



Friday, October 10, 2025 | 9:00 a.m. – 3:30 p.m. | Virtual

Own Your Spark: Elevate Your Energy & Impact

Kristen Hadeed

9:00 a.m. – 10:00 a.m.

Stretch & Destress Movement Class

Novey Bertram

10:15 a.m. – 10:45 a.m.

Fuel Your Body, Shop Smart

Meghan Windham, MPH, RD, LD

11:00 a.m. – 11:45 a.m.

Break / Lunch

11:45 a.m. – 12:15 p.m.

Unplug. Go screen free. Fuel yourself. Connect in real life. Lessen tech neck. Breathe.

Values-Based Decision Making Workshop

Bailey Lenzen, ACC, M.Ed

12:15 p.m. – 1:45 p.m.

Cardio Dance Movement Class

Jennie Rhinesmith-Carranza

2:00 p.m. – 2:30 p.m.

Main Character Energy: Showing Up with Your Gifts

Madalyn Smith, MS

2:45 p.m. – 3:30 p.m.



Session Descriptions

Own Your Spark: Elevate Your Energy & Impact

Kristen Hadeed

When we feel overextended, overwhelmed, and depleted, it doesn't just hurt us; it hurts the people around us. The key to staying energized and inspired is giving yourself what you need to keep your spark burning bright.

Taking ownership of your spark requires setting boundaries and prioritizing yourself so that you can give your best to those around you. The more you do this, the less stressed you'll be, and the positivity you'll bring to your work will have a ripple effect on those around you.

In this session, Kristen will help you tap into your inner resilience and recenter yourself on what is in your control: your mindset and how you care for yourself. She'll teach you how to make your well-being a priority, be more impactful with your time and energy, and set more "human" expectations. The power is in your hands!

Fuel Your Body, Shop Smart

Meghan Windham, MPH, RD, LD

This interactive and educational presentation will guide through the store aisles, revealing simple steps for better health. Discover practical tips for saving money, effortless meal planning, and separating fact from fiction in the world of nutrition. Gain a clear understanding of vitamins and minerals to confidently build a healthier relationship with food.

Values-Based Decision Making Workshop

Bailey Lenzen, ACC, M.Ed

What do you value, and how did those values come about? How have your values evolved over time? Through this interactive workshop, you will conduct a personal values exercise that you can immediately apply to decision making.

Main Character Energy: Showing Up with Your Gifts

Madalyn Smith, MS

Get ready to tap into your "main character energy" by identifying what makes you you, embracing it with confidence, and learning simple ways to let it shine—even on the busiest days. You have strengths, talents, and perspectives that no one else brings to the table—and they're needed now more than ever. In this energizing session, we'll explore how to recognize your unique gifts and use them intentionally in your day-to-day work life. Whether you're tackling challenges, cheering on students, or teaming up with coworkers, authentically showing up with your gifts will inspire more joy, purpose, and personal wellness.

