



Virtual Fall 2021 Conference:
Mental Health in Career Spaces
December 2, 2021
Zoom

Time	Agenda
Wednesday, December 1	Pre-Conference Events
5:00pm-6:00pm	Happy Hour <i>Virtual Yoga Class (45-minutes)</i>
Thursday, December 2	Conference Events
8:00am-8:30am	New Member Coffee Chat
9:00am-9:30am	President's Welcome
9:30am-10:30am	Opening Keynote <i>Staying Grounded when the Ground Feels Shaky</i> Sarah Young, Zing Collaborative
10:30am-10:45am	<i>Break</i>
10:45am-11:30am	Concurrent Sessions <i>Trends in Mental Health on College Campuses</i> Hannah Sedlacek, MS, LPC-IT, University of Wisconsin La Crosse <i>Employer Panel Employee Support in the Workplace: Resources and Employee Resource Groups</i> <ul style="list-style-type: none"> • Elaine Ruh, Sr. Human Resources Generalist, Heartland Business Systems • Christina Marshall, CMO Chief of Staff & Strategic Initiatives Lead, SC Johnson • Richard McCreary, District Manager – Digital Sales, North America, Kimberly Clark Corporation
11:30am-12:00pm	<i>Break</i>
12:00pm-1:00pm	Brown Bag Lunch <i>Moving to the Rhythm of Nature: Managing and Balancing our Energy to Improve Performance</i> Samantha Kennelly, WYLD Leadership
1:00pm-1:15pm	<i>Break</i>
1:15pm-2:00pm	Gen Z Spotlight Courtney Pearson, Career Counselor
2:00pm-2:45pm	Round Table Discussions
2:45pm-3:00pm	Closing