

CONFERENCE AGENDA

Thursday, April 26, 2018

8:00 a.m. **REGISTRATION AND CONTINENTAL BREAKFAST**

9:00 a.m. **WELCOME TO THE CONFERENCE**



Becky Garnett
Program Director
Midlands Technical College
Corporate and Continuing Education



Judi Gatson
News Anchor at WIS-TV
and Conference Emcee

9:30 a.m. **KEYNOTE ADDRESS - THINK IT. WIN IT.**



April Lewis | Motivational Speaker | Founder, The A. Lewis Academy for Well-Being, Inc.

In this high-energy, dynamic keynote address, April will engage, empower, and energize you to live with intention and purpose. As a well-being guru, she has mastered the art of teaching people how to create the healthy, happy, and prosperous lives they desire through mindfulness. You will learn three proven principles to improve performance in the workplace, home, and in your community.

April saturates a room with positive energy, realism, and humor, so it is more than just a listening session. You will be committed to your success and confident you can win at everything you do.

10:15 a.m. **REFRESHMENT BREAK**

10:30 a.m. **BACK TO BASICS**



Jennifer Sisk | Life Coach, LLC

Jennifer will share a down to earth and real approach on how to find balance your fast-paced life. She will show you how to slow down, be present, face fears, and make yourself a priority. This session will help you realize and reaffirm that everything you need to make changes and reach personal goals is already within you. All the power you need is there. Let's go find it!

11:00 a.m. **STRETCH BREAK**

11:15 a.m. **INTERNET AND DATA PRIVACY - WHAT IS IT ALL ABOUT?**



David Pfaehler | Program Director | Computer and Information Technology
Midlands Technical College | Corporate and Continuing Education

Internet security gets a lot of play in our minds these days but many are not aware of the constant push by business and governments to implement technologies that are slowly eroding away at our individual right of privacy. This presentation will look at privacy concerns and how we as individuals and businesses can protect ourselves.

12:00 p.m. **GREETINGS FROM THE COLLEGE AND INVOCATION**

NETWORKING LUNCHEON

CONFERENCE AGENDA



1:15 p.m. MEDITATION TIME - HELLO, HEALTHIER SELF.

April Lewis

In this fifteen-minute guided meditation, April will bring your awareness to your breath and teach you how to remain present in the beautiful moments of life. You will silence the noise of the outside world and use visual imaging to see your healthier and happier self. You will be refreshed, renewed, and ready to walk in the newness of you.

1:30 p.m. DOOR PRIZES AND ENERGIZERS

1:45 p.m. WORK/LIFE BALANCE IN 2018 INCLUDING HOW TO MANAGE YOUR TIME ON SOCIAL MEDIA

Judi Gatson

2:15 p.m. BREAK

2:30 p.m. CLOSING SESSION – TOWN HALL – WHAT NOW?

April Lewis

End the day asking questions or seeking guidance from April on the best ways to implement the principles heard today. You will hear more on issues that prevent you from transforming from good to great. Use this open forum to bring the day to a strategic end and determine what to do next to improve overall performance.

3:15 p.m. DOOR PRIZES AND GRAND PRIZE DRAWING

3:30 p.m. ADJOURN

CONFERENCE FACILITIES AND PARKING

Your registration includes free parking at the Convention Center and in the City of Columbia garage directly across the street on the corner of Park and Pendleton streets. A parking pass will be included in your conference folder.

NETWORKING LUNCHEON

Unlike other conferences, your registration includes a luncheon so that you may network with your peers. Bring your business cards and make valuable contacts!

COMPANY REGISTRATIONS MAY BE HANDLED THREE WAYS:

1. By letter of authorization to bill on company letterhead with company address, phone number, and point of contact information
2. By purchase order
3. By check or credit card

Each company registration must include a list of employees and personal information requested above.

Requests for refunds must be received by phone at 803.732.0432 five business days in advance.
Substitutions will not be accepted after April 19th.