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Chapter Information:

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CPE & Annual Meeting Agenda

Please join us for the Chapter's annual meeting in FY 2025. The meeting will provide **eight** hours of CPE.

Location and Time:

Date: Wednesday, April 23, 2025
Time: 7:45 am to 4:30 pm
Location: GRU, Eastside Operations Center, Building 7, MPR-B
4747 N Main St
Gainesville, FL 32609
CPE: 8 hours of BEH
Speakers: Leonard and Julie Wood, L. Wood Consulting, LLC

Meeting at a Glance:

7:45-8:30 Registration and breakfast catered by Cowboyz
8:30-10:10 **Four Anchors to Success:** This talk discusses Vulnerability, Change Management, and Emotional Intelligence and their relation to effective leadership. Participants will leave with a greater understanding of each topic and their importance, as they relate to personal and professional success.
10:10-10:20 Break
10:20-12:00 **Conflict Management:** Using a cognitive behavioral approach, we practice managing conflict by participating in carefully prepared role-playing scenarios that are tailor-made to the specific needs and concerns of your leadership. We combine these scenarios with observation and feedback to help you prepare for conflict emotionally and cognitively. In the end, you will develop the skills to handle these situations with effective, meaningful communication.
12:00-1:00 Lunch & Business Meeting— catered by Cowboyz
1:00-2:40 **The Power of Emotional Intelligence and Resiliency:** Emotional Intelligence (EI) is a critical skill for leaders. By learning the fundamentals of EI (self-regulation, self-awareness, social skills, empathy, and motivation), you will be better equipped to leverage your emotions in a more positive way. EI will help you build stronger relationships, communicate more effectively, and achieve your goals. During this training, participants will learn techniques and tips to increase their resilience while also strengthening their EI.
2:40 to 2:50 Break
2:50 to 4:30 **Authentic Leadership and Vulnerability:** Authentic Leadership and Vulnerability combines training and facilitated discussion to discover how these characteristics make us stronger leaders and build more trust in our teams. You will define what authentic leadership means to you and identify authentic leadership traits. Finally, we'll explore the difference between vulnerability and self-disclosure.