



## Wednesday, April 12th, 2023

|                   |  |            |
|-------------------|--|------------|
| 8:00AM - 8:30AM   | Registration & President's Breakfast   | Ballroom B |
| 8:30AM - 9:00AM   | Wellness Expo  | Ballroom A |
| 9:00AM - 9:10AM   | President's Message  | Ballroom B |
| 9:10AM - 11:15AM  | <p><b>Keynote: Tactical Empathy by Bryan Rhinehart</b></p> <p>Building trust and rapport is important in today's fast-paced and ever-changing culture. Learn how using tactical empathy can help you better understand and connect with team members and create a more bonded and cohesive team.</p> | Ballroom B |
| 11:15AM - 12:00PM | Wellness Expo  | Ballroom A |
| 12:00PM - 1:00PM  | Lunch  | Ballroom B |

## Concurrent Sessions

|                 |   |            |
|-----------------|---|------------|
| 1:00PM - 1:50PM | <p><b>Changing Lanes - Dealing with Life's Transitions by Michele Broussard</b></p> <p>Change is inevitable. Transition is harder. Learn how you process changes, how to navigate through change and ultimately transition to a new beginning. Based on Williams Bridges best seller.</p>   | Teche      |
|                 | <p><b>Diversifying Diversity by Tremika Cleary</b></p> <p>Expand your outlook of what diversity looks like as we bring awareness to how our thoughts, attitudes, and behaviors play a role in how we can either promote division or diversity within the world(s) around us.</p>  | Vermilion  |
|                 | <p><b>Bystander CPR with Lance Frederick</b></p> <p>A demonstration of life saving techniques that are easy to do and remember. Medic First-Aid is for everyone, not just for first aid professionals.</p>  | Ballroom B |
| 2:00PM - 2:50PM | <p><b>Effective Time Management by Diamond Williams</b></p> <p>When it comes to time management, individualization is key in determining what works best for you. In this session, you'll learn tips to enhance your time management skills and achieve those desired outcomes, while leaving space for personal freedom.</p>   | Teche      |
|                 | <p><b>Tech Tips &amp; Tricks by Susan Miller &amp; Corey Faul</b></p> <p>Explore useful Tips and Tricks for commonly used software applications that can help you improve your productivity and efficiency. Whether you're a new user or an experienced one, this session aims to provide you with valuable insights and techniques that can help you work smarter and more efficiently with Cornerstone and other widely used systems.</p> | Vermilion  |
|                 | <p><b>Emotional Intelligence by Paul Thomas</b></p> <p>Emotional intelligence is the ability to perceive, interpret, demonstrate, control, evaluate and use emotions to communicate with and relate to others effectively. Improving emotional intelligence can lead to better understanding of your own emotions, the development of strong personal and professional relationships and improved leadership.</p>                           | Ballroom B |
| 3:00PM - 3:50PM | <p><b>Changing Lanes - Dealing with Life's Transitions by Michele Broussard</b></p> <p>Learning our ABC's in primary school was the foundation for learning how to read and succeed academically. Interpersonal abilities are the foundation for succeeding at work and in our personal lives. Join this session to learn more about developing your interpersonal ability. Remember: Successful interpersonal ability starts with "U"!</p> | Teche      |
|                 | <p><b>Diversifying Diversity by Tremika Cleary</b></p> <p>Expand your outlook of what diversity looks like as we bring awareness to how our thoughts, attitudes, and behaviors play a role in how we can either promote division or diversity within the world(s) around us.</p>  | Vermilion  |
|                 | <p><b>Zydefit with Moriah Hargrave</b></p> <p>Join ZydeFit Founder and Coach Dr. Moriah Hargrave for a two-steppin' great time! Set to Zydeco music, this session combines fitness with Zydeco dancing in a format that makes it fun and easy for folks of all fitness and dance levels to embrace a powerful cultural experience that improves our mood, increases our activity, and deepens our community connection!</p>                 | Ballroom B |

## Thursday, April 13th, 2023

|                                 |   |                   |
|---------------------------------|---|-------------------|
| <b>8:30AM - 10:15AM</b>         | <p><b>Keynote: Powerful Pivots</b></p> <p>This session prepares and equips attendees to survive and thrive despite the many uncertainties of the future. Attendees will gain a deeper understanding of a three-step practical strategy to utilize when facing unexpected pivots and create their own personal pivot plan.</p>   | <b>Ballroom B</b> |
| <b>Concurrent Sessions</b>      |   |                   |
| <b>10:30AM - 11:20AM</b>        | <p><b>Effective Time Management by Diamond Williams</b></p> <p>When it comes to time management, individualization is key in determining what works best for you. In this session, you'll learn tips to enhance your time management skills and achieve those desired outcomes, while leaving space for personal freedom.</p>   | <b>Teche</b>      |
|                                 | <p><b>Present Like A Pro by Dr. Mechelle Roberthon</b></p> <p>Did you know that presenting a formal presentation only makes up 10% of how adults learn? A great presenter thoroughly prepares for their specific audience so that the information can be tailored to their audience's needs. A relevant presentation lives on through mentoring and coaching (20%) after the class, and transfers to on the job usage (70%). Come learn the tricks of the trade of excellent presentation skills!</p>                                       | <b>Vermilion</b>  |
|                                 | <p><b>Alphabet Soup - The ABC's of Interpersonal Skills by Michelle Broussard</b></p> <p>Learning our ABC's in primary school was the foundation for learning how to read and succeed academically. Interpersonal abilities are the foundation for succeeding at work and in our personal lives. Join this session to learn more about developing your interpersonal ability. Remember: Successful interpersonal ability starts with "U"!</p>   | <b>Ballroom B</b> |
| <b>11:30AM - 12:00PM</b>        | <b>Authentic Networking with Michele Broussard</b>  | <b>Ballroom B</b> |
| <b>12:00PM - 12:50PM</b>        | Lunch   | <b>Ballroom B</b> |
| <b>Concurrent Sessions</b>      |   |                   |
| <b>1:00PM - 1:50PM</b>          | <p><b>Developing a Positive Mindset by Ruben Henderson</b></p> <p>How do you define your overall perspective on life and what ways can you incorporate positivity into your day-to-day functions? It begins with cultivating your mindset and your way of thinking. Attend this session to discuss the benefits of approaching life from a positive point of view while exploring some tips and techniques for embracing a positive mindset. Let's make positive thinking a habit!</p>  | <b>Teche</b>      |
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|                                 | <p><b>Difficult Conversations by Keesha Buteau</b></p> <p>Let's make difficult conversations not so difficult! Participants will be provided with realistic action steps and tools to utilize prior to, during and after these conversations occur.</p>   | <b>Ballroom B</b> |
| <b>2:00PM - 2:50PM</b>          | <p><b>Tech Tips &amp; Tricks by Susan Miller &amp; Corey Faul</b></p> <p>Explore useful Tips and Tricks for commonly used software applications that can help you improve your productivity and efficiency. Whether you're a new user or an experienced one, this session aims to provide you with valuable insights and techniques that can help you work smarter and more efficiently with Cornerstone and other widely used systems.</p>   | <b>Teche</b>      |
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|                                 | <p><b>Business Writing Like A Pro by Dr. Mechelle Roberthon</b></p> <p>Do you ever "Reply all" in emails when you're only addressing one person? Do you communicate with urgency in most of your emails, marking every email as "High Importance" or expecting a quick reply? Are people generally confused by your communication (Hint: Do you know how to tell if they are)? If you answered yes to 1 or more of these questions, then come to this session to start writing like a pro!</p>  | <b>Ballroom B</b> |
| <b>3:00PM - 3:50PM</b>          | <p><b>Difficult Conversations by Keesha Buteau</b></p> <p>Let's make difficult conversations not so difficult! Participants will be provided with realistic action steps and tools to utilize prior to, during and after these conversations occur.</p>   | <b>Teche</b>      |
|                                 | <p><b>Developing a Positive Mindset by Ruben Henderson</b></p> <p>How do you define your overall perspective on life and what ways can you incorporate positivity into your day-to-day functions? It begins with cultivating your mindset and your way of thinking. Attend this session to discuss the benefits of approaching life from a positive point of view while exploring some tips and techniques for embracing a positive mindset. Let's make positive thinking a habit!</p>  | <b>Vermilion</b>  |
|                                 | <p><b>Chair Yoga with Shannon Sonnier</b></p> <p>Explore self-care at its best, with the practice of yoga. Discover practical skills that will help you with self-regulation, adaptability and resiliency. (Athletic clothing/yoga mat not needed)</p>  | <b>Ballroom B</b> |
| <b>Friday, April 14th, 2023</b> |   |                   |
| <b>8:30AM - 10:15AM</b>         | <p><b>Keynote: Conscious Communications by Dr. Mechelle Roberthon</b></p> <p>It's time to get conscious about how our hidden biases impact the way we communicate with others. We start by becoming more self-aware about our unconscious thoughts, becoming more culturally sensitive, and committing to active versus passive communication. Don't unconsciously offend someone when you don't have to. Come and learn about how to take on a more conscious nature when interacting with others and watch your relationships thrive!</p> | <b>Ballroom B</b> |