

Long Island DSP Conference

November 14, 2017

9:00 – 9:30 Registration and Networking

9:30 – 9:45 Welcome & Introductions

9:45 – 11:15 *The Happiness Code: 5 Active Reflections of Really, Really, Really Happy People* - Dr. Stephen "Bird" Birchak, Ed.D.

Has our culture forgotten how to be happy? Dr. Bird is a professor of Positive Psychology and over the past decade he has examined the research on those people who are perpetually happy... and why others seem to be born with the misery gene. How can we free ourselves from other's judgment, improve our self-worth, increase our gratefulness... and most importantly, bring more love to all our relationships. Dr. Bird makes connections between Counseling Psychology, Positive Psychology, spirituality, and ancient Philosophy to give audience members actual skills for increasing happiness in their own lives. In this day and age of hostility and tension, we could all use a little more serenity.

Break

11:30 – 11:45 Leadership Awards

11:45 – 12:15 Marsha Marino

S.A.F.E. – Special Action for Escape

12:15 – 12:45 Inspiration and Innovation Fair

12:45 Lunch

1:15 – 2:45 *"Getting Out of Your Own Way – Overcoming Imposter Syndrome"* -

Christine Reinhard M.A., M.S., Executive Director, RCALD

How many of us have had the experience of achieving an accomplishment, only to become anxious and stressed that perhaps our accomplishment was an accident or a lucky break? We go on to worry that we are not really as good as everyone thinks and we are bound to be "found out" at any time. This fear is more than just insecurity. In fact, in many ways, it is the opposite of insecurity and it has a name... Imposter Syndrome. It affects about 70% of us. This fear cannot only make it difficult for us to achieve our maximum potential but it interferes with our enjoying and appreciating our successes. The inability to welcome and accept a compliment, the need to over-prepare and strive for perfection, feeling uncomfortable with and that you don't deserve recognition are all signs that Imposter Syndrome is impacting your professional life.

This session will help you determine if you are experiencing Imposter Syndrome, what contributes to it and how you can manage and ultimately, eliminate it so that you can mobilize towards greater achievement and get joy from your successes.

Break

3:00 – 3:30 Regional Center for Workforce Transformation

Pamela Wolf & Denise Anghel

3:30 Closing Remarks