

Morry Stein Fall Management Conference Agenda

WEDNESDAY, OCTOBER 25, 2017

9:30am to 3:30pm

Doubletree by Hilton Hotel in Fort Lee, 2117 Route 4 Eastbound, Fort Lee, New Jersey



9:30am – 10:00am Registration

10:00am – 11:00pm Keynote Speaker – Jennifer Bristol, Institute for Mindful Leadership

Session Title: Finding the Space to Lead

Today's leadership faces both the benefit and cost of a world made smaller by technology. Overbooked calendars, task lists and the competing demands of work and home can foster an environment of reactivity and stress that hampers our ability to stay focused, productive and engaged. Mindful leadership invites us to explore how to harness our innate leadership abilities as tools to live and lead more effectively at work, home and in our community.

11:15am – 12:15pm Break-out Sessions **First block**

- **Authentic Leadership**- Sunil Arora, Arora Coaching
In this session, we will explore how mindfulness practices can help develop the self-awareness and cultivate the vulnerability you need to be an authentic leader. We will discuss a specific exercise you can do with any size team to establish a deep and practical connection as well as a feedback framework to help you directly deliver honest feedback with care.
- **Strategies to De-clutter your Inbox and your Mind**- Matt Kaufman, Camp Ramaquois
In this session we will discuss technological and non-technological ways to reduce the stress you feel as emails pile up. What are some ways we can reduce email overload? We will discuss two non-technological strategies and (at least) two technological tools that might save you quite a bit of time and stress! Please note that the technological tools will be demonstrated on a Gmail Inbox.
- **Creating More Ease through Mindfulness** - Allison Morgan, Zensational Kids
“Stress”, “overwhelmed”, “anxiety”. Sound familiar? We have all experienced these states and we all know how debilitating they can be. In this workshop you will learn “easy to try and apply” mindful techniques to calm your nervous system and develop resilience. We cannot control what happens around us, but we can cultivate our capacity to control what happens within us. Whether you are a seasoned meditator or terrified at the thought of sitting in silence, you will gain practical tools and information to apply in your life.

12:15pm – 1:15 pm Lunch and Awards

1:15pm – 2:15pm Break-out Sessions **Second block**

- **Balance as a Business Enabler**- Rachel Cooke, Lead Above Noise
Growing and leading a thriving business can often seem in conflict with the attainment of "work-life balance." But the reality is, thriving businesses are built on a foundation of balance. This workshop will provide participants with (1) the business case for work-life balance as an enabler of business growth, (2) a means of defining their own unique brand of balance, and (3) a simple framework for taking steps toward achieving it.

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- **On Mindful Communication-** Jennifer Bristol, Keynote
Communication is critical in all areas of our lives. Why is it then that the practice of communicating- as speaker or listener- can feel so unsatisfactory? Let's explore how we might become more impactful in communicating with our colleagues, families and the communities we influence.
- **Strategies to De-clutter your Inbox and your Mind-** Matt Kaufman, Camp Ramaquois
See above for description.

2:15pm – 2:30pm Afternoon Break- Snacks and Networking

2:30pm – 3:15pm Panel of Camp Directors

Discussion Topic: Work/Life Balance

Oh this term! We hear about it all the time, but what does it really mean and is it even possible? Come hear from a panel of camp directors who have spent their entire careers balancing family, work, community and other commitments. Learn about prioritizing, making choices and your own self-care.

Meet the Panel:

- Gregg Licht, Elmwood Day Camp - Moderator
- Corey Dockswell, Camp Wicosuta
- Jay Jacobs, Timber Lake Camp
- Andy Pritikin, Liberty Lake Day Camp
- Julia Yosen, The Handwork Studio
- Fatima Shama, Fresh Air Fund
- Jed Dorfman, Camp Walt Whitman
- Dan Weir, Frost Valley YMCA

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