REGISTER NOW! • 1.2 CEUS

WPRA
WISCONSIN PARK AND RECREATION ASSOCIATION

13th Annual
LEADERSHIP Academy
2020
Park & Recreation Professionals

WPRA FOUNDATION
Educational Program Sponsor

FEBRUARY 5-7, 2020

BEST WESTERN PREMIER WATERFRONT HOTEL & CONVENTION CENTER • OSHKOSH, WI

WHO ARE YOU? *DEFINING YOURSELF AS A LEADER*

WISCONSIN PARK & RECREATION ASSOCIATION
6737 W. Washington St., Suite 4210, Milwaukee, WI 53214 • (414) 423-1210 • www.wpraweb.org

SCHEDULE

All sessions will be held in Athearn AB and meals in Athearn C unless stated otherwise.

WEDNESDAY, FEBRUARY 5

12:45 - 1:30 pm **Arrival & Check-in**

1:30 pm **Welcome**

2:00 - 4:30 pm **Ripples of Connection: Networking & Engagement Skills For Leaders**
Paul Wesselmann

This fast-paced session unpacks an innovative approach to improving our capacity for connecting with others and includes useful tools for building and maintaining mutually beneficial relationships, enhancing communication, and facing conflict with style and grace.

We intentionally scheduled this as our first session so we can utilize these practical strategies during our time together at the academy. If you have ever wanted to strangle a whiner, scream at someone who sent you an angry email, or go in a corner and cry after a difficult phone call, you'll be glad you participated in this session.

5:00 pm **Dinner**

5:45 - 8:15 pm **Managing Today's Teams**
Steve Baue

Steve will explore how teams are more diverse than ever before and, in today's market, how talent is truly scarce. Leaders must look for ways to not only engage every employee and drive retention, but achieve peak performance.

This workshop will focus on:

- The data and realities from the front lines in the war for talent.
- Why we do what we do.
- The generational influences that exist (they're not what you think).
- What almost every employee wants from their work and the real-world leadership techniques that produce true results.
- Creating a personal action plan for immediate implementation.

9:00 pm **Social – Ground Round**
(Activity planned by year two students)

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THURSDAY, FEBRUARY 6

7:30 am **Breakfast**

8:30 am **Group Photo**

9:00 - 11:30 am **Ripples of Productivity: Managing Time, Stress, & Health to Maximize Effectiveness**
Paul Wesselmann

While there are no shortcuts to success, there are a handful of simple, specific, and significant habits we can cultivate to more consistently bring our best selves to work and life. We will move fast to explore new thinking and research around optimal living, and you'll leave this session with practical tools you can use immediately to create sustainable improvements in your professional and personal effectiveness.

12:00 pm **Lunch**

1:00 - 3:30 pm **Mindfulness for Resilience**
Amanda Muhammad

Being effective at work means staying focused, energized, and showing up motivated every day. In the face of constant stress and pressure this can feel difficult, or even impossible.

In this session, participants will explore the use of mindfulness practices to build resilience to stress and recover after high-pressure situations. Leave with a solid understanding of the power of mindfulness practice, and the tools to help stay centered, grounded and manage stress.

Learning Objectives:

- Identify personal stressors and coping mechanisms
- Utilize tools for stress-resilience that are personally optimal
- Understand and explain the impact of chronic stress on the brain and behavior
- Create a plan to integrate mindfulness into their stress management efforts

3:30 - 5:00 pm **Leader's Lounge**

Please use this time to stretch, rest, connect, or exercise in your own leadership way!

5:00 pm **Dinner**

5:45 - 8:15 pm

Part 1: An Equation to Live By and Controlling Your Sphere of Influence
Chad Michalkiewicz

Part 1: We will look at inward growth that produces outward results. A simple equation will demonstrate how events outside of our control require responses, and that the quality of those responses will influence the outcomes that we desire. We will also look at the sphere of influence each individual has, and the responsibilities each person has in that sphere.

Part 2: Building Culture Through Servant Leadership
Chad Michalkiewicz

Part 2: We will explore definitions of character and culture (both desired and actual), as well as the responsibilities that leaders have in promoting that culture. We will also look at servant and mentor leadership, and how to apply those principles to any work/team environment.

9:00 pm **Social**

FRIDAY, FEBRUARY 7

8:00 am **Breakfast**

9:00 - 11:30 am **Applying Authenticity for the Ultimate Leadership Impact**
Aaron Hunnel

Authenticity in the workplace means cultivating a psychologically safe environment where people can freely be themselves – to feel safe and valued for having a voice, to express disagreement, and to communicate what they really care about. When employees fear being authentic at work it can lead to lack of trust in leadership, low engagement, poor self-esteem and workplace loneliness. As a leader, you are in a unique position to challenge the status-quo of "business-as-usual" and explore new opportunities to optimize employee well-being. This collaborative session will help you define what authenticity means in your workplace, and understand the importance of creating a psychologically safe environment using creativity, connection, and compassion.

Learning Objectives:

- Compare and contrast the biopsychosocial impact of authenticity and its implicit impact on leadership.
- Describe how creativity, connection, and compassion help leaders to construct an authentic and psychologically safe environment.
- Define what authenticity means within their respective workplace and construct a 3-step plan to manage the change.

12:00-12:30 pm **Recognition & Graduation Ceremony –** *Lunch to Follow*

FEATURED FACULTY

Paul Wesselmann

Paul Wesselmann is an educator, writer, and founder of UnleashRipples, an experiment in nurturing kindness with over 30,000 members. Paul holds degrees in psychology and higher education, and specializes in sharing useful strategies to help leaders in the helping professions extend their capacity for excellence without burning out. Paul's sessions for WPRA are consistently energizing and informative and we are excited to have him back with us again. If you're not familiar with his work, you can get to know more about him at UnleashRipples.com and @RipplesGuy on most social media platforms.

Steve Baue

Steve Baue is the President and CEO of ERC: Counselors and Consultants, the premier Wisconsin-based mental wellness / mental health benefit provider, and Steve Baue, LLC, a consulting agency focused on guiding leaders and organizations in being themselves, but greater. Steve has more than 25 years of domestic and international experience in organizational / leadership development, human resources, and executive-level leadership.

Amanda Muhammad

Amanda Muhammad is an International Mindfulness-Based Stress Management Consultant from Dallas, TX. She is currently pursuing her Ph.D. in Business Psychology, holds a Masters in Organizational Leadership, and a Bachelor's Degree in Management and Leadership. Amanda is a certified Dynamic Mindfulness trainer, Compassion Fatigue Trainer, and yoga instructor. Amanda spends her days teaching accessible ways to take a preventative approach to stress management. Further, she teaches professionals how to introduce these techniques to their students and clients as a foundation for social-emotional learning, restorative practices, and building resilience.

Amanda facilitates a variety of workshops, hosts mindfulness trainings, and serves as a resilience coach. She's had the opportunity to share her practice with a number of individuals, organizations, schools, and companies across the world. In addition to her physical work, she operates Mako Mindfulness, a web-based educational platform created to teach you how to build resilience to stress and learn tips for incorporating self-care throughout your day.

Chad Michalkiewicz

In addition to running Four Pillars Leadership, Chad Michalkiewicz is an educator and head football coach at De Pere (WI) High School. Chad's teaching duties include working with at-risk youth in the alternative education program, as well as teaching in the social studies department. Most notably during his teaching tenure, he has brought leadership curriculum to the course offerings for the first time at De Pere High School.

Prior to becoming an educator and head football coach at De Pere High School, Chad spent time coaching football at the professional and collegiate levels, spending time on staff with the Green Bay Blizzard, Northwestern University and Winona State University.

While his daily professional duties are performed in the classroom, it was out on the gridiron that shaped Chad into the leader that he is today. The namesake of "Four Pillars Leadership," was the foundation from which Chad put together his vision for running a high school football program back in 2011. Having earned his first head coaching position at just 24 years old, Chad was able to transform his wealth of knowledge and experiences as a young assistant football coach into a tangible platform to build a football program from. Four Pillars represents the foundation by which the De Pere football program is constructed, and what the program wants to represent in the eyes of an outside viewer.

Aaron Hunnel

Aaron is a U.S. Army Veteran, professional speaker and trainer, author and endurance athlete who believes that people are the greatest gift in life. His work has influenced the hearts and minds of thousands of people all over the world as he empowers them to live authentic, fulfilled lives. After struggling with his own physical and mental health because of multiple deployments, he ran the Boston Marathon as an honoree for Patriot's day, and found a passion in endurance running. Fascinated by behavior change and the motivation behind why people do what they do, he earned his degree in health promotion from the University of Wisconsin-Stevens Point. Aaron has over 12 years of leadership and diverse work experience which he uses to help different types of people, businesses and communities identify root cause behaviors, create strategic interventions, and implement ideas to make changes that stick. Aaron is a certified wellness practitioner, certified intrinsic coach, WELCOA Top 25 National Wellness Professional, but his favorite titles are: husband, dad, friend and human.

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SO EVERYONE CAN PLAY

Leadership Academy Accommodations

Meals

All meals are provided in the Leadership Academy registration fee.

Special Needs Statement

If you require any special accommodations/menu, please call the WPRA Office two weeks prior, at (414) 423-1210, and we will be happy to assist you.

What To Wear / Bring

As this is a professional academy, business casual attire is appropriate. Water bottle and sweater suggested.

1.2 CEUS AWARDED

LEADERSHIP Academy
Park & Recreation Professionals

WPRA Professional Development School Committee

Elizabeth Breitenfeldt
Ron Grall, CPRP, Chair
Kristin Grissom, CPRP
Scott Jaquish, CPRP
Don Melichar
Rebecca Price, CPRP
Shelly Strasser, CPRP

Thank You to Our Sponsor!

WPRA FOUNDATION
A Foundation of the Wisconsin Park & Recreation Association

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Registration

- **Online**: www.wpraweb.org OR simply complete and return registration form below.
- **Mail:** WPRA • 6737 W. Washington Street - Suite 4210 • Milwaukee, WI 53214
- **Fax:** (414) 423-1296

  Whatever your method of registration, don't delay—space is limited!

  Upon receiving your enrollment, a confirmation will be emailed. Be sure to bring your confirmation with you for easy check-in.

  Registration deadline: January 15, 2020

- **Cancellation/Refund Policy**
  Cancellations made by January 15, 2020 will be assessed a 25% penalty.
  NO REFUNDS AFTER DEADLINE January 15, 2020.

2020 Registration Form

(Please print clearly)

❑ **Year 1** ❑ **Year 2** ❑ **Alumni/Graduate**

Last Year Attended:_____

_____
Name (First/Last)

_____
Title **Affiliation (Agency/School)**

Address: _____

_____
City **State** **ZIP**

Phone **Work:** (_____)_____ **ext.**____ **Home:** (_____)_____

Cell: (_____)_____ **Fax:** (_____)_____

Email: _____

Emergency contact phone/cell, in the case of medical emergency:

Name: _____ **Phone:** (_____)_____

Base Rates

(☒) appropriate boxes

❑ **Traditional** *(Individual)*..... **$399**

❑ **Group Rate** (Three or more enrolled from same Agency/School) $399 each first 2 enrolled, $250 for each additional enrolled

❑ **Leadership Academy Alumni**
(Completed 2 or more years of Leadership Academy)..... **$299**

❑ **Student discount** *(Current / Full Time)*
$50 discount to Traditional/Group Base Rates..... **-$50**

Additional Charges

❑ **Non-WPRA Member**..... **$50**

❑ **Late Fee** *(after January 15, 2020)*..... **$50**

TOTAL: _____

Payment

❑ **Check** enclosed *(payable to WPRA)* ❑ **Invoice** my agency

❑ **Charge Card:** ❑ Mastercard ❑ Visa

Card Number: _____ **Exp. Date:** ____/____/____

Signature: _____

Print Name: _____

NOTES

Rates noted on Leadership Academy Registration Form only include the actual Leadership Academy and meals.

LODGING NOT INCLUDED.

Please see **Lodging Reservation** *information to reserve your room.*

Best Western Premier Waterfront Hotel & Convention Center
1 N. Main St., Oshkosh, WI 54901

Lodging Reservations

A block of rooms has been held at the best possible rate for Leadership Academy participants at the Best Western Premier Waterfront Hotel & Convention Center.

To reserve your room, call:
Local: 920-230-1900
Toll Free: 855-230-1900

When reserving your room, be sure to request a room in the WPRA block. Deadline – Wednesday, January 15, 2020.

Rooms are based on occupancy.
Rates: **$82/night Single Occupancy**
$99/night Double Occupancy*
*** Each additional person is $10 extra beyond two.**

All room requests are processed on a first-received basis.

Anyone requiring special accessibility or accommodations for their room must specify in advance when contacting the hotel.

Rooms include: free WiFi and hair dryer.

Check-In is at 3:00 pm and out is at 11:00 am.

QUESTIONS?

For more information, call WPRA (414) 423-1210 or email wpra@wpraweb.org