

TRI-COUNTY SUMMIT

•
2018



Aspire to
Inspire

Schedule

9:30 - 10:30: Registration and Breakfast

10:30 - 11:00: Welcome from Board

11:00 - 12:00: Keynote Speaker: **Ben Bizzle**

12:00 - 1:00: Lunch

1:00 - 2:00: Session One

Rayna Schroeder

Mary Ann Kmetyk

Julie Gaver

Dr. Steve Albrecht

Optional Health/Wellness Room

2:00 - 2:10 : Break

2:10 - 3:10: Session Two

Rayna Schroeder

Mary Ann Kmetyk

Julie Gaver

Dr. Steve Albrecht

Optional Health/Wellness Room

3:15 - 3:30: Closing Remarks



RAYNA SCHROEDER Manage Energy - Not Time

Learn how to manage energy* - NOT time. Time is a finite resource while energy is renewable. This workshop shares the keys to high performance and personal renewal based on managing physical, mental, emotional and spiritual energy. Learn how to renew energy sources as well as how to improve employee engagement and energy. Find out why fatigue is so insidious in draining energy and how taking breaks at specific intervals can increase energy by 30%! Walk away with ideas for more energy, improved morale and more engagement with work and with life for your staff, your leaders and yourself. Life is too short to simply survive - learn to thrive!

**Based on the book, "The Power of Full Engagement: Managing Energy not Time is the Key to High Performance and Personal Renewal" by Jim Loehr and Tony Schwartz.*



MARY ANN KMETYK Overcoming Workday Overwhelm

The goal of this workshop is to enable participants to prioritize work, complete critical work and manage email in order to increase productivity and daily efficiency. Based on the bestseller *Master Your Workday Now!* by productivity expert Michael Linenberger., the course offers a revolutionary yet simple system that automatically eliminates the feeling of being overwhelmed with daily tasks, boosts focus and concentration, and increases personal productivity. The course features a paper-based system, which can be easily adapted for use with Outlook or other business software applications.

Program Descriptions

JULIE GAVER Positivity on the Public Service Rollercoaster



Serving the public can be stressful. There are so many twists, turns, and surprises that maintaining positivity can sometimes be a challenge. In this high-energy workshop, you will learn five important questions that help you and your patrons better navigate the ride with hands in the air. Julie guarantees that you will leave with a renewed sense of purpose and spirit and ready to tackle whatever comes your way!

DR. STEVE ALBRECHT Service, Safety, and Security



This lecture-based presentation utilizes interactive workbooks, practicing potential scenarios, and paper-based resources as well as media. Dr. Albrecht will bring his HR, training, law enforcement, security, coaching, and writing background to issues like workplace violence, school violence, sexual or racial harassment, diversity, drugs and alcohol at work, team conflicts, and employee stress. Learn how to handle difficult situations in a positive manner, providing optimal service while maintaining the safety of both staff and patrons.

HAGERSTOWN HOLISTIC HEALTH Health and Wellness Room



If you need to relax or de-stress at any point during the day, the Hagerstown Holistic Health Center will be running a variety of activities - yoga, meditation, breathing exercises, etc. - throughout the day. Feel free to stop in at your leisure for some self-care strategies.

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Registration

1:00 - 2:00: Session One - Click on your selection to register

- **Rayna Schroeder**
- **Mary Ann Kmetyk**
- **Julie Gaver**
- **Dr. Steve Albrecht**

*Optional Health/Wellness Room -
You do not need to register*

2:10 - 3:10: Session Two - Click on your selection to register

- **Rayna Schroeder**
- **Mary Ann Kmetyk**
- **Julie Gaver**
- **Dr. Steve Albrecht**

*Optional Health/Wellness Room -
You do not need to register*