and even family members on a screen. How do you get noticed professionally and showcase your skills when you cannot always meet in person? What are you doing to manage yourself and your expectations for future career advancement? This timely session will explore these questions & more.

THURSDAY, MARCH 17
8:45 AM ANNOUNCEMENTS
9:00 AM TRANSFORMING OUR RELATIONSHIP WITH CHANGE
Adriane Clutter, Division Chief, Montgomery Co., MD Recreation
Do you ever wonder why people say they like change, yet they are seemingly resistant? This session will help you get comfortable with the idea of change and discover that the point of change is how and where you can evolve your career and even your place in the world.

[10:15-10:30 AM BREAK]
10:30 AM DEVELOP YOUR EMPLOYEES USING COACHING TECHNIQUES
Asila Calhoun, Leadership Coach, Calhoun Coaching & Consulting
Lydian Altman, Senior Manager of Leadership Curriculum Development, UNC School of Government
Imagine a workplace where your employees can’t wait to get to work, take charge of setting and meeting performance and programmatic goals, and are generally producing at their best. Learn a basic approach to help grow your employees and begin developing a coaching culture that will drive employee engagement & productivity.

11:45 AM LUNCH (provided)
SPEED SESSIONS
1:00-1:30 PM IT’S OKAY TO NOT BE OKAY: MENTAL HEALTH POST-COVID 19
Dr. Jill Mills, Professor & Chair of the Department of Recreation and Leisure Studies, University of Mt. Olive
By engaging in selective vulnerability and active listening, we’ll learn about the current mental health crisis and our role as leaders to recognize, support, and provide resources for our teams’ mental health.

1:35-2:05 PM THE ART OF TONGUE FU®: CHOOSING KINDNESS & INCLUSIVITY
Dr. Joy James, Professor & Director of the Recreation Management Program, Appalachian State University
Dawn Gartn, Dynamic Engagement, Customer Success Manager, Workday
Using techniques from the communication process Tongue Fu®, we’ll practice words to lose, words to use, and create strategies for positive, inclusive, and kind interactions with fellow employees, supervisors & customers.

2:10-2:40 PM GROWING THROUGH THE “PAINS”
Katy Keller, Parks Planner, Pittsboro Parks & Recreation
There will be times in your career that you face obstacles. Learn ways to maintain a “growth” attitude through the victories and the challenges that we all face.

FRIDAY, MARCH 18
8:15 AM ANNOUNCEMENTS
8:30 AM BIAS IN THE WORKPLACE: HOW DO YOU SHOW UP?
Dale Smith, CEO, Smith Management Training & Consulting Services
We all have bias, and it is important to understand how those biases show up, especially as a leader of people. Our bias can determine our mental model and dictate behavior. Diversity of age, gender, sexual orientation, race, and generations are all common in the workplace today. Understanding how we show up when confronted with our own bias is critical to successful leadership. This session will explore these concepts and give you space to reflect on what changes you may want to make to become more thoughtful in your approach to differences.

[10:15-10:30 AM: BREAK]
10:30 AM YOUR LIFE LINE: WAKE UP AND SMELL THE COFFEE!
Nicole Greer, Principal Coach & CEO, Vibrant Coaching
You can “fake it” until you “make it” if you simply apply the Strategies, Systems, and Smarts to living your most VIBRANT LIFE. Become a leader who inspires others to dream more, learn more, do more and become more!

11:45 AM WORKSHOP WRAP-UP

SAVE THE DATE!
LeadHERship 2023
March 15-17
Durham Armory