

TENTATIVE SCHEDULE

Wednesday, August 21, 2024

3:00pm – 4:00pm	Vendor Set up
4:00pm – 5:00pm	Registration
4:30pm – 6:00pm	Meet & Greet Happy Hour (light hors d'oeuvres+drinks) Vendor Area outside Shenandoah Ballroom

Thursday, August 22, 2024

7:30am – 8:30am	Breakfast Appalachian
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All training sessions held in Shenandoah Ballroom

8:30am - 9:00am	Welcome/ Vendor Spotlights Shenandoah Ballroom
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9:00am – 10:00am Training Session 1 (1 Mgmt CPE)
Setting the Stage: Cultivating an Integrity-Based Leadership Culture

Brian McReynolds (Empowered Team Project)
In this session, participants will define integrity in leadership, discuss the impact of integrity on organizational culture. Come learn strategies for building trust and transparency.

10:00am – 10:30am	Break / Networking
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10:30am – 11:30am Training Session 2 (1 Mgmt CPE)
Recognizing Trauma Responses: Self-regulation Tools for the Workplace

Melissa Deaton Cook (Spiral Roots LLC)
Everyone has experienced trauma to an extent. But what is trauma? How does it impact life and the workplace: This session will give you some understanding of trauma and its effects. Learn some simple takeaways to help calm your nervous system when anxiety or trauma interrupt your day.

11:30am – 1:00pm	Lunch / Vendor Spotlights
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1:00pm – 3:00pm Training Session 3 (2 Mgmt CPE)
Workforce Development: Solutions for the Water Industry
Kaystyle Madden (Shenandoah Valley Workforce Development Board)

This session will give an overview of workforce challenges in the water industry. Available resources, training programs, and partnership opportunities will be presented.

3:00pm – 3:30pm	Break / Networking
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Thursday, August 22, 2024 (continued)

3:30pm – 4:30pm Training Session 4 (1 Mgmt CPE)
Thriving with Neurodiversity: My Leadership Journey with ADHD

Brian McReynolds (Founder - Empowered Team Project)
Hear Brian's story about being neurodivergent. Learn the strengths and challenges of neurodivergent individuals and see how to implement strategies and support for neurodivergent employees.

5:00pm – 7:00pm Evening Social
Let's Have a Little Fun!

Join us at Ruby's Arcade. Enjoy an evening of fun and games, food and friends. Drinks and heavy hors d'oeuvres to be served.

Friday, August 23, 2024

7:30am – 8:30am	Breakfast Appalachian
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All training sessions held in Shenandoah Ballroom

8:30am – 9:30am Training Session 5 (1 Mgmt CPE)
Living and Leading with Integrity: Stories from the Leader's Journey Program

Graduates from Living and Leading with Integrity Program
Panel discussion and Q&A about Living and Leading with Integrity.

9:30am – 10:00am	Break / Networking
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10:00am – 11:30am Training Session 6 (1 Mgmt CPE)
Where Do We Go From Here?

Brian McReynolds
Participate in a Q&A and discussion group to create action steps for implementing an integrity-based culture and for continued growth and development.

11:30am – 12:00pm
Graduation Ceremony for First Cohort of LLWI

