

2016 Connecting Young Nebraskans Summit

CREATING LIFE BALANCE

Oct. 28 | Holthus Convention Center | York, NE

6:15

Sunrise Yoga

Ashleigh Suck, Kirby's School of Dance | York, NE

BEST WESTERN HOTEL



Early morning 'life balance' session held at the Best Western Hotel.

8:00

Registration & Light Breakfast

8:30

Welcome to the 2016 CYN Summit!

Rhonda Veleba, York Chamber of Commerce | York, NE

Senator Mark Kolterman, State Senator, District #24 | Seward, NE

8:40

Connect the Dots

Kayla Schnuelle, Rural Futures Institute | Diller, NE



Find your purpose and energize your ideas!

9:00

The Future of Leadership

Dr. Connie Reimers-Hild, Rural Futures Institute | Plattsmouth, NE



While many struggle to keep up with change, future-focused leaders grow their communities by blending technology and human experience. Leaders who consider trends, emerging technologies and inclusive leadership will innovate community engagement. This presentation provides practical information to help rural people change the conversation from challenges to opportunities.

9:20

Coffee Shop Discussions

Kayla Schnuelle, Rural Futures Institute | Diller, NE



Creating life balance can be difficult and daunting. Grab a cup of coffee, pick a topic and learn from your peers.

10:15

Networking Break

Wellness Category Key:



PURPOSE



SOCIAL



COMMUNITY



PHYSICAL



FINANCIAL

10:30 Professional Breakout Session 1 (Choose One)

Managers as Coaches: Managing Others in a Changing Workplace

Brandon Rigoni, The Gallup Organization | Lincoln, NE

BREAKOUT B/C



Gallup's most recent State of the American Manager Report provides an in-depth look at what characterizes great managers and gives organizations the knowledge to develop more great managers using Gallup's accumulated analytics and advice as their guide. This report is based on over four decades of extensive talent research, a study of 2.5 million manager-led teams in 195 countries and analysis from measuring the engagement of 27 million employees. The will of the world is changing — employees want a manager who acts as a coach.

Managing Conflict Without the Need for Jedi Mind Tricks

Melissa Garcia, Black Hills Energy | Broken Bow, NE

BREAKOUT D/E



Working in teams is essential. But that doesn't mean it is easy. Learn how to recognize differences as strengths, and learn how to create healthy conflict.

Turn On Your Dream Switch

Nicole Sedlacek, Nebraska Public Power | O'Neill, NE

BREAKOUT F/G



As kids we loved to think about the future. We were dreamers without limits. As adults in this crazy, sometimes harsh world, our dreams are sometimes put on the back burner. Learn how to turn your dream switch back on, get excited about the future and start working towards those dreams.

Plan Like a Pro

Kelli Watson, Fitzgerald Schorr | Omaha, NE

BREAKOUT I



Learn why it is important from an emotional and financial perspective for young adults to have a will, power of attorney for finances and health care, a living will, and in certain situations, a trust. Kelli will also discuss the probate process, estate and inheritance taxes, and avoiding unnecessary expenses during your lifetime and upon death through proper planning.

The New Overtime Rules

John Hill, HR Total Solutions | Hastings, NE

BREAKOUT K



Get details about the law changes, how to properly classify positions and explore efficient solutions to meet your business needs.

11:25 20-Minute Power-Up Session 1 (Choose One)

Big Ideas & Sticky Challenges: Peer Consultation

Greta Leach & Karl Shaddock, Nebraska Community Foundation | Lincoln, NE

BREAKOUT B/C



Tap into the wisdom that is already in the room. Ask for help on a particularly sticky topic and get it from other outstanding young leaders. Each individual consultation taps the expertise and inventiveness of everyone in the group simultaneously. Individuals will gain greater clarity and increase their capacity for self-correction and self-understanding. Peer consultation develops people's ability to articulate an idea or challenge while deepening inquiry and consulting skills. Supportive relationships form very quickly, and together a group can outperform the expert!

Life in Balance: Benefits of Yoga

Ashleigh Suck, Kirby's School of Dance | York, NE

BREAKOUT D/E



Join Ashleigh as she shares how yoga can create better life balance, manage stress, create mindfulness and have fitness benefits. Participate as she shows you some fun and basic yoga moves.

Make It Work: Wardrobe Essentials for Every Woman

Megan Burda, Nebraska Extension | York, NE

BREAKOUT I



There are five clothing items that every woman should have in her closet. Learn the building blocks to the perfect wardrobe and how to get the most out of these staples. Get tips on how to stretch your wardrobe with accessories and unique pieces.

GRIT: Entrepreneurs Have It!

Ben Blecha, Hero | Benkelman, NE

BREAKOUT F/G



The founder of Hero will share what it takes to be an entrepreneur and how living in a rural community has provided him the lifestyle he desires without taking away from his business strategy. Learn about life as an entrepreneur. Learn about GRIT!

Mental Fitness: PSI-FIT

Brian Crouse, Catalyst 2 | Hastings, NE

BREAKOUT K



Mental fitness means rising above stressors, both the everyday things and those bigger, rare ones that throw us off course. Mental Fitness provides perspective, allows for excellence under pressure, and sharpens focus on what matters most. It's time to be better... Here's how.

11:50

20-Minute Power-Up Session 2 (Choose One)

Big Ideas & Sticky Challenges: Peer Consultation

Greta Leach & Karl Shaddock, Nebraska Community Foundation | Lincoln, NE

BREAKOUT B/C



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I have a FitBit! Now what?

Toni Rasmussen, Rasmussen Farms | Albion, NE

Hannah Gaebel, Cooperative Producers Inc. |

Hastings, NE

BREAKOUT D/E



Learn tips and tricks for getting the most out of your fitness tracker, leading you to a more active lifestyle.

Personal Branding 101

Chrystal Houston, York College | York, NE

BREAKOUT K



Who are you and what do you want? What sets you apart in the marketplace? These are the questions you must consider to develop a strong personal brand that will help you succeed in any work environment. In this session you will define your personal brand and learn how to carry it out across multiple platforms and situations.

Social Media Analytics & Response

Selena Aguilar, Rural Futures Institute | Grand Island, NE

BREAKOUT F/G



You set up a business account, you get some likes, but how does it translate into results? Find out how from the girl who sourced 3,000 followers for a person that never existed.

Degrees of Casual: Today's Office Dress Code For Guys

Seth McMillan, Aureus Group | Omaha, NE

BREAKOUT I



Get up-to-date on current trends in office attire that will help you build your personal brand in the workplace. This interactive session will provide participants with recommended style investments that instantly improve professional presence in the workplace.

12:15

Lunch

12:45

Young Leaders are Change-Makers

Chuck Schroeder, Rural Futures Institute | Eagle, NE



Young leaders are a vital part of communities and should be included in the community leadership structure. By embracing the growth and development of these individuals we can harness their ambitions to energize communities across the nation.

1:00

Reality-Based Change — Effective Leadership in Changing Times

Lisa Gunderson, Reality-Based Leadership | Dakota Dunes, SD



The most sought after, yet lacking competency in our leadership ranks today is the ability to successfully lead in profoundly changing times. In order to lead change, managers who have risen up through the ranks have to completely recreate their mindsets to act in ways seemingly counterintuitive to the management techniques that have made them successful in the past. Participants will learn models and techniques for transforming great managers into great leaders of change.

1:45

Networking Break

Wellness Category Key:



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2:15

Professional Breakout Session 2 (Choose One)

How to Attract, Retain, Engage and Develop the Stars of the Millennial Generation

Brandon Rigoni, The Gallup Organization | Lincoln, NE

BREAKOUT B/C



Millennials currently make up 38% of the U.S. workforce. By 2020, millennials are expected to make up a majority, and some estimates are that by 2025 millennials could make up as much as 75% of the U.S. workforce. Everything important to an organization from performance, to servicing customers, to stock price depends on deepening our understanding of how millennials live and work. Gallup recently released the most robust and comprehensive millennial study to date with particular insights into attracting, retaining, engaging and developing the millennial generation.

Crucial Conversations

Jodi Sell, GLOW Leadership LLC | Arcadia, NE

Crystal Ramm, Central Community College | Ord, NE

BREAKOUT D/E



Crucial conversations lie within our day-to-day activities, whether they be during casual discussion or challenging business meetings. Results of each conversation has a HUGE impact on the quality of our lives. Discover your style of conversation when stress and discomfort are present, explore a strategy and a tool to use during conversations. *This breakout is based off the book "Crucial Conversations", authors Patterson, Grenny, McMillan and Switzler.*

Exploring Intercultural Leadership

Carlos Barcenas, Center for Rural Affairs |

Grand Island, NE

BREAKOUT I



Exploring nonconscious bias, intercultural leadership, changing demographics and intentional uncomfortable/comfortable conversations about isms! This session will take us deep into understanding how our biases affect how we behave in our communities.

Harnessing Civic & Political Power as a Young Nebraskan

Senator Adam Morfeld & Amanda Barker,

Nebraskans for Civic Reform | Lincoln, NE

BREAKOUT F/G



We will discuss how young Nebraskans create civic and political power in their communities and their state in the 21st century, with particular emphasis on strategy and why it matters. In addition, we'll provide an overview of the 2015 Nebraska Civic Health Index, which provides important data on needs, strategies and the path forward for creating stronger communities.

Take Control of Your Career Destiny — Get That Next Job

Steph Miller, Aureas Group | McCook, NE

Kara Strong, Aureas Group | Omaha, NE

BREAKOUT K



Securing your dream job and experiencing career progression doesn't just happen overnight. Explore the five keys to unlocking the BEST version of you and achieving your professional goals.

3:00

Activate Your Network

Greta Leach, Nebraska Community Foundation | Lincoln, NE

Kayla Schnuelle, Rural Futures Institute | Diller, NE



This dynamic conversation will leave you energized and motivated to identify new or existing opportunities and connect you with those who will support your work.

4:00

Highlight Video & App Leaderboard Showcase

4:30

2016 CYN Summit Adjourns



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networkistheleader.wordpress.com



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