

# Schedule of Events

Wednesday,  
September 28

**9:30 AM**

Check-in at Ramkota Hotel & Conference Center

**10:30 AM**

**Keynote Address, Governor Mark Gordon**

Governor Mark Gordon will address the state of mental health in Wyoming and the steps being taken to address the many challenges our state faces.

**11:15 AM**

**Power of Networking, Kate Debow Hayes**

**11:45 AM**

Lunch is served

**12:00 PM**

**Suicide Awareness**

**Panel Discussion featuring Brittllynn Adame, Jeremy Bay, and Bernice Hazucha**

This panel of experts weighs in on recognizing signs, how to have a conversation, and resources available to you when faced with a possible situation. Join them and special guests for a hopeful conversation about battling suicide in our community.

**1:00–1:50 PM**

**Breakout Sessions (choose one)**

**Rev Up Your Resume!**

**Hosted by Melody Norris**

Does your resume need some TLC and is in desperate need of revving up? Feel like your past work experience is worthy, but you don't know how to relate it to your current job search? Feel like you have had so much experience it will take four pages to convey? Feel like your volunteer work is not given the spotlight it deserves? Then this workshop is for you! Facilitated by an expert on resume building, you will walk away with the skills that will stay with you throughout your lifetime, whether you are getting your first entry-level position, returning to the workforce, or setting up to take on that second or third career.

**Starting Your Own Business**

**Hosted by Cindy Unger**

Learn the basics of starting a business in Wyoming. The presentation will cover the development of a business model, legal structure options, the reality of start-up financing, and more.

**Aging Gracefully**

**Hosted by Mary Bushkuhl, Kira Nicole Johnson, Jenny Lok, and Kara Turner**

We are all aging. Instead of letting it be something that happens to you, you can embrace it! Look, feel, and be your best by getting to have a say in what works for you. Join this panel to discover how to enjoy every stage of your life by making changes and choices in your lifestyle to age gracefully.

**2:00–2:50 PM**

**Breakout Sessions (choose one)**

**Yoga**

***Hosted by Candace Machado***

Slow down, tune inward, be present and in the moment. This seminar will be an interactive session incorporating your breath, your body, and your ability to address your trauma through stress management techniques, postures, and pranayama breathing exercises. We will be getting out of our head and into our bodies on the mat while targeting our vagus nerve in our central nervous system. Through our breath and our body we will become whole once again.

**Platte River Trail Riverwalk**

***Meet in lobby***

**Flyfishing**

***Meet out back door in grassy area***

**Communicating Through Trauma**

***Hosted by Brittllynn Adame, Jeremy Bay, and Bernice Hazucha***

**3:00-3:40 PM**

**Heroes Among Us**

***Featuring Tammy Brown, James Brown, and Sabrina Lane***

**4:00–4:50 PM**

**Breakout Sessions (choose one)**

**Building Your Brand**

***Hosted by Cathy Holman and Elizabeth Dillow***

Learn from two experts what it means to build your brand as well as maintain it. Cathy and Elizabeth will lead you through their processes around decision-making and maintaining a personal brand. Building a brand is an evolution and they will share their first-hand experiences.

**Boosting Your Self-Confidence**

***Hosted by Kate Debow Hayes***

What do people look for in their leaders? What is the most attractive quality in a leader? This module will help you understand it and grow the quality in yourself. Walk away with strategies that can transform you and your team—quickly!

**Value Added Sales**

***Hosted by Matt Melinkovich***

Increase sales revenue by helping leadership, salesman, and customer service representatives understand how value added selling works and how to fully embrace the value added philosophy. Learn how to develop and communicate your value added selling points and your value proposition to your customers. Practice new techniques for selling on value, leveraging existing customers, moving the conversation away from price, and responding to price objections. Satisfy your customers with a total value added solution not a cheap price.\

**4:55 PM**

**Closing Remarks, Day 1, Kate Debow Hayes**

**5:30 PM**

Cocktail Reception/Silent Auction at Ramkota Hotel & Conference Center

Thursday,  
September 29

**8:30 AM**

Check-in, breakfast served  
Ramkota Hotel & Conference Center

**9:00 AM**

**Opening Remarks, *Kate Debow Hayes***

**9:30 AM**

**Generations in the Workforce**

***Panel Discussion Featuring Luke Gilliam, Harmony Savoia, Larry Stewart, and Susan Thomas***

We're putting a new spin on this conversation by having representatives of multiple generations! They will answer questions, talk about leadership and volunteerism, what sets us apart, and what brings us together.

**10:00-10:50 AM**

**Breakout Sessions (choose one)**

**Building Your Financial Team**

***Hosted by Joe Bennick, Shaina Case, and Melanie Urwiller***

Looking to start getting serious about building your nest egg? Then you need a team behind you to take you to that next level beyond simply adding to your 401(k). These experts are here to guide you through the conversations, relationships, and questions you will need to prepare for this.

**Salary Negotiations**

***Details TBA!***

**Working with Stress, Through Anxiety**

***Hosted by Candace Machado***

The number one place we hold the most tension and stress is in our body. As we are guided to incorporate stress management skills we focus on our understanding of how we hold stress and what to do with it. Through our understanding we can heal ourselves.

**11:00-11:45 AM**

**Mentoring Strong Girls**

***Panel Discussion Featuring Laura Baker, Jessica Duty, and Gail Symons***

What do we need to impart on our young women so they respect themselves, respect others, and are prepared for the world they face? These women share their experiences and have an honest discussion about what to do and what not to do!

**11:45 AM-12:15 PM**

**Heroes Among Us**

***Featuring Haley Clark and Jeannie Lockwood***

**12:00-12:30 PM**

Lunch served, raffle drawings

**12:15-1:00 PM**

**Using Change as a Positive Force**

**Panel Discussion Featuring Meredith Benton, Michele DeHoff, Amanda Henry, Heath Steel, and Sarah Sun**

What do organizations that have succeeded, even grown, over the last two years have in common? Having a great culture can give your organization a solid foundation to face whatever the world can throw at you—and even thrive.

**1:15-2:05 PM**

**Breakout Sessions (choose one)**

**Working Parents with Special Needs Kids**

**Hosted by Farrah Rhea, Alisha Rone, and Dr. Mary Ellen Sternitzke**

Having a child that needs special care, time, or attention can be stressful to say the least. Having to get other children and yourself out the door can make it seem impossible. This panel will discuss the realities, challenges, joys, and resources available for working parents of special needs kids.

**Focus!**

**Hosted by Kate Debow Hayes**

This is the workshop where the action is! Without focus, systems, and routines, all the character building and motivation comes to a halt. Learn how these three things—while seemingly confining, can set your leadership—and your team—free. All while seeing your success and productivity skyrocket!

**Protecting Your Financial Legacy**

**Hosted by Kristin Wilkerson**

You've been diligent about investing for your financial future and growing your wealth, but now what? In this workshop we will discuss strategies to both preserve and transfer wealth.

**2:20-3:10 PM**

**Breakout Sessions (choose one)**

**Yoga**

**Hosted by Candace Machado**

Slow down, tune inward, be present and in the moment. This seminar will be an interactive session incorporating your breath, your body, and your ability to address your trauma through stress management techniques, postures, and pranayama breathing exercises. We will be getting out of our head and into our bodies on the mat while targeting our vagus nerve in our central nervous system. Through our breath and our body we will become whole once again.

**Platte River Trail Riverwalk**

**Meet in lobby**

**Flyfishing**

**Meet out back door in grassy area**

**3:00-3:40 PM**

**Heroes Among Us**

**Featuring Teresa Wadsworth and Mallory Pollack**

**3:45 PM**

**Closing Remarks and Farewell, Kate Debow Hayes**