



**2018 Professional
Development Conference
May 23, 2018**

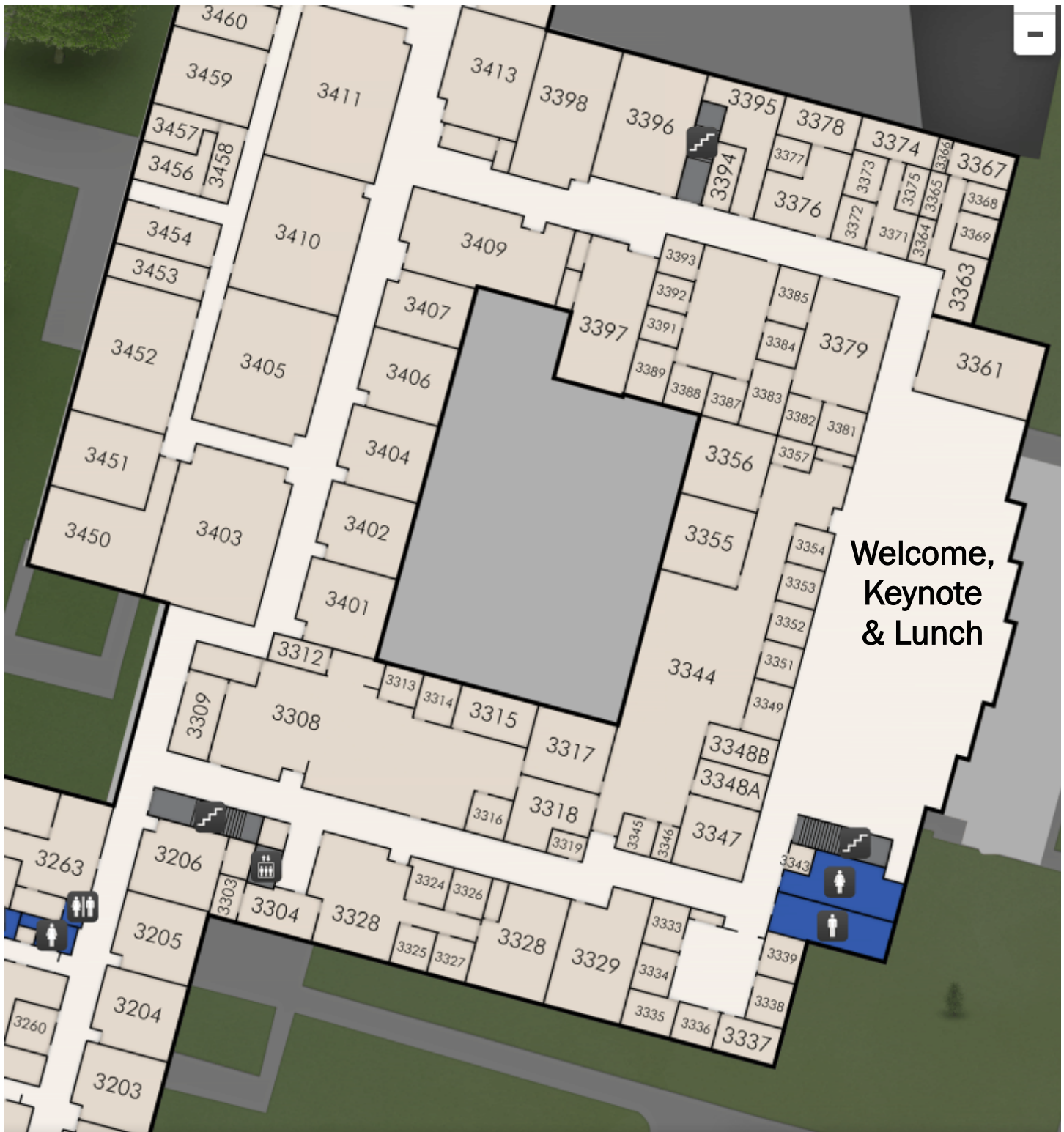


IGNITE



THE EXCELLENCE WITHIN

Upper Jewel



Room 2325/26 is located in lower Jewel

SCHEDULE AT A GLANCE

8:30 – 8:50Registration

Breakfast Snacks & Refreshments

8:50 – 9:00Welcome—Announcements

9:00 – 10:15Keynote Dr. Brian Davidson

10:25 – 11:25Concurrent Sessions 1

11:35 – 12:15Lunch

12:25 – 1:25Concurrent Sessions 2

1:35 – 2:35Concurrent Sessions 3

2:45 – 3:45Concurrent Sessions 4

3:55 – 4:15Closing Session

Door Prize Drawings – lots of great prizes!

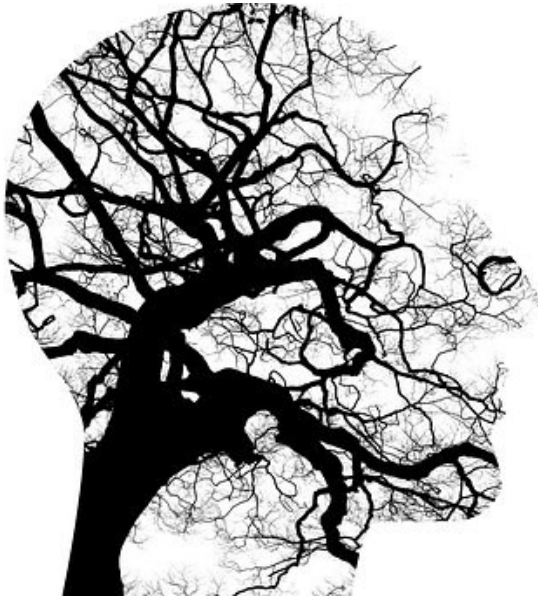
Must be present to win

Do you Tweet? If so, tell people about the conference using #KCPDC18

WELCOME & KEYNOTE SPEAKER (8:50—10:15)

Building Skills for Success

While it has long been viewed that IQ is the best predictor of success, years of research are illustrating that intelligence and natural talent are simply not enough. Groundbreaking research conducted in the world's top universities is recognizing the importance of non-cognitive skills.



New research in psychology, education, and behavioral economics is highlighting that while cognitive ability is important, it is not enough. Non-cognitive skills are equally, if not more important, to success. Examples of key non-cognitive factors include:

- Grit
- Resiliency
- Hope
- Self-Control
- Conscientiousness
- Adaptability
- Self-Motivation

About Our Speaker ...

Dr. Brian Davidson is a developer of human potential. For the last decade, he has been on a pursuit to understand the science behind how the best become the best and to help individuals and their organizations ignite greatness.

As founder and president of the Intrinsic Institute and creator of the Intrinsic Edge™ model, Dr. Davidson applies his work to help K-12 and university students, educators, and business leaders across the world.



SESSION 1 (10:25–11:25)



Leadership from Any Chair

Room 2325/26

Kevin Sansberry, University of Missouri—Kansas City

Come see how leadership can occur not just in traditional roles, but also in every job! We will discuss traditional and transformational leadership and help you discover your personal leadership style.

Objectives:

- Define traditional and transformational leadership
- Discuss the impact of leadership at all levels of the organization
- Discover your personal leadership style



Shaken No Stirred

Room 3398

Lee Ann Zech & Stacey Blum, Metropolitan Community College

Navigating the waters of working in a multi-generational workplace is common today. This presentation will discuss the characteristics of the Silent Generation through Millennials and uncover tips and tools to successfully deal with common workplace issues that naturally arise from many different generations working together toward a common goal. This is a MUST for anyone working with multi-generations!

Participants will:

- Understand there are multiple generations in the workplace
- Articulate what defines each generation
- Determine how best to approach a satisfying work experience for all generations
- Develop a communication plan for a multi-generational workplace.



Take Control of Your Inbox: Strategies for Managing Your Email

Room 3205

Rachel Haynes, Johnson County Community College

Do you feel overwhelmed by the amount of email that comes in each day? In this session, you will discover ways to manage emails and take back control of your inbox. Some strategies that will be discussed include ways to quickly read through emails, organize your emails into folders, use rules to sort emails as they arrive, clean out the non-essential emails, and set reminders to follow-up on emails. A demonstration of how to implement these new strategies will be provided during the session. Participants will:

- Understand steps to quickly process emails in your inbox
- Apply strategies to tag and identify email action items
- Implement ways to organize email messages



Professional Collaboration: Dancing Without Stepping on Toes

Room 3206

Neil Friesland, MidAmerica Nazarene University

The purpose of this session is to define professional collaboration in the context of teaching and learning, facilitate self-reflection and help participants determine their own style of collaboration and its affect on their professional environment.

Objectives for Professional Collaboration

- Determine where they typically like to “live” in the collaboration life-cycle
- Compare the benefits of collaboration to the lack of collaboration in teaching and learning
- Discover the types of collaboration
- Practice using the listen cycle while incorporating the Communication cycle in different scenarios

LUNCH UPPER JEWEL (11:35-12:15)

SESSION 2 (12:25—1:25)



Successful Leadership Through Increased Awareness

Room: 2325/26

Don Wise, Park University

Improvements in how we lead and succeed in our lives come as a result of greater self-awareness, an increased awareness of others and intentional behavior change. We can improve our leadership approaches, behaviors, and successes, by becoming more aware of ourselves and others, our conflicting values, our decisions and the assumptions upon which our own individual approaches to challenges are based. This increased awareness enables us to become better able to engage, challenge and energize others to work collaboratively toward a common goal.

When applied and practiced, we can learn more effective, useful, and creative ways affect positive change, collectively. Following this workshop, participants will be better able to:

- Ground their leadership actions in an awareness of their own values and beliefs;
 - Evaluate information to make more effective leadership decisions.
-



Becoming a Great Trainer

Room: 3398

Peter Warner, Warehouse Training Academy & Metropolitan Community College

This discussion provides basic training and presentation skills and practices for educators, presenters and facilitators, and their application. Attendees will be presented with topics and methods of presenting and facilitating training and lectures in today's complex and diverse environments. Upon completion of this seminar attendees will learn:

- Creating and maintaining a safe and comfortable environment for learning
 - Basic presentation skills
 - How to build rapport with students and trainees and control disruptions
 - The Logistics of presenting a program
 - Controlling disruptions
-



Managing Stress: What Can Diet do For You?

Room: 3205

Claudia Martin-Ayoade, Johnson County Community College

Everyone experiences stress at one time or another. For most people, stress and food have a complicated relationship. Food can help control our stress and give the power back to us, hence the desire for comfort foods. The wrong foods can reduce the body's capacity to fight stress resulting in prolonged stress and subsequently stress induced illnesses.

The Learning Objectives of this session is for participants to be able to:

- Understand what role food plays in both managing and increasing stress
 - Understand how the right combination of foods at the right time of day is the key to good health
 - Examine the effect of nutrition, rest and other lifestyle factors on their health
-



Growing Excellence Through Grit and Growth Mindset

Room: 3206

Cheryl Zelle, Baker University

This session provides an informal overview of the current research on grit and growth mindset as the basis for experiential learning activities about these topics. Participants can expect to engage in discussion, collaboration, and active learning as they explore what it means to be gritty and how a growth mindset (versus a fixed mindset) can ignite intra- and interpersonal development.

Participants will be able to:

- Self-assess their level of grittiness (i.e. passion and perseverance for long-term goals)
- Use grit and growth mindset language to frame thought processes, attitudes, and goals
- Implement practical strategies for applying grit and growth mindset to personal/professional goals

SESSION 3 (1:35–2:35)



Cut the Clutter! A Discussion About Minimalism

Room: 2325/26

Lisa Gates, Johnson County Community College

Do you have too much stuff and not enough physical and mental space? Ever feel robbed of valuable time due to the chore of maintaining or organizing your things? How many email subscriptions are you deleting from your clogged inbox on a daily basis? Join me for a discussion about Minimalism and learn how to reduce your stress on YOUR terms! Hear how the employees at JCCC cut the clutter in our 30-day challenge!! This session will:

- Introduce participants to the basic concepts of minimalism
- Provide them with the tools to declutter their life



Mindfulness: A Skillset to Optimize Your Life

Room: 3398

Nicoya Helm, Kansas City Kansas Community College

Mindfulness meditation helps us explore our inner and outer world to better understand how we think and feel. Research shows that this enhanced understanding can result in lowered stress and anxiety, increased attention and memory, and greater appreciation and joy. For educators, mindfulness can be a tool for self-care and personal and professional development. Session participants will learn what mindfulness is, how to do a basic mindfulness meditation technique, and potential applications to optimizing classroom experience and daily life. Concepts presented are from the Unified Mindfulness system, a secular practice that has been used in neuroscience research studies at Harvard and Carnegie-Mellon Universities. By the end of this session, participants will be able to:

Give a basic definition of mindfulness

- Identify benefits of mindfulness meditation for classroom and daily life
- Practice a basic mindfulness meditation technique
- Locate additional mindfulness meditation resources



Johnson County Community College's Civic Leadership Program

Room: 3205

Tara Karaim, Johnson County Community College

Johnson County Community College recently revamped its sole service program that promotes leadership and civic engagement. This roundtable will discuss the importance of such programs, deliberate effectiveness, and suggest ways of improvement. The Civic Leadership program consists of three sections: service, leadership, and reflection. Because many community colleges have different variations on programs like these that recognize students for their civic excellence, this session will be beneficial to discuss how programs can be improved and ignite the excellence within. The learning objectives of this session include:

- Identify and analyze the term civic engagement
- Discover new ways to promote non-cognitive skills in programs such as these
- Plan ways to improve service learning and civic engagement programs



Are You LinkedIn?

Room 3206

Tatia Shelton, Metropolitan Community College

Are you on LinkedIn?? If not, it's time to get on board. LinkedIn has many features for the brand and social media marketer. You can establish your expertise through the LinkedIn content platform, interact with your community via brand pages and groups, and reach out to others via LinkedIn messaging. Also, LinkedIn offers opportunities to network every day. You can expand your business connections through LinkedIn far more than by using Facebook or Twitter. If you are LinkedIn, are you maximizing your account to the fullest extent?

- In this session participants will learn how to “ignite” their professional brand through social media

SESSION 4 (2:45–3:45)



Igniting Excellence: How You Can Recreate Our Success

Room 2325/26

Lauren Lovvorn, Catherine Geehan & Macenzie Olmo, Park University

In this session, we present how our Admissions team implemented strategies of communication, teamwork, student service, personal sustainability, and hiring process have led to our success. We will discuss CRM communication strategies and their crucial role in recruitment, how clearly set guidelines and personable approach equates to greater retention, how personal sustainability creates a strong drive toward a long-term result and how to create low-cost professional development opportunities. Participants leave with ideas useful throughout higher education institutions to ignite the excellence within for your team and your students. Learning Objectives:

- Construct effective communication strategies using CRMs
- Build effective materials for orienting students to campus resources and departments
- Learn professional development techniques via team trainings and professional development
- Foster healthy team relationships both interdepartmentally and intradepartmentally
- Implement hiring techniques to grow effective teams



Grit, Resiliency, Excellence and the Wizard of the Crow

Room: 3398

Janette Jasperson, Johnson County Community College

Listening to others' stories of grit and resiliency in the face of trying circumstances can help us find the courage to ignite the excellence within ourselves. The novel *Wizard of the Crow* by the great African author Ngugi wa Thiong'o contains many such stories. This satirical novel offers many stories of courage, resiliency, and hope in the face of significant obstacles. Janette Jasperson will draw on her own observations from four trips to East Africa to discuss this great African novel. Come prepared to laugh and to ponder what grit, resiliency, and excellence look like in real life. Following this session the learner will be able to explain the following roles in fostering (or hindering) courage, resilience and excellence:

- Explain the role of storytelling
- Explain the role of community
- Explain the role of individual initiative



Leading Our American Heroes on the Labor Front

Room: 3205

Priscilla Subramaniam, Avila University

Our veterans make tremendous sacrifices when they are called to serve our nation. Yet when they return from active duty, how are they able to ignite those "soft" skills that they have acquired from their service? Learn about the inVES^T* platform, which bridges the distance between veterans and their futures through support, professional assistance and networking in order to assist our American heroes in making a successful transition back into the job market. Session Objectives:

- Understand the unique challenges that veterans face when trying to re-enter into the job force
- Identify ways to support veterans with opportunities that give them a "hand up"
- Learn about local organizations that serve our veteran population

CLOSING & PRIZE DRAWING UPPER JEWEL (3:55–4:15)

Please join us for our closing session and prize drawings. When you checked in for the conference you were automatically registered for the prize drawings. Thanks to the generosity of our sponsors we have a number of gift cards to area merchants available to win.

YOU MUST BE PRESENT TO WIN!



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SPECIAL THANKS

KCPDC wants to extend special thanks to our conference host:



Thank you also to Kansas City Kansas Community College
for printing the conference programs.



Presentation handouts are available at:

<http://www.kcpdc.org/professional-development-conference>
Password: pdc2018

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