

# Workshops

## Workshop A: From Burnout to Rejuvenation: How to Prioritize Workload, Build Resilience & Avoid Burnout



### Kristi D'Angeli

Let's be honest, we are all tired and over-worked. Sometimes it is hard to push through this chaotic world and the everyday "to do" list at work that just keeps growing. How do we keep ourselves motivated and centered where we can truly have a positive impact at work? How can we leave at the end of the workday feeling fulfilled with something left for ourselves and our loved ones? In this session, we will explore this very issue that many of us struggle with, BURNOUT, and you will leave with actionable take-aways that you can implement immediately on how to adapt and overcome.

Location: Nassau Room

## Workshop B: "You Had Me at Hello": Make your Networking Work for You

### Claudia Kelly & Vicky Richards

In this session, participants will learn the value of intentional networking. If your goal is to create and activate an effective network to advance a professional or a personal goal, then this workshop is for you. We will explore how networking can and should be intentional, with goals in mind, and a plan to achieve them.

Location: Village Square



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## Workshop C: The Power of LinkedIn



### Alexandra Coates

This will cover an array of key takeaways to highlight the importance and impact that LinkedIn can have on a professional career if leveraged the right way. Topic segments include LinkedIn's Evolution, Why It Matters, Advanced Features, Live Assessments, and Q&A.

Location: Salons D & E

## Workshop D: Smart Money Moves for the Sandwich Generation



### Eleanore Szymanski, CFP

Wading through and digesting the proliferation and availability of personal financial/legal data and information today can be terrifying. Everyone must take care of personal business - but they also need to keep up with their "regular job." Although the same financial/legal concept or law may apply to every age group, the impact can be significantly different for each. Learning how to discern that difference and its impacts is a critical first step. Once that difference is isolated, it is time to move on and take next steps to deal with the issue.

Location: Terrace View

## Workshop E: Habits to Obtain a Healthy Edge



### Jodi O'Donnell-Ames

Statistics show that Americans are living longer. While aging is a natural part of life, today's research and technology make it easier to establish and maintain energy and vitality at any age. Learn about some of the best habits and practices for a healthy lifestyle.

Location: Fountain View