



WISE

June 8, 2019

New Orleans Convention Center

"SPEAK YOUR TRUTH"

6TH ANNUAL PERSONAL DEVELOPMENT RETREAT

7:30AM–8:45AM

Breakfast Available

8:00AM–8:05AM

Welcome from Retreat
Sponsor, Grainger

8:05AM–8:10AM

Welcome – Speak Your Truth!
Abby Ferri, CSP, WISE Administrator

8:10AM–8:30AM

Attendee Introductions

8:30AM–10:30AM

Being Your Own Wellbeing Advocate Through
Self Compassion: We Have the Tools and the
Power to Manage Things Differently
Natalie Bell, Director of Online Learning for the
Center for Mindful Self Compassion

10:30AM–11:00AM

Morning Stretch and Break

11:00AM–12:15PM

You've Been Branded – But It's Not Permanent
Aileen Yankowski, MPH, CIH

12:15PM–1:15PM

Networking Lunch

1:15PM–2:15PM

Perception Isn't Always Reality: How Personal
Bias Shapes Our World
Tim Page-Bottorff, CSP, CET

2:15PM–2:45PM

The Power of Journaling
Kelly Bernish, CSP, RTY500

2:45PM–3:15PM

Afternoon Stretch & Break

3:15PM–3:30PM

The Week Ahead/Q&A
Christina Roll, CSP, WISE Assistant Administrator

3:30PM–5:00PM

RAD (Rape Aggression Defense) Training
Lt. Graham, New Orleans University Police
Department

*Speakers and agenda subject to change
at any time



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