

Navigating for the Future

October 3, 2017 - 9:00 am to 4:00 pm

Focus of the Conference:

Is to provide you with the most current and best practices in your field of work. It will give you a glimpse of the life of a person with disabilities who lives life to the fullest. You will learn about leadership, at all levels, and needed communications skills. Conflict at work is a challenge. You will be provided with tools and skills to deal with conflict. Differences in generations are apparent in the workplace. You will have a chance to learn about and analyze generational issues you face. Individuals who support people with disabilities often wonder why certain behaviors exist. You will gain a better understanding of the brain and its' impact on behaviors and how to handle them. Last but not least, you will learn about caring for yourself and the people you support.

We are looking forward to a great conference!

Audience:

Direct Support Professionals
Supervisors / Management
Families & Community Members

Registration Deadline

**Wednesday,
September 27, 2017**

International Event Center

7333 Airport View Drive Southwest
Rochester, MN 55902-1847
(507) 529-0033

KEYNOTE **Playing the Cards You're Dealt**

Presented by: Ben Cockram, Husband, Dad and Transportation Director

2:45 pm - 3:55 pm

This will be an informative and humorous presentation on understanding disabilities from a firsthand perspective.

"Born with Cerebral Palsy, I haven't allowed life to slow me down - living a full normal life with making some adaptations. My talk is called "Playing the Cards You're Dealt". I analogize life as a card game where there are no re-deals, and I will share how you can play your hand to the best of your ability."

Save the Date!
NEXT YEAR'S CONFERENCE
October 2, 2018

CEU's Available

Nursing
Social Workers
Contact Hours



Conference Information

8:30 - 9:00 Registration (Coffee, Juice, Rolls and Fresh Fruit)

9:00 - 9:10

Welcome - Suzie Horstman

Exc. Director HCO, President Providers' Network, Inc.

Large Group

9:10 - 9:15 Transition Time

9:15 - 10:30

Holistic Wellness

For yourself and the individuals you support

Session - 1A

Presented by: Paula Theisen, Business Owner, Consultant and Professor

Essential oils and yoga are gaining tremendous recognition with positive health results. Yet not all oils and poses yield the same results. There is a learning curve which this session is designed to accelerate for you. **Essential oils** are the aromatic volatile liquid distilled from freshly cultivated shrubs, flowers, trees, roots, bushes and seeds. They have been used for thousands of years and were man's first medicines.

Practicing yoga is a favored form of self-care to stay on the pathway to health and wellness. Several breathing sequences and various poses will be covered.

This is an interactive session and will provide you with education, tips and techniques to infuse the body, mind, and spirit in a holistic approach to wellness.

Paula Theisen - Certified facilitator, Master's Degree in Organizational Management and Communication, Adjunct instructor for 21 years at Concordia, Augsburg and St. Mary's University, for 32 years and continues as a fulltime professor at RCTC in Business, Accounting and Management and adjunct instructor for St. Mary's University in Leadership.

9:15 - 11:50 Conflict Management at Work

Session - 1B

Presented by: Terri Allred, Owner and Instructor at Rochester International Dance Studio

Conflict happens. It happens between colleagues, with our customers, and even with our leaders. Many people struggle with conflict, however, with the right tools; we can resolve conflicts in a way that leaves both people feeling good. In this workshop, participants will learn concrete skills that can be implemented immediately to successfully resolve conflict. Upon completion, participants will be able to:

- Identify sources of conflict between colleagues, customers, and leaders
- Define your preferred conflict resolution style
- Apply tools for successful conflict resolution in various settings
- Explain how to deal with difficult people, especially those who do not respond to your best conflict management skills

10:30 - 10:45 Morning Break

10:45 - 12:00 Generational Differences: Ages of Rock

Session - 2A

Presented by: Kyle Mullen, Chief Program Officer at Cardinal of Minnesota, Ltd.

Today more than any other point in history we have more generations in the workplace side by side. The Boomer wants to be friends instead of coworkers, the Gen Xer doesn't see the point in sharing tasks with their peers, and the Millennial has SO many questions they need answered before they are comfortable even starting a task – what is a supervisor or co-worker to do?? No need to worry further because while they may all listen to drums of a different beat, there ARE some tips and tricks to get them all harmonizing together. If you have a team from various ages and you need to come together or an employee from a different generation leaving you befuddled then this session is

Kyle Mullen - started working in the residential services field as a DSP and over the years gradually worked his way up into his current role. His career has offered him multiple perspectives on Human Services, so be prepared for a few stories and laughs.

Conference Information - Continued

Buffet Lunch will be served 11:50 - 12:30

11:45 - 11:50 **Seating for Lunch**
12:30 - 12:35 **Transition Time**

12:35 - 2:35 **Leadership: What does leadership really mean, and how should it work?**

Session - 3A

Presented by: Bobby E. Erickson, Global Complaint Manager, Situation Consultant, and Life Counselor

Leadership: *Defining leadership, and practicing effective, agile leadership*

Communications: *Defining communications, and practicing effective communications*

Bobby E. Erickson - 20 year veteran of counseling effective teams, critical situation management, and developing and cultivating skills for professionals. Graduate with Bachelor's degree in Business Management with a focus in Organizational Management, and certifications in Project Manager (CompTIA Project+) and General Accounting.

12:35 - 2:35 **Behavior and the Brain**

Session - 3B

Presented by: Robyn Wheeler, RN, Reseacher, Educator and Director

A brain injury often results in a variety of changes that affect a person's behavior, mood, personality and thinking. If these changes are not understood or managed appropriately, there is an increased frustration from both the caregiver's perspective as well as the individual.

To more effectively work with individuals and manage behavior, caregivers would benefit from understanding the changes typically confronting the person with a TBI and strategies to approach these situations. In this workshop we will explore the behavioral changes that occur following an Acquired Brain Injury (ABI) and offers a framework for effective behavior management.

- Review types, causes, and some statistics on behaviors, mental health and brain injuries.
- Discussion about the co-occurring disorders and the brain.
- Explore types of behavior and techniques to manage behaviors.
- Resources and tools

Robyn Wheeler - Inspired by a personal family event, Robyn has dedicated her nursing career to the care and support of those affected by neurological changes from brain injury or stroke. Spent a year in Detroit, Michigan working on advanced neuro-imaging research using a variation on MRI, diffusion tensor imaging, to detect mild to moderate brain injury in individuals such as NFL players and returning veterans. Currently Director of Integrated Care and Education for Wing House in Rochester Inc,

15 Minute Afternoon Break

Presenter's Discretion

Cookies and Lemonade

2:35 - 3:55

KEYNOTE

LARGE GROUP

Playing the Cards You're Dealt

Presented by: Ben Cockram, Husband, Dad, and Transportation Director

3:55 - 4:00 **Evaluations and Wrap Up**

Registration for:

Registration Deadline
Wednesday, September 27, 2017



Navigating for the Future

October 3, 2017 - 9:00 am to 4:00 pm

Name: _____
Phone: _____
Email: _____ (Required)
Agency: _____ (If applicable)
Job / Title: _____ (If applicable)

Please Check one of the following:

- Full Day Conference Fee: PNI Members \$125
- Full Day Conference Fee: Non-members \$150

- AM Conference (with lunch) Fee: PNI Members \$75
- AM Conference (with lunch) Fee: Non-members \$95

- PM Conference (with lunch) Fee: PNI Members \$75
- PM Conference (with lunch) Fee: Non-members \$95

Save the Date!
NEXT YEAR'S CONFERENCE
October 2, 2018

Morning Session(s) I will be attending:

- 1A Holistic Wellness
- 1B Conflict Management at Work
- 2A Generational Issues

Afternoon Sessions I will be attending:

- 3A Leadership
- 3B Behavior and the Brain
- Keynote - Playing the Cards You're Dealt

Make Checks Payable to:
Providers' Network, Inc.

Amount Enclosed: _____

Questions: Deb Niedfeldt
dgn@charter.net
507-282-0971

You **MUST send**
your registration and
payment to:

Debra Niedfeldt
908 17th Ave NE
Rochester, MN 55906

or scan & email to: dgn@charter.net

Use this Form for Multiple Registrations



Navigating for the Future

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Wednesday, September 27, 2017

Agency: _____

Contact Person: _____

Email: _____ (Required)

PNI Member Not PNI Member

Name	Conference Attendance			AM Sessions			PM Sessions			Fees
	Full Day	AM	PM	1A	1B	2A	3A	3B	Keynote	
1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
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 Rochester, MN 55906

Amount Enclosed \$ _____

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Visit us at: www.providersnetwork.net