




# 2022


## KCPDC Professional Development Conference



Wednesday, May 25, 2022  
Regnier Center 101  
Johnson County Community College



The Annual Professional  
Development Conference  
targets supervisory, technical and  
support employees in higher education.  
The conference provides an opportunity  
to learn and network with other  
higher education professionals  
within the Kansas City area.



# KCPDC Professional Development Conference

Wednesday, May 25, 2022 | Regnier Center 101 | Johnson County Community College

## SCHEDULE

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|--------------------------------|--|
| <b>8:30 a.m. – 9:00 a.m.</b>   | Registration and Continental Breakfast                                   |
| <b>9:00 a.m. – 9:05 a.m.</b>   | Welcome  |
| <b>9:05 a.m. – 10:15 a.m.</b>  | KEYNOTE: Dr. Art DeGroat, Ed.D,<br>Lieutenant Colonel Retired, U.S. Army |
| <b>10:25 a.m. – 11:25 a.m.</b> | Concurrent Sessions 1  |
| <b>11:30 a.m. – 12:30 p.m.</b> | Lunch/Atrium   |
| <b>Noon – 12:30 p.m.</b>       | Sustainability Walking Tour, meet in the Atrium                          |
| <b>12:30 p.m. – 1:30 p.m.</b>  | Concurrent Sessions 2  |
| <b>1:40 p.m. – 2:40 p.m.</b>   | Concurrent Sessions 3  |
| <b>2:45 p.m. – 3:45 p.m.</b>   | Concurrent Sessions 4  |
| <b>3:50 p.m. – 4:00 p.m.</b>   | Closing Remarks & Door Prize Drawing<br>(Must be present to win)         |

**KEYNOTE: Dr. Art DeGroat, Ed.D, Lieutenant Colonel**

## **RE-FRAME, RE-IDENTIFY AND RE-ENERGIZE**

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## **PROFESSIONAL LIVING AFTER THE STORM**

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## **A HIGHER EDUCATIONAL PROFESSIONAL'S PERSPECTIVE**



Dr. Art DeGroat will share some compelling insights from decades of study, practice and diverse professional experiences to offer tools needed to revitalize our new professional lives within the post-pandemic era. From an adult development context, DeGroat offers proven concepts that help managing professionals deal with transitions in their work and homelives after major social and institutional change. Key topics to be discussed include *re-framing* (or re-affirming) one's mindset about contemporary change, ideas on how to *re-identify* with personal and professional commitments and finding or creating new sources of energy when traditional sources no longer apply. This is a practical discussion with opportunities for great exchange with participants.

**Writing Emails that Save Time & Get Results****Regnier Center 175****Dr. Angie Pastorek, University of Kansas-Edwards Campus**

According to a 2019 study by Adobe, the average person spends over three hours each day responding to workplace emails (and another two hours a day checking personal email)! In this session, we'll discuss specific strategies for writing emails that will help you and your recipients save time and get more done every day.

As a result of this session, participants will be able to:

- Discuss the psychology of email senders and recipients.
- Identify common email pet-peeves.
- Write action-oriented subject lines.
- Identify strategies for crafting content appropriate for your specific recipients.
- Apply formatting strategies that will help trigger quicker replies.
- Quickly edit your email content and structure to ensure a concise, appropriate message.

**What about the PIVOT?****Regnier Center 181****Andrica Wilcoxon, Kansas City Kansas Community College**

Knowing how and when to pivot can create momentum towards adaptability and inclusiveness.

This interactive session will help participants to:

1. Identify cognitive, psychomotor and affective domains during a pivot.
2. Investigate how each domain can impact their pivot.
3. Strategize ways to be adaptive while in their pivot.

We will take a closer look at the pivot through a collaborative process. This process guides participants to evaluate the obvious as we take a dive into the what, when, why and how pivots can gift us with energy, hope and empathy. Together, we will build and design a plan of action through hands-on activities that will explore new ideas, perspectives and awareness. Know that your pivot is important, it is an instrumental part to your success!

**Career Development in Your Hands****Regnier Center 145****Dr. Dale Marrant, Cleveland University-Kansas City**

Most of us have felt the frustration of waiting around for the right opportunity to become available, in the right place, at the right time. But we must recognize that for most of us, our career is more of a journey than a destination. This session will explore various aspects of career development and planning for those who want to be intentional in their professional development and who are open to thinking about growth opportunities through a new and different lens. A helpful career planning guide will be made available to session participants to assist in preparing for future opportunities.

**Tips, Tricks and Chuckles from A Career of Campus Professional Development for Sustainability****Regnier Center 145****Dr. Kristy Howell, Johnson County Community College**

Since 2009, JCCC's Center for Sustainability has served as a local, regional and national leader for campus sustainability practices. Join employees from the Center to learn more about the role ongoing employee training and professional development plays in our successes.

Attendees will:

- Learn the definition of sustainability and be able to articulate how their employer educates employees for sustainable practices.
  - Identify opportunities for improvement.
  - Identify likely co-conspirators for improving sustainability-related PD for their employer.
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**What Great Managers Do Differently****Regnier Center 183****David Clute, Cleveland University-Kansas City**

At least 65% of an employee's level of engagement with his/her job is directly influenced by his/her supervisor. Unfortunately, most supervisors are promoted into management because they were really good at doing something other than developing people! As a result, only about 10% of those who manage people actually have natural talents for building employee engagement. What do those managers do differently? Participants in this session will learn key findings from research performed by Gallup.

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**Strengthen Your Immune System Naturally****Regnier Center 181****Claudia Martin-Ayoade, Johnson County Community College**

Our immune system is a network of cells that defends our bodies against disease-causing microorganisms. There are times when this system fails and is penetrated by germs that make us sick.

This session will explore if taking vitamins and herbal supplements, improving your diet and adapting other lifestyle changes can naturally boost your immune system.

## **Mitigating Burnout: Everyday Strategies for Mutual Support & Boundary-Setting**

**Regnier Center 101**

**Dr. Angie Pastorek, University of Kansas-Edwards Campus**

The often-celebrated drive to “take care of students” has traditionally carried higher ed staff through tough times. However, heightened uncertainty, personal safety concerns and gaps in communication during the pandemic have left many staff feeling unheard, overwhelmed and underappreciated.

This session will draw on research from organizational communication to redefine higher education as a \*workplace\* and explore root causes of overwhelm and burnout. We’ll challenge our assumptions and discuss strategies for initiating more responsive leader-employee stakeholder relationships.

As a result of this session, participants will be able to:

- Define burnout, including root causes unique to the higher education workplace.
- Challenge traditional assumptions about the employee-institution relationship.
- Apply everyday communication strategies to help build more inclusive, respectful and collaborative relationships among staff members and leaders.

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## **Create a Culture of Employee Engagement**

**Regnier Center 175**

**Susan Hoffman, Johnson County Community College**

Create a Culture of Employee Engagement is designed to provide specific ways that individual leaders can increase employee engagement within their team and among those they regularly interact with. This session focuses on individual leaders and their ability to positively influence engagement levers one-to-one.

After completing this session, participants will be able to:

- Understand the powerful link between employee engagement and business results.
- Have a clear definition of what employee engagement is and why it’s important.
- Understand your own individual level of engagement and your team’s level.
- Implement six strategies that you, as an individual leader, can use to create a culture of engagement.

**Be a Great Coach**

Regnier Center 175

**Susan Hoffman, Johnson County Community College**

Be a Great Coach is a session designed to enhance a leader's understanding of what coaching is and to also help leaders overcome misconceptions and limitations they may have as they think about "coaching."

In this session, you will:

- Explore coaching as a highly effective "style of communication."
  - Understand how and why coaching works.
  - Examine the two different types of coaching you do as a leader.
  - Practice foundational communication skills that make you a great coach.
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**Meditation MythBusters**

Regnier Center 101

**Nicoya Helm, Nicoya Helm LLC**

You've heard the hype, you've tried the apps, but mindfulness meditation still seems confusing, intimidating or like a boring chore. If this sounds like you, you may be surrounded by meditation myths! Come learn simple, practical strategies to get past those myths and access a great tool for navigating and integrating your personal and professional paths.



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