

# Professional Development Conference

## 2024: PEER Gratitude

Date: June 5, 2024 - all day, in-person

7:30-8:00 am | Registration + Light Refreshments

8:00-9:15 am | Welcome Reception + Keynote: "Peer Gratitude... That's the Attitude" by Tom Kidd

9:30-10:30 am | Session I Options

**Appreciation and Gratitude Practices** by Riley McGrath

**Emotional Intelligence** by Karen Morris

**From Chaos to Cohesion: Workflows and File Storage with Microsoft Teams and Beyond** by Jacob Stansberry

**Meditating Mandalas** by Heidi Decker-Maurer

**Keep or Toss: Records Management 101** by Sarah Beer

10:45-11:45 am | Session II Options

**Sound Bowls with Guided Meditation** by Authentic Light with Bridget

**Critical Thinking in a Digital Era** by Matt Meyer

**Attitude of Gratitude Journal Making and Writing Workshop** by Jodi Thesing-Ritter

**Re-Train Your Metabolism** by Emily Boudreau

**EAP Overview** by Diane Little

\*\*\*The Luncheon will start at 11:45 am (Taco Bar Buffet!)

\*\*\*The University Staff Annual Meeting will start at 12:15 pm (only for UWEC University Staff members)

1:30-2:30 pm | Session III Options

**Grow it Anywhere** by Jeannie Chromey

**Stress Management** by Kylie Earing, Haley Wold, & Rebecca Rudolph

**Maximizing Your Canva Designs** by Jeanna Vande Zande & Erin Kriener

**UWEC's Identity on Campus and Beyond** by Sarah Brandenburg & Jodi Baglien-Sparkes

**Appreciating Our Differences** by Dr. Cindy Halvorson

2:45-3:45 pm | Session IV Options

**Walking Tour of the Sonnentag Event Center & Fieldhouse** by Michael Eslinger

**Gentle Yoga** by Ashley Walton-Beal

**Heirloom Vegetables and Seed Starting** by Andy Heren

**Administrative Transformation Program at UWEC** by Mike Knuth and Tracy Drier

**Learn and Make with the Blugold MakerSpace** by Dan Hillis and Team

So, What's Going on with Wisconsin's Climate? Rooting Climate Action in Gratitude for our Environment

by Lily Strehlow

**Cultivating Perspective** | **Campus Connections** | **Achieving Balance** | **Miscellaneous**

