

Issues 2019 Keynote & Workshop Descriptions:

Keynote Address: Focused

Noelle Pikus Pace

As an Olympic silver medalist, Noelle shares some impactful experiences that will inspire you to become better, achieve your goals and focus on the critical components to your success.

The Happiness Formula

Ben Belnap

Rm 457

Neurologists have found a link between happiness and our ability to learn new information. This workshop will show you the formula to unlock the happiness response. It's simple, it's fun and it's life-changing!

Every Day Mindfulness and Yoga

Cassie Duke

Rm 459

Most of us live busy, stressful lives with little time for stillness and quiet. This chaotic lifestyle creates imbalance and a burned out feeling. Come learn sustainable yoga practices that you can use every day to help you cope with stress.

Resilience, Unicorns and Horse Crap

Ben Springer

Attributes like resilience and "grit" are important for all aspects of our lives, in fact there is a lot of hype about how to develop these attributes. Come learn the actual steps required to build resilience, identify the unicorns and understand the horse crap.

How to Save a Life

Amber Pulley & Colleen Oshier

Just as people trained in CPR help save thousands of lives each year, people trained in QPR can recognize the warning signs of a suicide crisis and know how to question, persuade, and refer someone to help.

Conquering Stress and Anxiety

Dr. Scott Phillips

What does stress do to our health? Learn how to conquer stress and see the health benefits within one week!

Still Blowing Smoke

Trudy Brereton, Kurt Hoffman & Cole Darbro

PARENTS ONLY: This workshop will help parents better understand the exploding trend of vaping, e-cigarettes and JUULs. Your child's misconception that these products are a safe alternative can leave them at risk to the harmful effects. Parents need to be informed about this new trend so kids aren't still blowing smoke!

Brain Changer

Christy Kane

New studies pinpoint electronics as a contributing factor to the substantial increase in suicide and depression. The constant processing of stimulus from electronics changes critical brain functions thereby causing anxiety and depression. Learn how to mitigate the effect that electronics have on you before it changes your brain!

Bystander Effect

Duane Domino

Studies show that individuals are less likely to offer help to a victim when other people are present. Come explore intervention options to help manage situations of bullying, intimidation, etc. Don't just stand by, learn the proper steps of bystander intervention so you are prepared to help those in need.

Life After Columbine

Rebels for Change

Rm 306

April 20, 1999 wasn't the end of the story for those who experienced the attack on Columbine High School. These survivors will share the lessons they learned on that fateful day and new lessons they've been taught on the way to healing, surviving and ultimately thriving.

The Importance of Being Human

Matt Heimberger

Rm 455

In our haste to streamline our lives, we are losing certain aspects of our humanity. Today we see a loss of civility in our politics, of connection in our personal relationships, and of independence in our daily lives. Come rediscover the lost art of honest and direct interpersonal communication.