



MANAGEMENT CONFERENCE PHOENIX

RENAISSANCE DOWNTOWN HOTEL

2022 Program Schedule – Focused on Wellness and Leadership

SPONSORED BY:



April 6, Wednesday

8:00 am – 2:00 pm

Registration

◆ Hotel Lobby

10:00 am – 12:00 pm

IAFE Board of Directors Meeting

◆ Salon 1 & 2

1:00 pm – 2:00 pm

IFM Graduate Course Presentation

◆ Salon 6/7/8

Join us for the IAFE Institute of Fair Management Entertainment Programming Graduate Track presentation of their final project, an IAFE Entertainment Programming toolkit. The team will review their process and results of their year-long project. You will have the opportunity to view the toolkit and ask questions of the group.

2:15 pm – 3:15 pm

Business, Balance & Bliss: How the B³ Method Can Transform Your Career and Life

◆ Salon 6/7/8

Keynote Speaker: Amy Vetter

Do you find that your work and daily life can become mechanical or routine? In this session you will uncover how to either rekindle or discover the spark you desire in your career and life. Drawn from Amy's work-life lessons as a CPA, Yogi, and Tech Business Executive and based on her book, *Business, Balance & Bliss: How the B³ Method Can Transform Your Career and Life*, you will learn valuable insights and tips, backed by scientific research, on how to align your authentic self with the work you do. Expect to come away with the tools and inspiration to: create your own sense of work-life harmony, uncover your inner talents and passions, learn

to be more present and productive at work and home, and gain an understanding of how to develop the technology practices (and boundaries) to put in place to lead a more mindful, connected, and fulfilled life.

3:30 pm – 4:30 pm

"Flourishing" – How to Get There

◆ Salon 6/7/8

Research shows that the pandemic took a toll on our overall well-being and left many of us drained. After two years of trauma, isolation, pain, and ever-changing circumstances, how do we recharge our emotional batteries and create a sense of fulfillment, purpose, and happiness? In this session we will explore the impact of dealing with loss, accepting and adapting in an ever-changing environment, and reframing our situation to one of physical, mental, and emotional fitness. Together we can choose courage and aspire to serve the enduring purpose that fairs as vital community event centers provide to their communities.

Presented by Becky Bailey-Findley (*The Findley Group*)

4:45 pm – 5:15 pm

Presentation of CFE's

◆ Salon 6/7/8

5:30 pm – 7:00 pm

Tour of Renovations

View the renovations made at Footprint Arena, home of the Phoenix Suns. Followed by a toast to our CFE's.

After 7:00 pm

Dinner with Friends

April 7, Thursday

8:00 am – 9:00 am

Breakfast

◆ Skyline

9:00 am – 10:00 am

Meditation/Yoga with Amy Vetter

◆ Skyline

10:30 am – 11:30 am

Leading with Your Heart

◆ Salon 6/7/8

We all lead, regardless of the many roles we play in our lives. Where are you leading from? In this topic, I share my five fundamentals of leading with your heart. Making the shift to lead with your heart will make huge changes in how you show up and are able to influence others positively and with grace.

Presented by Carmen Payne (*Soar! Transformational Life Coaching*)

12:00 pm – 1:30 pm

Lunch and Committee Meetings

◆ *Salon 1 & 2*

2:00 pm – 3:00 pm

Reach & Maintain a High-Performance Lifestyle

◆ *Salon 6/7/8*

All levels of leaders need the energy to excel at their careers. Long working hours, business travel, lunch meetings, and late dinners all compete for the precious 24 hours in the day. Being a successful leader requires physical and mental stamina above and beyond a typical 9-to-5 job. The same way nutrition, exercise, and stress management can make an elite-level athlete good or great – a leader can be good or great, depending on how they choose to fuel their corporate athlete from within. High-Performance Lifestyle (HPL) helps people explore their self-care strengths and weaknesses and create a strategic plan for continuous improvement. Work-life balance can make a good leader ... GREAT. And a great leader with improved HPL can easily reach their peak performance levels.

Learn How To:

- Discover how certain foods eaten at the right time can help you think and feel better.
- Develop healthy choices at restaurants and buffets without depriving yourself.
- Learn the power of presence and how it plays an integral part in living a healthy, balanced lifestyle.
- Walk away with your own "Wheel of Life" plan for your personal and professional well-being.

Presented by Chrissy Barth, MS, RDN, RYT (*Nutrition Lifestyle Education*)

3:30 pm – 4:30 pm

"Why?"

◆ *Salon 6/7/8*

We are living and working in extremely challenging times. So, why do we do what we do when there are career paths and jobs that have far less stress? How do we maintain physical and mental health and wellness? We will take a journey together and reflect on our lives, our industry, and what gives us the motivation to keep going.

Presented by Marlene Jolliffe, CFE (*State Fair of Virginia*)

5:00 pm

Leave for the Maricopa County Fair

Includes dinner with a special sampling from Ralph Gonzalez and our Fair Friends at *3 Amigos Tequila* – locally-grown agave for more than four generations and a true *farm-to-table* story.



April 8, Friday

7:30 am – 8:30 am

Breakfast

◆ Skyline

8:30 am – 9:30 am

Activities

◆ Skyline

Activity Options:

- Group Hike (Departs at 6:30 am; returns at 9 am)
- Meditative Stretch Class
 - Stretch to meditative music using the breath, gentle moves, and mindfulness in order to bring the body, mind, and spirit back into balance. Learn how to bring yourself back into the NOW by releasing physical tension and emotional blocks that keep you stuck.
- Group Walk (City Tour)
- Gym or Pool Time on Your Own

10:00 am – 11:00 am

Learn How the Fascial Tissue Releases Energy and Brings Healing

◆ Salon 6/7/8

Fascial Stretch Therapy is about releasing the fascial tissue in order to set free trapped tension and emotions in the body that are causing illness and disease. Once the tissue is released, the body can come back into physical and emotional balance bringing healing to the body, mind, and spirit.

Presented by Kristen Hustead (*Well Balanced by Kristen*)

11:00 am – 12:00 pm

2022 Convention Program Committee Meeting

◆ Salon 6/7/8

This Management Conference will be very different, but will be focused on what our managers are needing right now.