

# Explore. Connect. Advance.



## Event Schedule

Session Time	Room	Session Title	Description
4 p.m.	V324	Yoga at Your Desk	In just minutes a day you can recharge your body and mind without changing your clothes or going to the gym. Learn yoga poses you can do at your desk to relieve stress during the work day.
	V308	Pro Photo Tips	Learn some quick photo tips from a professional photographer and educator. In this interactive session see how quickly you can learn to compose better pictures as the instructor coaches you with sample photo problems and solutions.
	V306 Computer Lab	Networking Rules for Social Media	Your social media connections offer untapped opportunities for your career. By following some simple rules of efficiency and etiquette you will maximize your career prospects.
	V328	Driving Sales Results	Every organization faces specific sales challenges and wants to gain control of sales results. By improving sales force effectiveness, business can achieve performance goals and have the capacity to grow.

Session Time	Room	Session Title	Description
<b>4:30 p.m.</b>	V324	Workplace Wellness: Movement & Exploration	How do you move throughout your day? Increase your self-awareness and build confidence by exploring movements that heighten your awareness of self and your environment.
	V308	Pro Photo Tips	Learn some quick photo tips from a professional photographer and educator. In this interactive session see how quickly you can learn to compose better pictures as the instructor coaches you with sample photo problems and solutions.
	V328	VUCA: What it Really Means for you and your Organization	Join us for an adventure into the VUCA World – a business landscape filled with volatility, uncertainty, complexity and ambiguity. Explore today’s drivers of change and new skills that nurture productivity and innovation. If you are a senior or c-suite leader this session is for you.
	V306 Computer Lab	What’s New with Microsoft Excel 2013	Learn about the exciting new features in Excel 2013 including: Quick Start, Flash Fill, Quick Analysis, Recommended Charts, and Data Labels.
	V310	You Know You’re an Entrepreneur If.....	Attend a fun workshop to see if your personality matches your entrepreneurial spirit. You will take a short personality test (no wrong answers!) which assesses your entrepreneurial level.

Session Time	Room	Session Title	Description
<b>5 p.m.</b>	V324	Yoga at Your Desk	In just minutes a day you can recharge your body and mind without changing your clothes or going to the gym. Learn yoga poses you can do at your desk to relieve stress during the work day.
	V308	Leadership: Calming the Conflict – The R3 Process	Learn some quick tips you can apply instantly to manage conflict at any level in your organization. Presented by a leadership and development expert. You'll leave feeling confident about how to handle disagreements.
	V302	Relax, Breathe and Speak	Get some tips and techniques to help you overcome your fear of public speaking.
	V306 Computer Lab	Networking Rules for Social Media	Your social media connections offer untapped opportunities for your career. By following some simple rules of efficiency and etiquette you will maximize your career prospects.
	V310	You Know You're an Entrepreneur If.....	Attend a fun workshop to see if your personality matches your entrepreneurial spirit. You will take a short personality test (no wrong answers!) which assesses your entrepreneurial level.
	V328	Dream More Stress Less	Does the stress you experience during the day follow you to bed at night and play out in your dreams? Learn more about how unresolved matters affect your waking life and what you can do to make positive changes to sleep more and stress less.

Session Time	Room	Session Title	Description
<b>5:30 p.m.</b>	V324	Aromatherapy for Everyday Balance	Breathe deep, relax and learn about basic aromatherapy essential scents that can bring balance to your life.
	V308	Leadership: Calming the Conflict – The R3 Process	Learn some quick tips you can apply instantly to manage conflict at any level in your organization. Presented by a leadership and development expert. You'll leave feeling confident about how to handle disagreements.
	V302	VUCA: What it Really Means for you and your Organization	Join us for an adventure into the VUCA World – a business landscape filled with volatility, uncertainty, complexity and ambiguity. Explore today's drivers of change and new skills that nurture productivity and innovation. If you are a senior or c-suite leader this session is for you.
	V306 Computer Lab	What's New with Microsoft Excel 2013	Learn about the exciting new features in Excel 2013 including: Quick Start, Flash Fill, Quick Analysis, Recommended Charts, and Data Labels.
	V310	Stay Local. Sell Global.	So you're thinking of going global? This workshop is highly interactive, involving export discussions and problem solving. Designed especially for individuals curious about the methods, advantages and risks of exporting.
	V328	Dream More Stress Less	Does the stress you experience during the day follow you to bed at night and play out in your dreams? Learn more about how unresolved matters affect your waking life and what you can do to make positive changes to sleep more and stress less.

Session Time	Room	Session Title	Description
<b>6 p.m.</b>	V324	Aromatherapy for Everyday Balance	Breathe deep, relax and learn about basic aromatherapy essential scents that can bring balance to your life.
	V308	Relax, Breathe and Speak	Get some tips and techniques to help you overcome your fear of public speaking.
	V306 Computer Lab	Networking Rules for Social Media	Your social media connections offer untapped opportunities for your career. By following some simple rules of efficiency and etiquette you will maximize your career prospects.
	V310	Stay Local. Sell Global.	So you're thinking of going global? This workshop is highly interactive, involving export discussions and problem solving. Designed especially for individuals curious about the methods, advantages and risks of exporting.
	V328	Yoga at Your Desk	In just minutes a day you can recharge your body and mind without changing your clothes or going to the gym. Learn yoga poses you can do at your desk to relieve stress during the work day.