PROFESSIONAL DEVELOPMENT PRE-CONFERENCE:
SUPERCHARGE YOUR TALENT
Monday, July 30, 2018
7:30 am-noon

AGENDA

7:30-8 a.m.  Breakfast and Introductions
8-9:15 a.m.  What’s Your Blind Spot?
What’s your blind spot and how does it impact the decisions you make, the conversations you carry and your behavior toward others? Learn how to spot your hidden preferences and find strategies for overcoming these blind spots when working with colleagues and others in the legislature.

Speaker: Paul Meshanko, Legacy Business Culture, Maryland

9:15-10:15 a.m.  The Balanced Life: Your Most Productive Self at the Legislature
Working in a legislative environment is exciting, challenging, always changing, and often, chaotic. How do you maintain a healthy stress level while juggling all the responsibilities of your role at the capitol? Learn from a top mindfulness executive how to live a balanced and productive professional life while maintaining a happy, healthy mindset.

Speaker: Dr. Megan Jones Bell, Headspace, California

10:15-10:30 a.m.  Break
10:30-11:30 a.m.  How to Conquer Your Fear of Failure and Minimize Your Risk
The pursuit of any ambitious goal usually comes with two side effects: risk, and the fear of failure. Too often, that combination of risk and fear can be paralyzing, stopping us from achieving the things we really want in life. Explore a new way to think about risk that reduces fear, creating an mental environment where it's safe to pursue your boldest goals.

Speaker: Curt Stedron, NCSL

11:30-noon  Wrap-Up

This pre-conference is brought to you by NCSL’s Young and New Professionals network (www.ncsl.org/ynp) and NCSL’s Legislative Learning and Development program. For more information about NCSL’s professional development services, please contact Stacy Householder at stacy.householder@ncsl.org.