

VA Network 2022 Annual Conference *At a Glance*

	Shenandoah A	Shenandoah B	Roanoke A	Roanoke B	Appalachian
Opening Session 7:30-8:55	7:30 Breakfast Sponsored by Radford University's MFA Design Thinking and VCU's The Grace E. Harris Leadership Institute 8:30 Opening Session				
Breakout Session A 9:00-9:40	<u>Mentoring Female Colleagues</u> Michelle Lange Mary Kanani	<u>Becoming the Architect of Your Career</u> Connie Gores Kathryn Jordan	<u>Putting a Personal Board of Directors in Your Professional Toolkit</u> Anita Navarro	<u>Lifting the Disruption Cloud</u> Holly Leann Cline Margaret Konkel	Networking Café
9:40-9:50	Break				
Breakout Session B 9:50-10:30	<u>Exercising Self-Care in a Post-Pandemic World</u> Marilyn Herbert-Ashton	<u>Change your Inner Dialog to Change your Opportunities</u> Terry Rice Hinders Dr Lesa Hanlin	<u>"Real" Ways to Thrive During Tough Times</u> Nell DeVito	<u>Reframing and Investing in your Leadership Journey</u> Erin Webster Garrett Monica Cowart, Lori Messinger, Gabriella Rivera, Michelle Curtain Steward	Networking Café
10:30-10:40	Snack Break Sponsored by Franklin Covey				
Breakout Session C 10:40-11:10	<u>Teaching Resilience</u> Mary Clay Thomas	<u>LEGO Mindfulness: Play for Creativity, Focus & Centering</u> Jenny Call	<u>Self-Compassion as a Form of Self-Care</u> Ernestine Duncan	<u>The blurred lines between work & life in an increasingly virtual world</u> Veronica van Montfrans Becky Langford MacKenzie Tyree	Networking Café
11:10-11:20	Break				
Breakout Session D 11:20-12	<u>Leveraging Professional Equity to Level-Up Your Career</u> Karen Hills Pruden	<u>LEGO Mindfulness: Play for Creativity, Focus & Centering</u> Jenny Call	<u>The Ultimate Anti-Burnout Tools</u> Edna Renee Macbeth	<u>Take Off Your Cape: Even Wonder Woman Needed a Little Self-Care</u> Bernadette Battle Loftan Hooker	<u>McGuireWood's Consulting & Higher Education</u> Laura Novey Fran Bradford
12-1:45	Roanoke Ballroom C-H 12:00 Buffet Lunch 12:30-1:30 President's Panel Sponsored by McGuireWoods 1:30-1:45 Leadership Award Presentation				
1:45-1:55	Break				
Breakout Session E 1:55-2:35			<u>Yes, You Are Worth It - Make the Ask!</u> Jennifer Latour Ashleigh Andrews	<u>Preventing "Work Creep:"</u> Dr Ramona Kirsch Patty O-Toole	Networking Café
Closing 2:45-3:00	Roanoke Ballroom C-H Closing session Drawings and Prizes				
Topical Focus Areas					
Avoiding or Combating Burnout			Navigating the Process to Advance		
Breaking Through Feeling Stuck in Roles			Work/Life Balance		
Flexibility in the Workplace			Recognizing and Combating Tension and Stress		
Mental Health Self-Check Ins; Languishing; Seeking Support			Selecting and Working With a Mentor or Sponsor (Do's & Don'ts)		
Identifying one's KSAs (Or Taking Stock of One's Professional and Personal Inventory)					

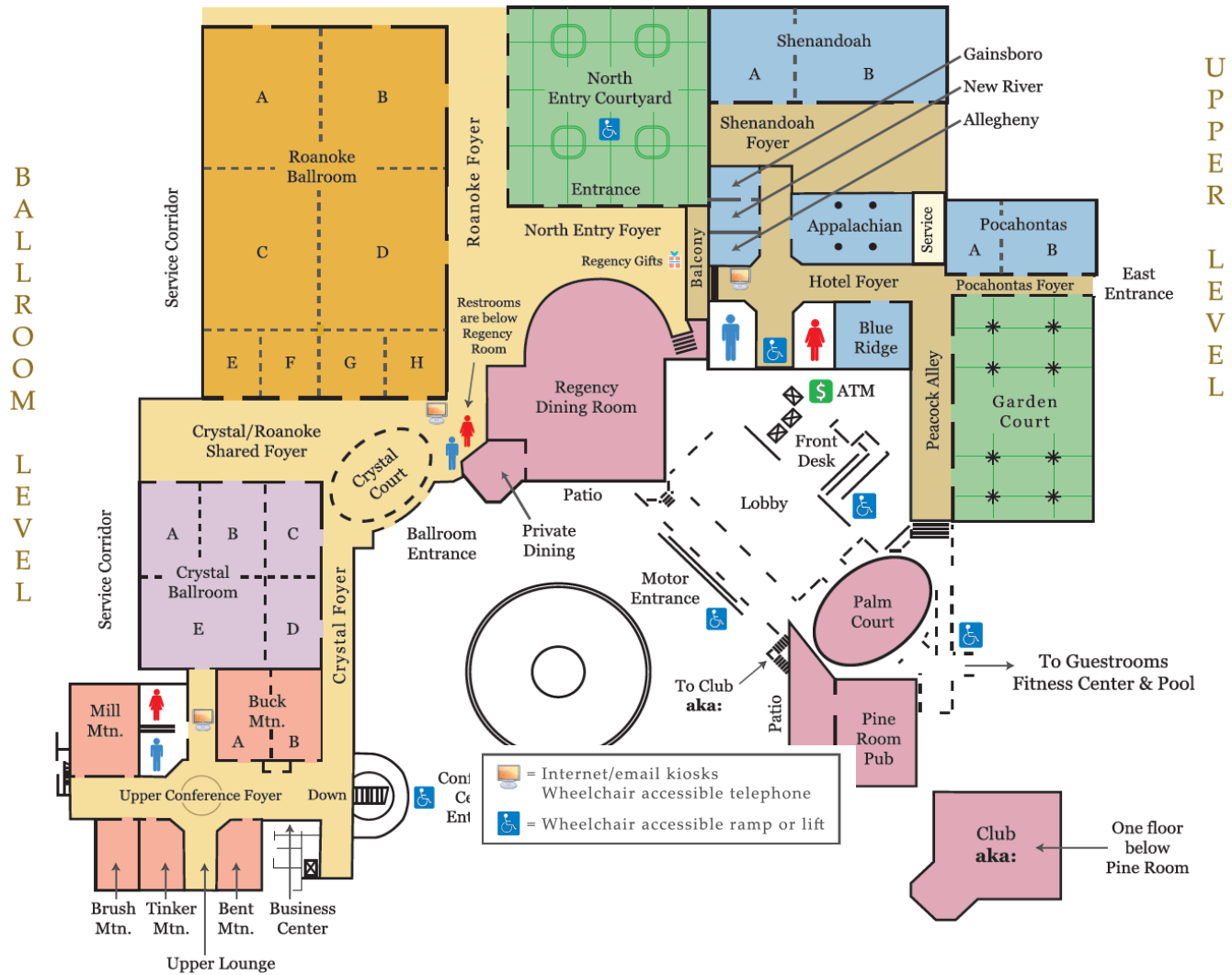


VA Network 2022 Annual Conference *At a Glance*



THE HOTEL ROANOKE & CONFERENCE CENTER A DOUBLETREE HOTEL

110 Shenandoah Ave • Roanoke, VA 24016 • (T) 540-985-5900 • (F) 540-853-8290 • www.HotelRoanoke.com



[Breakout Session Feedback Form](#) Thank you for your willingness to provide feedback. For each session that you attend, we are asking that you return to this survey and fill out a unique response.

For pictures of this year's event and conference memorabilia, please check [here!](#)

