

C *onference at a Glance...*

8:00 AM **Registration & Continental Breakfast**
Special Session: Speed Intros

9:00 AM **Opening Keynote by Carla Rieger**
The Artistry of Change: The Top 3 Habits of Highly Resilient People

10:30 AM **Choice of Breakout Sessions**

- ♦ Negotiating from your Personal Point of Power
- ♦ Exercise & Physical Activity - Keeping it Real: A multi-generational approach to health across the lifespan
- ♦ Building Your Skillset Today for the Position You Want Tomorrow

11:45 AM **Lunch, Awards, & Business Meeting**
Luncheon Session: The Psychology of Success

1:30 PM **Choice of Breakout Sessions**

- ♦ Round Table Discussions
- ♦ SOAR Career Planning
- ♦ The Art of Communication: How to Turn Differences, Complaints and Pushback into Creative Solutions

3:00 PM **Closing Keynote by Jan McInnis**
Finding the Funny in Change

Post-Conference event ~ Join Colleagues at Eddie Merlot's for further networking



Register at <https://tinyurl.com/Legacyconf2018>

For more about the Legacy Project, please visit www.legacyprojectnow.org

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peed Intros

Part of the goal of the Legacy Project Annual Conference is to allow women in the profession to network and learn from others. This early morning session will enable you to make quick intros to a number of women in the profession in a short period of time! We will have 5 minute timed introductions to get your conference off to a great start!

O

pening Keynote

Presented by Carla Rieger



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he Artistry of Change: The Top 3 Habits of Highly Resilient People

The ability to creatively handle constant change is the most sought after skill in the 21st Century.

People who can lead, adapt, innovate, and facilitate while facing constant change are the leaders of the future. An “artist of change” sees how to benefit from changes affecting their team, can create their own change process, and can build a culture of innovation wherever they go.

During this lively, entertaining and practical keynote you will be introduced to Carla Rieger’s tools for staying creatively adapted in uncertain times. Attendees will discover how to:

- move people from reactivity to solutions when change hits
- help people benefit from the changes that may seem challenging
- inspire a culture of innovation and resourcefulness on your team

The Artistry of Change® is an innovative system that blends diverse fields such as educational kinesiology, psychology, change management theory, creative process models, and neuroscience. Witness how these fields are merging in exciting ways to produce the new ‘workplace artistry’.

Experience the power of full capacity no matter what is happening around you.

Addresses ICMA Practice Areas 4. Staff Effectiveness; 5. Personal Resiliency and Development; 6 Strategic Leadership



orning Breakout Sessions from 10:30—11:45 a.m.

Negotiating from your Personal Point of Power

Presented by Keri Lyn Krafthefer, Partner, Ancel Glink

Life is full of negotiations! Do you have the skills to negotiate successfully in a professional or personal situation? This session will help you identify how you are showing up at negotiations, tweak your negotiating style, identify your negotiating strengths and weaknesses and get the deal done!

Addresses ICMA Practice Area 5 Personal Resiliency and Development and 6. Strategic Leadership

Exercise & Physical Activity - Keeping it Real: A multi-generational approach to health across the lifespan

Presented by Jeanine Bensken

Have you thought about getting active but aren't sure how to start? Exercise, Physical Activity, Sedentary Behavior- what does it mean? We will use stories and science to show how physical activity can have positive physical and mental health benefits (not focusing on weight loss) at all stages of life. We will identify barriers and tools to overcome those barriers. Exercise doesn't have to be the same for everyone. We will focus on women and the influence they have on the generations (as primary caregivers for children and parents) and communities. Women carry much of the cognitive load- even with good support- of day-to-day activities. Women are also less likely, in general, to be physically active as compared to men. However, their influence on family and community can be critical to promoting healthy lifestyles. Let's use physical activity to have a better quality of life!

Addresses ICMA Practice Area 5 Personal Resiliency and Development

Building Your Skillset Today for the Position You Want Tomorrow

Panelists:

Ashley Englemann, Assistant Village Manager, Village of Lincolnwood

Julie Fitzgerald, Director of Community Development, Village of Schaumburg

Kimberly Richardson, Assistant to the City Manager, City of Evanston

Ingrid Velkme, Village Manager, Village of Western Springs

Moderator: Heidi Voorhees, President, GovHR USA

Success in local government requires continuous learning and skill-building. Whether you are a student, intern, or in the early, middle or end stage of your career, you should always be on the lookout for ways to develop your skills for your personal and professional development. Attendees of this session will participate with and hear from a panel of women at different points in their career and from different disciplines on the steps you can take now to prepare yourself for the job you want in the future.

Addresses ICMA Practice Area 5. Personal Resiliency and Development

Lunch

Awards

& Business Meeting

After Lunch Session

The Psychology of Success

Presented by Joyce Marter

Clinical Professional Counselor and Founder, Urban Balance

In this motivational keynote, therapist and entrepreneur, Joyce Marter, discusses psychological and wellness principles to live your best life, both personally and professionally. Using examples from her own personal journey and over 20 years of counseling clients, she will guide you in becoming more conscious and present, and help you apply the powers of positive self-talk, intention, visioning, and gratitude to create work/life balance and overall wellness. This dynamic presentation will conclude with a Q & A session.

Addresses ICMA Practice Area 18 Personal Resiliency and Development



Afternoon Breakout Sessions from 1:30—2:45 p.m.

Conversation with a Purpose

Understanding how to navigate the workplace is just as critical to your success as knowing your way around a spreadsheet or conducting a public meeting. Join our round table session to discuss how others have managed to survive (and thrive) in local government. Participants will engage in small group, quick discussions on topics relating to working in local government. Attendees will rotate tables to keep the discussions dynamic and fresh and to offer differing views in a short amount of time. Suggested questions will be provided to kick start the discussions, but participants are encouraged to ask their own. Topics will include a variety of issues including:

- ◆ Economic Development – Maureen Barry, Senior Municipal Advisor/Vice President, Ehlers
- ◆ Proving your worth – Show me the \$\$ - Denice Brogan, Assistant Director of Human Resources, St. Charles
- ◆ How to Deal with Controversial Community Issues – Marian Gibson, Village Administrator, Elwood
- ◆ Social Media Policies and Innovations – Cynthia Plante, Economic Development Coordinator, Evanston
- ◆ Communicating with Confidence – Life is easier when you are communicating from a position of strength! Jennifer McMahon, Director of Human Resources, St. Charles
- ◆ Professional Competencies—How do I know when it's time to move up? Katy Rush, Retired, Gov HR USA

Addresses ICMA Practice Areas 5. Personal Resiliency and Development; 6. Strategic Leadership; 8. Policy Facilitation and Implementation; 9. Community and Resident Services; 11. Technological Literacy; 14. Communication and Information Sharing

SOAR Career Planning

Presented by Julie L. Bartimus, Julie L. Bartimus Career Consulting

Are you in a launch, growth, peak, or plateau phase of your career? Does your professional identity reflect who you are and who you want to be? Does your team need a professional development model? SOAR Career Planning will help you and your team focus on positively and purposefully moving forward. This workshop will help you:

- ◆ Build a career plan for you and your team and take control of your professional identity.
- ◆ Understand the current career phase
- ◆ Analyze your professional identity
- ◆ Create action steps for your personal performance action plan

Addresses ICMA Practice Areas 5. Personal Resiliency and Development

A

fternoon Breakout Sessions from 1:30—2:45 p.m. Continued

The Art of Communication: How to Turn Differences, Complaints and Pushback into Creative Solutions

Presented by Carla Reiger

Differences are an element like fire: too much causes damage; too little and no transformation can occur. Costly communication breakdowns often happen because of simple misunderstandings. If not dealt with, you can lose income, enjoyment and productivity in your work environment. During this engaging and interactive presentation, you will discover how to:

- ◆ practice 3 simple habits that prevent communication breakdowns
- ◆ switch from an atmosphere of tension to a “healthy discussion”
- ◆ have touchy conversations that lead to positive outcomes
- ◆ communicate your needs in a way that people are open to hearing
- ◆ win back trust and create goodwill if it was lost

Experience the joy of making open communication a part of your daily work life.

Addresses ICMA Practice Areas 5. Personal Resiliency and Development; 6. Strategic Leadership; 14. Communication and Information Sharing

3:15—4:15 PM

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losing Keynote

Finding the Funny in Change! **By Jan McInnis**



Whether it's going green or the myriad of new rules that govern the industry, we are constantly reacting to a new playing field. From reform to the new industry rules and regulations that are being developed, professionals are routinely having to reassess and re-evaluate their practices. And all of this change causes fear, tension and miscommunications!

Jan will show you how to: diffuse tension instantly, kick off tough conversations, and facilitate communications. . . all by using humor that you, yourself can do. And she'll also give you the latest research between laughter and health – yes they're actually studying this stuff! This keynote will have attendees walk away laughing AND learning as they discover the steps they can take to conquer, and even embrace, change.

Addresses ICMA Practice Areas 18 Personal Resiliency and Development