

## OPENING GENERAL SESSION – 9:00AM

Light Breakfast & Beverages (Set up in Room 200)

### Welcome & Introductions

Connie Deel, KCPDC Professional Development Conference Committee Chair  
Room 207/208

### Keynote Presentation

*“The Art of Mastery” - Nancy Noonan*

## BREAK – 10:45AM

## SESSION I – 11:00AM-12:00NOON

### Financial Wellness – It’s More than Money

Life passes by quickly so retirement planning cannot begin too soon. Most people must rely on their investments for their retirement funding so future retirees must take charge of that planning now. Besides having money for retirement, health can also be an important consideration. What good is a big pot of money if your health is failing due to poor lifestyle choices? A healthy retirement, good family life and worthwhile goals lead to a successful life. It’s about a satisfying journey of accomplishing the things that are most important to you. This session will help you get there when all the right building blocks are in place.

**Presenter:** Ralph Trail, DeVry University

**Room:** 202

### Biofeedback & Breathing for Health

Here’s what you can learn:

- \* The nature of the physical stress phenomenon and why it exists in human beings
- \* Breathing techniques to lower stress & improve health
- \* Visualization and relaxation techniques to improve health
- \* Integrate the healing sciences of the East & West into your own healing & wholeness style to lower stress
- \* “Quiet the mind” using relaxation methods that produce the “relaxation response”

**Presenter:** Gary Green, Kansas City Kansas Community College

**Room:** 203

### Seeing Eye to Eye: Looking at Artworks & Understanding Perspectives

This informative, interactive session will encourage participants to work together to communicate and discover multiple meanings through contemporary artworks. We will explore how there is more than one way to look at a work of art, and with strategies presented by professional museum education staff, participants will learn about ways groups can work together to consider alternative perspectives and develop interpretations. We will use observations to support conclusions in an effort to open our minds to other people’s points of view.

**Presenter:** Karen Gerety Folk, Johnson County Community College

**Room:** 204

### What’s Change Got to Do With It?

Change. One simple word describes *excitement, opportunity, progress...stress, conflict and frustration* in our workplaces. The ability to adapt to change has been identified as one of the most important competencies for success in today’s environment. If that is the case, why do the majority of people resist change? Learn to identify typical responses to change and practical techniques for adapting to the changes taking place in your life.

**Presenter:** Judy Korb, Johnson County Community College

**Room:** 205

## LUNCH – 12:00NOON

Boxed Lunches & Beverages (Pick up in Room 200)  
Room 207/208

## SESSION II – 1:00-2:00PM

### Optimism in the Workplace

Optimism has numerous benefits with regards to work, health, and life in general. In this session you will get a chance to determine if you side with pessimistic or optimistic thought processes. Steps to encourage optimistic thinking will be shared along with ideas on how to encourage others to be optimistic. We will focus on promoting optimism in the workplace and the benefits received for customers and co-workers.

**Presenter:** Deena Schneider, Park University

**Room:** 202

### Inspiring Innovation in Teams

Being a creative and innovative individual is great, but how does a person inspire a whole team to work together to be innovative? After all, since most of the innovation-implementation work in colleges is done through some form of a team, the efficiency and efficacy of team interaction and workflow will make or break an innovation effort. This session will supply several specific, tried and tested techniques to enhance team interaction and move ideas from conception to completion within the framework of a higher education workplace team. Environmental factors that enhance team innovation will be discussed as well as hands-on practice with the suggested techniques will be provided so attendees will be ready to tackle inciting innovative teams as soon as they get back to their schools.

**Presenter:** Greg Rose, Park University

**Room:** 203

### Superfoods for a Super You

Imagine a superfood –not a drug –powerful enough to help you lower your cholesterol, reduce your risk of heart disease and cancer, and, for an added bonus, put you in a better mood. You’d surely stock up on a lifetime supply. Guess what? These life-altering superfoods are available right now in your local supermarket. You don’t need specific foods for specific ailments. A healthy diet incorporating a variety of superfoods will help you maintain your weight, fight disease, and live longer. One thing they will all have in common is that every superfood is going to be a ‘real’ (unprocessed) food.

**Presenter:** Lindy Robinson, Johnson County Community College

**Room:** 204

### Stressbusters: The Balancing Act

Identifying stressors in life makes all the difference in our ability to balance emotions and create happiness. Learn the importance of self-nurturing, the long-term effects of stress on our body and how to make de-stressing easier in our hectic lives. Humor and practical tips for every day, along with a self-assessment quiz, are part of this program.

**Presenter:** Barbara Wiman, Metropolitan Community College

**Room:** 205

### Exploring Your Passion: The Power of Music & Art

At some point during the work day do you find yourself feeling overwhelmed? If so, this session is for you! Music and art can often be viewed as the cornerstones of cultural development around the world. However, incorporating music into your daily routine could be the outlet you need to be both productive and healthy. We will explore the power of music and art and how we can use it as a way to make meaningful connections with our students and colleagues.

*Note: Please bring your iPod or MP3 player*

**Presenter:** Temeca White, Metropolitan Community College

**Room:** 207/208

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## SESSION III – 2:15-3:15PM

### What can Coach Sue Sylvester, Michael Scott & Pike Place Fish Market Teach You? Leadership Lessons in Pop Culture for Your Office

Calling all fans of the hit television shows Glee and The Office as well as other pop culture phenomenon (think flash mob)! This session will analyze the various leadership lessons that pop culture teaches its fans & will help you identify ways that you can apply these leadership lessons to your office team!

**Presenters:** Cassy Bailey & Brett Bruner, Baker University

**Room:** 202

### Do This/Not That – *what exercises are best and which ones can hurt you*

Many of the classically performed exercises are contraindicated based upon present knowledge in the field of Exercise Science. Sadly, these exercises are passed on from one person to the next because newer information has not been properly disseminated. There are also newer trends that can increase efficiency of your present workouts. This session will explain the reason why these classic exercises are no longer recommended and will provide better alternative exercises that will be optionally interactive so that you can be provided the best feedback about proper technique. Emphasis will also be placed on performing exercises that can be done anywhere easily without the need to belong to a fitness facility.

**Presenter:** Brian Ciolek, Park University

**Room:** 203

### Aging Gracefully: Living Well – Achieving Optimal Health

Aging can be challenging to all of us! In this program you will learn tips for wellness and prevention of chronic illness. The latest recommendations for heart health, reproductive health, bone health, brain health, nutrition and exercise will be discussed. Emphasis on the importance of lifestyle changes that may need to be made and emotional well-being is intertwined throughout this presentation, looking at the “whole” person, not body systems, as we mature and work toward our goal for optimal health.

**Presenter:** Barbara Wiman, Metropolitan Community College

**Room:** 205

### Take the Creativity Challenge

Do games sharpen your mind or dull your sensibilities? This session moves participants thru stations of creativity games that include puzzles and exercises to reclaim your creative ability and unleash the power of ideas!

**Presenter:** Angel Mercier & Marilyn Shopper, Johnson County Community College

**Room:** 207/208

## CLOSING SESSION – 3:30PM

Door Prize Drawing & Evaluations

Room 207/208



## PROFESSIONAL DEVELOPMENT CONFERENCE

# Re-igniting Your Spark!

March 30, 2011  
Baker University  
Overland Park Campus