



**INVEST IN YOURSELF & IGNITE YOUR POTENTIAL**

**10/3/2024**

TIME	LOCATION	TRACK	COURSE/ACTIVITY	DESCRIPTION	PRESENTER
7:30 AM - 8:15 AM	Atchafalaya Ballroom	All Attendees	Registration of Attendees	Register participants/sign-in	N/A
8:15 AM - 8:45 AM	Atchafalaya Ballroom	All Attendees	Continental Breakfast	Food & Refreshments	N/A
8:30	Atchafalaya Ballroom	All Attendees	Introduction/President's Welcome	Brief welcome and introduction to conference.	Dr. Savoie, Paul Thomas

**Concurrent Sessions - AM Block A**

TIME	LOCATION	TRACK	COURSE/ACTIVITY	DESCRIPTION	PRESENTER
9:00 AM - 9:45 AM	Bayou Bijou Theater	Future Readiness: Professional Growth & Leadership	Bridging Differences: Strategies for Conflict Resolution and Teamwork	Learn how to effectively navigate conflicts and build stronger, more cohesive teams. This session will introduce strategies for resolving differences, fostering collaboration, and turning potential conflicts into opportunities for growth and improved teamwork.	Dr. Masey Hammons
9:00 AM - 9:45 AM	Helma B. Constantine Forum	Living Well: Holistic Approach to Health	Grief in the Workplace: Supporting Healing & Resilience	Understand how to navigate grief in the workplace with compassion and care. This session will provide strategies for supporting colleagues through loss, fostering a healing environment, and building resilience within your team during challenging times.	Dr. Brooke Breaux
9:00 AM - 9:45 AM	Atchafalaya Ballroom	Ragin' Cajun Essentials: Programs, Platforms & Processes	Leave Options: Types & Their Uses	Gain insight into the different leave options and learn how to utilize them effectively. This session will offer an overview of various types of leave—vacation, sick, comp. time, crisis, and shared leave—and guide you through selecting and applying for the most suitable option based on your needs.	Michele Broussard
TIME	LOCATION	TRACK	COURSE/ACTIVITY	DESCRIPTION	PRESENTER
10:00 AM - 10:45 AM	Bayou Bijou Theater	Future Readiness: Professional Growth & Leadership	From Confusion to Clarity: Navigating Workplace Communication	This session will guide you through common communication challenges, offering practical techniques to enhance understanding, reduce misunderstandings, and foster a more collaborative and productive work environment.	Dr. Phil Auter
10:00 AM - 10:45 AM	Atchafalaya Ballroom	Living Well: Holistic Approach to Health	Maximizing Campus Resources: Enhancing Physical and Mental Wellbeing	Discover how to leverage the resources available on campus to boost your physical and mental health. This session will highlight services, programs, and facilities designed to support your well-being, helping you create a balanced and healthy lifestyle.	Dr. Kristy Fusilier & Madeline Husband
10:00 AM - 10:45 AM	Helma B. Constantine Forum	Ragin' Cajun Essentials: Programs, Platforms & Processes	Flowing Smoothly: Chrome River Clues & Cues	Master the essentials of using Chrome River with this session's insights and tips. Learn how to navigate the platform efficiently, streamline expense reporting, and optimize your workflow for a smoother, more effective experience.	Josie Mariano & Kassie Clark
11:00 AM - 11:45 AM	Atchafalaya Ballroom	All Attendees	Ragin' Reflections: Why We Chose UL Lafayette	Hear from a panel of UL Lafayette staff as they reflect on their unique journeys to becoming part of the Ragin' Cajun family. In this session, panelists will share their personal stories, what drew them to UL Lafayette, and why it remains a place they are proud to call home. Whether it's career opportunities, community, or culture, find out what makes this university a standout choice for its dedicated team.	Moderator: Dr. Kristi Anderson Panelists: James Boffenmyer, Phil Ashurst, Danielle Doucet, Sharon Williams-Gregory, Vinca Rampen-Duhon
12:00 PM - 12:50 PM	Cypress Lake Dining Room	All Attendees	Lunch & Networking	Food & Refreshments - Meet & Greet	N/A

### Concurrent Sessions - PM Block C

TIME	LOCATION	TRACK	COURSE/ACTIVITY	DESCRIPTION	PRESENTER
1:00 PM - 1:45 PM	Bayou Bijou Theater	Future Readiness: Professional Growth & Leadership	AI 101: An Introduction to Artificial Intelligence in the Workplace	This session provides a beginner-friendly overview of AI and its practical applications in the workplace. Attendees will learn the basics of AI, how it can be used to streamline daily tasks, and discover simple tools that can enhance productivity in their roles.	Mike Williams
1:00 PM - 1:45 PM	Atchafalaya Ballroom	Living Well: Holistic Approach to Health	Rapid Intervention: Bystander CPR, Automated External Defibrillator (AED), and Narcan Training Essentials	Equip yourself with life-saving skills in this essential training session. Learn the fundamentals of bystander CPR, how to use an AED, and the critical steps for administering Narcan. Be prepared to act quickly and confidently in emergency situations to potentially save lives.	Sgt. Lance Frederick
1:00 PM - 1:45 PM	Helma B. Constantine Forum	Ragin' Cajun Essentials: Programs, Platforms & Processes	Navigating IT Services: The How-To's	This session will cover essential tips and procedures for accessing and utilizing IT resources, troubleshooting common issues, and ensuring you get the support you need efficiently.	Lisa Olinger and David Savoie

### Concurrent Sessions - PM Block D

TIME	LOCATION	TRACK	COURSE/ACTIVITY	DESCRIPTION	PRESENTER
2:00 PM - 2:45 PM	Atchafalaya Ballroom	Future Readiness: Professional Growth & Leadership	Discovering Leadership Strengths: Understanding Yourself as a Leader	This session will help participants recognize key leadership traits in themselves and others. It will explore how these traits support leading through change, building strong teams, and improving emotional intelligence. The discussion will focus on creating a positive work culture that encourages learning and practical growth within the community.	Dr. Dianne Olivier
2:00 PM - 2:45 PM	Helma B. Constantine Forum	Living Well: Holistic Approach to Health	Dollars and Sense: Navigating Budgeting and Personal Finance	Take control of your finances with practical budgeting and personal finance strategies. This session will provide guidance on managing your money wisely, setting financial goals, and making informed decisions to secure your financial future.	Mary Fox Luquette
2:00 PM - 2:45 PM	Bayou Bijou Theater	Ragin' Cajun Essentials: Programs, Platforms & Processes	LinkedIn: Self-paced learning	Unlock the potential of LinkedIn Learning with this session on self-paced learning. Discover how to access a vast library of courses tailored to your professional development needs, allowing you to learn at your own pace, on your own schedule. Whether you're looking to gain new skills or deepen existing ones, LinkedIn Learning offers the flexibility to grow your career on your terms.	Kim Luegers

### Concurrent Sessions - PM Block E

TIME	LOCATION	TRACK	COURSE/ACTIVITY	DESCRIPTION	PRESENTER
3:00 PM - 3:45 PM	Helma B. Constantine Forum	Future Readiness: Professional Growth & Leadership	Change Management: Creating a Culture of Adaptability	This session will provide practical tools for navigating change, empowering teams to embrace new challenges, and ensuring long-term resilience in a dynamic environment.	Dr. Amanda Mayeaux
3:00 PM - 3:45 PM	Atchafalaya Ballroom	Living Well: Holistic Approach to Health	Workplace Yoga: Stretch, Relax & Recharge	This session will guide you through simple stretches and relaxation techniques designed to relieve stress, improve posture, and recharge your energy, all from the comfort of your workspace.	Shannon Sonnier
3:00 PM - 3:45 PM	Bayou Bijou Theater	Ragin' Cajun Essentials: Programs, Platforms & Processes	Employee Perks: What's in it for You	Discover the range of benefits and perks available to you as an employee. Tuition exemptions, discounts, to software; this session will highlight the various incentives, resources, and opportunities offered to you as a University employee	Ainsley Gary & Kaye Choate
4:00 PM - 4:30 PM	Atchafalaya Ballroom	All Attendees	Close Out/Conclusion	Door Prize drawing/Survey/Thank You's	

\*all sessions, times, and locations are subject to change