



2024 Conference on Caring – Thursday, May 2, 2024, 8 a.m. – 4 p.m.

“Fostering Compassion throughout Generations”

Location: University Center Auditorium

SCHEDULE

- **7:30 a.m.** Registration and light breakfast
- **8:30 a.m.** – Program begins
- **8:30 – 8:40 a.m.** – Welcome – Kathleen Cappo, PhD, RN, CNE
- **8:40 – 9:40 a.m.** – BayCare will offer insights into coping mechanisms tailored for healthcare professionals, emphasizing the significance of self-care and its profound influence on overall well-being, while also exploring strategies for promoting self-care among patients and caregivers.
- **9:40 – 10:10 a.m.** – Break and visit the vendors in the lobby.
- **10:10 – 11:30 a.m.** – Attendees will have the opportunity to hear from Dr. Carrie Root, Founder & CEO of Alpha Umi Inc., and a distinguished author renowned for her work on "The Other Soft Skill: How to Solve Workplace Challenges with Generational Intelligence." Dr. Root is also recognized for her expertise in crafting professional development curricula, including the courses featured in this afternoon’s breakout sessions. Additionally, Dr. Root will lead a panel discussion featuring esteemed representatives:
 - Donna Doubleday – President and Chief Executive Officer of CareerSource Heartland
 - Stacy Kreil – DNP, RN, and Vice President and Chief Nursing Officer of Advent Health
 - Lisa Littlejohn – MSN and Chief Nursing Officer of HCA Florida Healthcare
 - Jennifer Johnson – MSML, RN, CHPCA, CHPN, and Regional Director of Good Shepherd Hospice.
 - Michele Heston – PhD, RN, CNE, and Vice President of Academic Affairs and Student Services
- **11:30 a.m. – 1 p.m.** – Lunch. Take the time to visit the vendors and poster presenters in the lobby
- **1 – 3:45 p.m.** – We'll be hosting Breakout Groups. Attendees are encouraged to select the track that resonates most with you. Please register your preference by Thursday, April 25th. If you haven't made a selection by then, your placement will be based on availability.
NOTE: Please choose only one track to sign up for. Once selected, you will remain in that track and room/area for the entirety of the breakout group session.
- **3:45 – 4 p.m.** – Wrap up

BREAKOUT SESSIONS

My Outward Impression Track	Collaborative Environment Track	Self-Care Track	Career Success Track	Wellness Track	Leadership Track
Room 113	Room 108	Room 109	Room 203	Gym	Auditorium
<p>A Guide to Work Communications – 1 – 1:45 p.m. Understand the scope of work communication. Build your confidence for interacting in the workplace. Use the steps of active listening.</p>	<p>Diversity At Work 1 – 1:45 p.m. Explore five workforce generations and Dimensional Diversity. Combat stereotypes, biases, and 'isms.' Examine how dimensional differences shape perspectives.</p>	<p>Resilience – 1 – 1:45 p.m. Differentiate stress, resilience, and grit. Emphasize the role of connections in resilience. Identify sources of stress. Cultivate purpose.</p>	<p>Professionalism – 1 – 1:45 p.m. Be able to explain what professionalism is. Know how to enhance your professional image through appearance. Understand how you are evaluated on appearance and social media when job hunting.</p>	<p>Stress Management and Personal Wellness 1 – 1:45 p.m. Learn simple strategies to combat stress and its negative impact on your body, enabling you to create your own self-care routines.</p>	<p>Brave Conversations 1 - 2:30 p.m. Learn to navigate difficult conversations effectively, gaining confidence and tools for workplace interactions. Turn challenging dialogues into growth opportunities for all involved.</p>
<p>Personal Brand 2 - 2:45 p.m. Build self-awareness. Build a distinctive personal brand. Recognize the personal brands of others. Know how to use your brand.</p>	<p>Ethical Behavior 2 - 2:45 p.m. Understand what ethics are. Know the criteria that influence your ethical decisions and behaviors. Know the characteristic of ethical individuals.</p>	<p>Boundaries & Balance 2 - 2:45 p.m. Understand boundaries, balance, and their relationship. Learn to set boundaries and achieve balance. Assess areas needing balance and create an action plan for a balanced life.</p>	<p>Why a Mentor? 2 - 2:45 p.m. Recognize the impact of mentorship on a developing career. Understand that mentorship requires commitment from both parties. Know what to look for in a mentor.</p>	<p>Mindfulness 2 - 2:45 p.m. Recognize beneficial versus detrimental stress. Explore mindfulness meditation's stress-relief benefits. Empower skillful lifestyle choices for stress reduction.</p>	<p>Leadership Essentials 2:45 – 3:45 p.m. You will learn the essential characteristics of leadership, distinguish between leadership, authority, and management, and recognize how leadership traits impact both worker morale and organizational performance.</p>
<p>Attitude Power 3 - 3:45 p.m. Gain an understanding of positive versus negative attitudes. Recognize the impact of a person's attitude on personal and professional growth. Explore the process for and benefits of developing a positive attitude.</p>	<p>Working In Teams 3 - 3:45 p.m. Experience how diversity positively impacts teamwork. Learn how specific skills can provide a specific benefit for a team. Understand what makes an effective team.</p>	<p>Taking Responsibility 3 - 3:45 p.m. Know what taking responsibility looks like and how it can be accomplished. Know the traits that grow responsibility. Improve how others see you as responsible by being a great communicator.</p>	<p>My Stakeholders 3 - 3:45 p.m. Understand what a stakeholder is. Be able to identify YOUR stakeholders. Know the difference between a primary and a secondary stakeholder. Be able to apply methods of stakeholder analysis to manage stakeholder interactions.</p>	<p>Holistic Healing 3 - 3:45 p.m. Explore ancient healing traditions alongside modern advancements in alternative, holistic, and integrative medicine. Learn the benefits of combining physical treatments with internal healing techniques.</p>	<p>This track consists of two sessions, allowing for a more comprehensive exploration of each workshop.</p>

Today is all about YOU!
Thank you for attending.