

## COACH U September 2023

### Schedule of Events

#### Thursday, September 28

9:30 – 10:00am Continental Breakfast

10:00 – 10:45am **Dare to Lead with Purpose**

#### **Workshop: Jenn Lofgren – Incito**

Join Jenn as she guides us through a workshop for everyone looking to step out with greater courage in any area of their professional and personal life.

10:45 – 11:30am **Purposeful Inspiration**

#### **Closing Keynote: Alvin Law – Convention Closing Keynote**

Let Alvin take you on a journey of courage and inspiration that you will never forget.

11:30 – 12:00pm Networking Break

12:00 – 1:50pm **Awards luncheon**

Gather for the excitement of the Awards Luncheon where winners of the CAM-X Award of Excellence, AOE Plus and Award of Distinction are revealed!

1:50 – 2:00pm **Closing Comments by Convention Chair and Thank You's!**

2:30 – 3:30pm Employee Incentives – Culture Building with Joey McDonough

3:30 – 3:45pm Coffee Break

3:45 – 5:00pm Round Table Networking

5:00 ----- Amazing Race / Scavenger Hunt / Meet at the Restaurant

6:00 ----- Dinner together - optional

#### Friday, September 29

8:30 – 9:00am Networking Breakfast

9:00 – 9:45am Goal Planning / Smart Planning with Jen Ferby

9:45 – 10:30am From 'BUD' to Boss: Crossing over to the other side – what does it mean? With Leslie Wilson

10:30 – 10:45am Coffee Break

10:45 – 11:15am Train the Trainer with Sabrina Perron & Mia Michaud

11:15 – 12:00pm Closing the Gap – Conflict Resolution with Shannon Korrington & Megan Likuski

12:00 – 1:00pm Lunch

1:00 – 1:30pm CAM-X Update: What is available to Supervisors, Team Leaders, Managers and Agents

1:30 – 2:30pm Shifting States with Randelle Lusk

Rare Method: Relaxation and Meditation Workshop with Randelle

Description: Unwind your body and mind with an accessible class designed to provide relief on physical, emotional, and energetic levels. Through the [Rare Method](#) approach, [Randelle Lusk](#) will guide you through simple yet impactful movement, meditation, and breathwork practices. These practices will lead you on a journey of relaxation, release, and rejuvenation, facilitating mind-body shifts and lasting neurological changes.

2:30 – 2:45pm Coffee Break

2:45 – 3:30pm Team Building with Gloria Tonne & Dianna Gallen

3:30 – 5:00pm Round Table Networking