**Sunday, March 8th**

**Pre-Conference Workshops 1:00pm – 5:00pm**

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<thead>
<tr>
<th>Workshop 1</th>
<th>Workshop 2</th>
<th>Workshop 3</th>
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<tbody>
<tr>
<td>Wellness, Resilience, &amp; Gender Intelligence for Leaders</td>
<td>Power and Presence: What it Means to Lead with Impact!</td>
<td>Storytelling for Business and Life</td>
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<tr>
<td>David Lau</td>
<td>Jennifer Webb</td>
<td>Taylor Williams</td>
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Some people think, “You won’t know what you’re made of until you are faced with the worst day of your life.” We know this to be false. There is a way that we can prepare ourselves, and our staff, so that we cannot only survive a traumatic event physically, but emotionally, mentally, and spiritually as well. This session will use personal and proven examples of how to not only recover from catastrophic events, but to flourish afterwards and experience an “upward spiral”. Being resilient is a leadership requirement, and personal resilience begets organizational resilience.

**Power and Presence: What it Means to Lead with Impact!**

**Jennifer Webb**

Do the same rules apply to men and women in leadership roles? Absolutely not. Leading effectively—and with impact—requires excellence in several key areas including communication skills to command respect, risk taking, social and emotional intelligence, resilience and confidence to leverage your career and your personal and professional growth. There has never been a better time to be a woman in business, and this four-hour program helps you examine how to take strategic risks and model confidence, as you develop key skills to empower your future.

**Storytelling for Business and Life**

**Taylor Williams**

Storytelling is having its moment. And for good reason! Stories help us do all sorts of great things: make business pitches, improve our brand, explain our mission, make a great presentation, and present ourselves to the world. Come learn the essential parts of a story, and how to infuse it with your own personality and values to give it personal power. You will also gain confidence in your public speaking skills through exercises, discussion, and sharing. Come learn why storytelling is the most powerful and essential tool that you need to add to your repertoire!

**Monday, March 9th**

**Opening Session 9:15am – 10:15am - Keynote**

**Strategies for Your Leadership Success**

**John Spence**

During this keynote workshop, John Spence will share several very powerful ideas about how to be more successful both as a leader and in your personal life. This is a talk that has been delivered to more than 300,000 people from university students to the top of the Fortune five. At the end of this program, you will have a list of specific action steps you can take that will have a dramatic positive impact on your future.

**Morning Concurrent Sessions 10:45am – 12:15pm**

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<tr>
<th>Arc of a Leader</th>
<th>Shaping the Future</th>
<th>Wellness &amp; Work Life Design</th>
</tr>
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<tbody>
<tr>
<td>Define Your Line: Speaking up for Yourself and Each Other</td>
<td>Fishbowls, Oceans, and the Art of Unpacking Unconscious Biases in Ourselves and Others</td>
<td>Filling in the Holes: Taking a Holistic Approach to Wellness</td>
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<td>Nikki Larchar, SHRM-CP</td>
<td>Joy Rain</td>
<td>Claudia Cometa, PharmD</td>
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We all know that feeling we get in the pit of our stomach when someone crosses the line and makes us feel uncomfortable, but for many of us, speaking up in tricky situations can be difficult. Join Define the Line co-founder, Nikki Larchar, during an interactive presentation to learn how you can spark change by speaking up and defining your line. Participants will walk through a series of exercises to help them develop the skills to be authentic, speak up, and define their line.

This interactive presentation will offer participants the safe space to explore their own identities (gender, race, sexuality, age) and how they intersect. Within the heart of the intersections lies experiences of unconscious bias and the built up of micro-aggressions. Each participant will leave feeling inspired.
away with a better understanding of how harassment affects the workplace, how we can each be advocates for ourselves and each other, and walk away with tools to help feel empowered to speak up, define the line, and create workplaces that are safe and secure for everyone.

given the space to unpack some of these experiences and empower to professionally interrupt these unconscious biases in themselves and others.

and professional lives, Claudia will engage the audience with thought-provoking video clips, discussions, and a guided meditation. Participants will walk away with a better understanding of wellness as well as a tangible assessment of their own wellness quotient.

Panel – 1:30pm-2:30pm

**People, Purpose, & Passion: Examining Diversity & Inclusion Panel**

Anita Anantharam, PhD, MBA, Tara Blythe, Ed.S., SPHR, Eric Godet, Sr., Stephanie Marchman, & Barzella Papa, CFRE

Diversity and Inclusion have become recognized as drivers of innovation and increased profitability in organizations of all types. The intentional creation of policies, procedures, and practices that engage a wide range of voices increases creativity, complex problem solving, job satisfaction and higher productivity. Panelists will discuss their organizations efforts to bolster equality across all areas of diversity; including age, disability, gender, sexual orientation, race and religion.

Afternoon Concurrent Sessions 3:00pm – 4:30pm

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<td><strong>Working While Leading</strong>&lt;br&gt;Dr. Theresa Beachy</td>
<td><strong>The Protégé Paradox</strong>&lt;br&gt;Edith Gandy</td>
<td><strong>Developing Resilience to Flourish Forward after Storms</strong>&lt;br&gt;David Lau</td>
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<td>Meeting the challenges of individual work while leading a team, organization, or mission is difficult. In this workshop, I will focus on three challenges that women encounter in the process of Working While Leading. Through a dynamic discussion using personal experience and relevant research, participants will be given the opportunity to identify work priorities as a leader, the balancing act of personal and professional time, and how to engage in community collaboration from the leadership chair.</td>
<td>Based on her book, The Protégé Paradox, author and speaker, Edith Gandy discusses the value of mentoring in helping women to navigate everything from office politics to work-life balance and looks at the “why” behind women’s reluctance to ask for and offer mentoring. The session provides practical advice on how women can get and give the mentoring needed to help one another succeed.</td>
<td>Resilience and anti-fragility are not only leadership essentials, but they also enable us to live the fullest, most complete lives possible. This presentation will lay out a pathway using a holistic approach to wellness, which begets resilience. Using empirical data along with powerful personal examples, this presentation will be as unforgettable as it is transformational.</td>
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Tuesday, March 10th

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<tr>
<th>Opening Session 8:45am-9:45am - Keynote</th>
<th><strong>Be the Change You Want to See: Unmasking and Managing Bias</strong>&lt;br&gt;Sherron Washington, M.A.</th>
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<td>This keynote will focus on providing tactics on how to execute management of biases and how it can facilitate positive changes in the workplace, professionally and personally. Sherron will define bias and discuss the dangers of bias being mismanaged, provide discussion and activities on how to unmask bias so there can be gained awareness, and successful tactics on how to manage biases.</td>
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Morning Concurrent Sessions 10:15am – 11:45am
## Arc of a Leader

**No One Wants to Eat Lunch with Me Anymore: Transitioning from Peer to Leader**  

Getting a promotion is very exciting, but also comes with unexpected social consequences. As a new leader, you expect to have to learn the tasks within your new role, but what may be unexpected is navigating leading a group of your former peers. In this session, you will hear from three University of Florida mid-managers who will share their stories and provide examples of how they have developed their professional voices and overcome hurdles of role transition in the workplace. Challenge your fears of becoming a leader among your peers, provide tips to elevate your professional brand, and share tactical tools to feel confident in owning your leadership style.

## Shaping the Future

**Today’s Multigenerational Workforce: Inclusion, Communication, & Engagement**  
Tara Blythe, Ed.S., SPHR

Today’s workforce requires leaders to invest in diversity. Inclusion is a business strategy that drives innovation, employee engagement and organizational performance. A diverse workforce is better equipped to respond to today’s ever-changing market. Yet many experts claim that the generational divide in the workplace, and society, has never been more evident than it is today. As technology advances, we see 5 generations, AI and robots working side by side. Understanding the differences and intersections in values, behaviors and communication have become a business imperative.

## Wellness & Work Life Design

**The Anti-Diet Plan for Inspired Women Leaders**  
Dawn MacLaughlin, PhD

In this powerful conversation, you will discover: 1) the one thing you’ve been doing “for your health” that’s robbing you of energy, increasing your stress, sabotaging your leadership, and making your health worse; 2) how you can gain back 10 hours or more of productivity each week without any special food, energy drink, time management program, or any of that other stuff you already know doesn’t work; and 3) three steps to discovering your own personal nutritional blueprint – your unique guide to long-term vibrant health so you can be a more impactful leader while looking and feeling fabulous in your body and being more present in your own life.

### Power Pops: Brief Talks, Big Ideas 12:55pm – 1:25pm

- **Power Poses for Creating Confidence** (Anisa Perbtani, Searchlight Yoga)
- **Imposter Syndrome: What It Is and How to Work Through It** (Dr. Michelle Cardel, UF College of Medicine)
- **Quiet People, Loud Minds: Unlock the Superpowers of Introverts** (Sharon Ryan, CEO, Luneer Collective)
- **Propel Your Presence with a Powerhouse Podcast** (Vicki Guy, CEO, Essential Training Concepts)

### Closing Session 1:15pm – 2:45pm - Keynote

**Now is the Time**  
Jennifer Magley

Success is inevitable when we take the next step today. In this interactive keynote we will explore how to ignite our journey by defining our destination in six words, clarify competing commitments, and resolving to remain resilient. This high energy session will empower participants to leave with a clear understanding of previous self-limiting beliefs, a six-word mission statement and personal memoir six-word memoir, and tactical way to stay on track for personal defined goals and mission.