

April 22, 2016 ♦ Lowry Conference Center ♦ Denver, Colorado

## ***AGENDA***

**8:00am Registration, Coffee, Networking**

**8:30am Welcome and Opening Remarks**

**9:00am *Your Money or Your Life***

**Bob Melvin**

University of Denver and Leadership Consultant

The people who get what they want in life do a better job of defining what they want, creating a plan and executing the plan. Critical information is presented to help you define what you want and how to get there. Learn how to define your direction in life, assess your current reality, construct a practical budget and learn some investing basics. Learn to examine both helpful and destructive mental models that aid and hinder plan development and execution. Take away a proven philosophy, and the confidence of knowing you've taken a huge step toward your life goals. Employees who have a handle on their financial lives are less likely to leave their organization, and are happier. Planning and executing your personal finance plan is practice for planning and executing in the workplace.

**10:15pm Break**

**10:45am *Building Professional Resilience: How to Thrive in the Face of Challenge***

**Jere Thomas**

Sage Resources

Grounded in current research from neuro-leadership and performance psychology, this session includes: the neuroscience and basic principles behind emotional intelligence, a framework for mental toughness and personal resilience based on performance psychology, the role of mindset and strategy in cultivating our resilience at any age, and tools to cultivate resilience in yourself and in your workforce.

**12:30pm Lunch, Exhibits, and Networking**

**1:30pm *Professionalism: Inspire Integrity – Chase an Authentic Life***

**Corey Ciocchetti**

University of Denver and Corey Speaks, LLC

Chase the truly important things in life such as a solid character, strong personal relationships and a sense of contentment. These “real rabbits” are compared and contrasted to worldly success such as excessive wealth, popularity and prestige. The concept of professionalism and the story of the iron ring are evaluated.

**4:00 End**

