

9/12 9am	Registration opens
10am	Opening Remarks
10:30am	Opening Keynote - Major General Stacey Huser
11:00am	"IMPACT" Networking Exercise
11:40am	Lunch buffet opens
12:30pm	<p>Breakout sessions:</p> <p>Representing Your Business, Brand, and Yourself Authentically on Social Media - Cathy Holman <i>Social media is THE way that many businesses and brands connect with their current and future customers. But how do you represent your business and brand authentically? Topics to be Discussed: Defining the basics of your business/brand, who is your ideal customer, what content will lead to increased income, and how to create an individual social media action plan. There will also be a significant amount of time to answer questions and offer specific support.</i></p> <p>Customer Interaction - Matt Melinkovich <i>Each and every business needs repeat and loyal customers to thrive. This means that all team members need to be able to interact with customers at the highest standard of service. Learn why customer service is so important, how to communicate effectively, think in a customer centric way, good customer service techniques, and how to develop a high standard of service. This course will also teach how to connect with the customer and establish a relationship that will last for more than one sale.</i></p>
1:45pm	Heroes Among Us - Sophie Barksdale
2:00pm	Screening of "Who She Is" followed by Q & A with Sophie Barksdale and Jacqueline White
2:50pm	<p>Breakout sessions:</p> <p>Starting an Art Therapy Journal - 90 minutes - Desiree Brothe, Rachel Truett <i>This workshop will guide you through creating an art journal practice, where we will learn about the importance of art journaling. We will utilize neurographic art, a technique that enables a connection between the conscious and unconscious mind, helping you to explore your inner self. Participants will create a page in their journal using this method and will learn more about how to continue the practice at home.</i></p> <p>Cybersecurity - Make it Personal! 60 minutes - Laura Baker, Jonathon Coulter <i>You make sure you don't walk to your car alone in a dark parking lot. You have your keys in your hand before you head to your car. You take your personal safety seriously. But, what do you know about keeping yourself and your family safe online? Join our experts</i></p>

	<p><i>to learn not only what we risk on our personal devices, but what you can do to prevent the worst from happening to yourself and your family.</i></p> <p>4pm - GET OUT AND WALK! <i>Have a stroll around campus while networking with fellow attendees!</i></p>
4:30pm	Podcasting Roundtable - Scott Fuller, Carla Mowell, Melodie Starr-Edwards, Moderator: Elizabeth Dillow
5:15pm	Vendor Reception

See next page for Friday's agenda!

9/13 7:30am	Registration opens - Breakfast Buffet open 8am - 9am
8:30am	Opening Remarks
8:45am	<p>Heroes Among Us:</p> <p>Zahra Karami and Jacqueline White</p>
9:15am	<p>Building Thriving Communities Panel - Festi Edwards, Katrina Ferrell, Amy Grenfell, Nicole Neider, Roxanne O'Connor</p>
10:00am	<p>Breakout sessions (Both 90 minutes):</p> <p>Creating an Audio Legacy - Carla Mowell <i>Recording high quality audio has never been easier! Capturing voices is a powerful way to gather personal experiences and cultural heritage that written records and photographs often miss. In this hands-on workshop you'll learn essential tools and techniques for recording, interviewing, editing and preserving the stories of your family and community. This workshop will be limited to 25 participants, who will each need a smartphone to participate.</i></p> <p>Wyoming Women Breaking Barriers: Mastering Salary Negotiations - Tori Campbell <i>Over the course of a career, women lose over \$400,000 in salary as compared to men. Your participation in this 90-minute workshop will reveal some reasons why this wage gap persists and will empower you with tools to negotiate for yourself and to advocate for others (friends, daughters, sisters). Together, we will IMPACT your future via data-driven wage and benefit analyses and gain confidence as you master salary negotiations.</i></p>
11:45am	Lunch
12:10pm	<p>Heroes Among Us -</p> <p>Jessica Brenton and Cyber Wyoming 2024 Winner!</p>
12:45pm	<p>Breakout sessions:</p> <p>Healthier Faster: Unlocking the Secrets to Speedier Health Recovery - Alice Burron <i>Every day, our bodies engage in a remarkable process of healing, from the smallest bruise to the common cold. Could we possibly accelerate this natural healing process? The answer is yes! However, achieving faster healing requires understanding the forces that impede our best health journey. It's time to unlock innate healing potential for you or someone you love using physiological and psychological insights to make you healthier faster.</i></p> <p>Invest in the World You Want to See - Diana Richey <i>Investing can be such an intimidating topic. Should you put your life savings in an index fund and hope for the</i></p>

	<p><i>best? What happens if the market crashes? Is it helpful to outsource to a financial advisor? If so, who can you trust? This workshop demystifies investing so that you can move forward with confidence. As a long-time value investor, Diana will show you how she hand-picks stocks for her own portfolio -- well-run companies with solid financials that are doing good things in the world. By taking an active role in your investing life, you can find not only great abundance but also simplicity and peace.</i></p>
<p>2:00pm</p>	<p>Gretchen Rubin's The Four Tendencies - Erin Taylor <i>Gretchen Rubin's the Four Tendencies – explores the ways people respond to expectations – why they act, and why they do NOT act. The premise is that people fit into Four Tendencies: Upholders, Questioners, Obligers, and Rebels. Our Tendency shapes every aspect of our behavior, so understanding this framework lets us make better decisions, meet deadlines, suffer less stress and burnout, and engage more effectively. There will be a short quiz we ask that you complete before the conference to learn your “tendency”.</i></p>
<p>3:15pm</p>	<p>Keynote - Wyoming Senator Affie Ellis</p>
<p>3:35pm</p>	<p>Closing Remarks - Vendor prizes</p>