

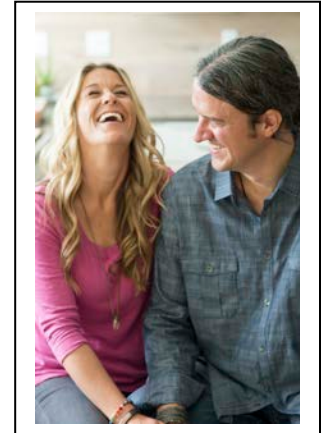
University Staff Fall Conference 2016
Presented by UW-Green Bay
October 28, 2016
Tundra Lodge - Green Bay, Wisconsin

Kerry Geocaris and Brad Bordini

<https://simplykerry.com/>

Kerry Geocaris is a life coach, motivational speaker, TV personality, blogger & vlogger, and founder of Simply Kerry, LLC and myYOUiversity.com. Kerry is a graduate of Marquette University with a BA in Broadcast Journalism. For 12 years Kerry led a successful career in various industries including broadcast journalism, public relations, government relations, medical management, sales, and founded two marketing and production companies.

Brad Bordini is a licensed clinical psychotherapist, life coach, motivational speaker, blogger, educator, and co-founder of Simply Kerry, LLC and myYOUiversity.com. Brad completed his Master's Degree in Clinical Social Work from UW-Milwaukee, with certification in Marriage and Family Therapy. He completed his undergraduate degrees in Human Development, Psychology, and English at UW-Green Bay. He taught undergraduate courses in General Psychology and Criminology. Brad has spent his career thus far working in intensive care clinic and hospital settings for acute and long-term stabilization of patients in need.



Working in Mindfulness Methods

SESSION CLOSED!

More than the latest catch-phrase, mindfulness is about putting a pause button on whatever you're doing to reset, recharge and focus on what matters.

It doesn't have to be disruptive to work or tear you away from precious family time. Instead, Kerry Geocaris and Brad Bordini teach you how to apply simple methods to completely refocus your energies and center you. Do so at your own risk. These activities may result in you being more present, productive, creative, and frankly more fun!

Keynote:

Joyriding: Find Your Star and Follow It

Hop in for a joyride with Kerry Geocaris and Brad Bordini as they take you through their transformation journey. Their tumultuous, yet rewarding trip has mapped a course for others that has fewer bumps but tons of fun while on the journey to joy.

Many people spend their lives searching, spending, and struggling to find happiness. We look externally but the answers are within us. Kerry and Brad share their raw and real story of how they transformed struggles into solutions, pain into positives, wounds into wisdom, and tragedy into triumph so they could live authentically while surviving and thriving in the real world.

This captivating, powerful presentation will equip audience members with tools to embrace the *breakdowns* and *pit stops* and be motivated to rebuild their vehicles to create and enjoy their own joyride.

Herb Blue and Aaron Maternowski

<http://www.herbbluetds.com/>

Sensei Blue has over 35 years of experience in multiple styles of Martial Arts. He has owned and operated three of Northern California's Martial Arts training facilities, and has chosen to make his home in Green Bay. Sensei Blue's goal is to train the great warriors of our future. His teaching style will inspire and entertain you throughout your journey to becoming a knowledgeable and successful warrior.

Guro Maternowski is committed to helping students achieve their goals. In facing his fears and challenges he is an excellent example for those in the school and the community. Because he has been able to step out of his comfort zone and excel in chaotic and stressful situations to accomplish amazing things. Aaron is the database administrator at UW-Green Bay.

Martial Arts – Creating a Safety Net!

Sensei Blue will inspire you to learn more about the world, not just martial arts. Martial arts teaches not only strengths, but our weaknesses. Sensei Blue will discuss being aware of your surroundings and introduce you to ways to help keep yourself safe.



Liysa Callsen

<http://www.liysacallsen.com/>

Liysa Callsen is a speaker, coach, and comedian who grew up with Deaf parents. Her husband is Deaf too. Liysa can hear, however, American Sign Language is her first language. As a bicultural and bilingual individual she developed transformational ways of communicating for those who want to be heard. Communication is key in any language. Drawing on life experiences, Liysa uses stories, improvisation, audience participation, and tips to help give you a fresh perspective on your obstacles. She will teach you to use humor in life and in business, help you embrace diversity to form stronger teams, and teach you the art of communicating beyond words.



Improv Everyday – Keeps the Doctor Away

A hilarious and insightful program intended to help those who are struggling with believing they deserve the best by offering them stories, tips, and laughter. Complete with ah-has and ha-has. This workshop will teach you:

- When you live your best life, you're helping others, it's not selfish
- Laughter and humor are valuable tools

Fear Smashing, Goal Blazing

SESSION CLOSED!

- Unravel what fear is for you
- Identify the fears, label them and tell them they are naughty
- Find out what fear can really do, to excel you to the next steps!
- Walk away with one goal to helping you smash the fears and get closer to a goal you've been struggling to get traction on

Randy Fox

<http://foxpoint.net/>

Randy Fox is a 20-year corporate leader and NCAA basketball official who turns everyday people into superstar leaders. Are you ready? Be inspired to change the world! Randy is a professional member of the National Speakers Association, and the author of: "A Leader Worth Following", "Secrets To Engaging Your Team", "Soul on Fire", and "Refined by Fire".

Get a Life!

Reduce stress and start living a full life again. With the perfect blend of stories, humor, quotes and key concepts, Randy turns everyday people into superstar leaders!

The Best Team Wins

This workshop will focus on the power of appreciation, the importance of playing your part, and learning how persistence and overcoming obstacles increases your likelihood of success.



Samantha Goeller and Hannah Hargis

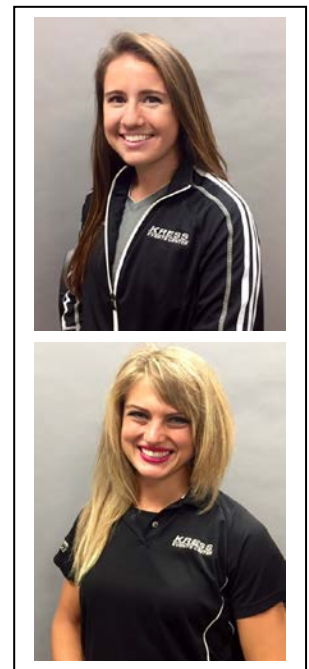
Samantha Goeller is the Fitness Coordinator at UW-Green Bay's Kress Events Center. She manages a diverse fitness program including personal training, group exercise classes, and daily operations of the university weight room and cardio deck. Samantha began participating in dance, sports, and martial arts at a young age and has been passionate about health and fitness ever since. She launched her career in the fitness industry in 2012 when she started teaching group fitness classes at UW-Milwaukee while pursuing her bachelor's degree in Kinesiology. Samantha graduated with her degree in May of 2015 and assumed the position of Fitness Coordinator at UW-Green Bay a few months later.

Hannah Hargis is a senior at Bellin College, pursuing a bachelor's degree in Nursing. Hannah's yoga journey began in 2005, when her mother (a nurse in the Navy Reserves) was called up for the war and stationed overseas with the Department of Defense for nearly 3 years. During this time, she and her father began practicing yoga together, as a method of coping with the stress. They attended morning yoga classes at the local YMCA, and discovered that having a healthy mind and body connection was essential to conquering the stress of life. Hannah has been teaching Yoga classes at the Kress for over two years including the styles of Power Yoga, Yin Yoga, and most recently, the concept of Nidra and meditation. Namaste.

Flex & Focus: Conquering the Workday Doldrums Through Mindfulness and Movement

Learn what yoga pose or mindfulness exercise can be used to overcome the obstacle of common workday situations you encounter. Here's an example:

While sitting at your computer screen, your eyes start to get heavy and you begin to nod off. Get up and do five sets of chair pose. This will get you up and moving, increase oxygenation from deep breathing, and slightly elevate your heart rate by engaging your leg muscles. Real life scenarios will be discussed.



Chastity Hartl

Chas Hartl is the Retail Product Specialist at Nicolet National Bank. She has been in the financial industry for over 15 years. During this time, she has had the opportunity to work with both businesses and non-profit groups to provide education and guidance to hundreds of individuals who were looking to truly understand and take control of their finances.



Identity Theft: What YOU Can Do **SESSION CLOSED!**

Every two seconds, another person's identity is being stolen. Find out how these thieves are getting it, how to protect yourself and your loved ones from becoming their next victim, and what to do in the event that it happens to you.

Roy Raush

Roy Raush has been a retirement specialist for the Department of Employee Trust Funds (ETF) since the beginning of 2002. He is a veteran member of the Department's Outreach and Education Section, having traveled the State of Wisconsin extensively for over a decade conducting both large presentations and group appointments. In addition, he has also been highly involved over the years in one-on-one retirement appointments, webinars, and assisting in processing a wide range of ETF benefits.



Your Wisconsin Retirement System (WRS) Benefits: Learn about topics that are important to your benefits, including: Annuity Options/Lump Sum Option, Beneficiary Designation form, Retirement Benefit Calculations, Core Trust Fund and Variable, Trust Fund, Annual Annuity Adjustments, Additional Contributions, Health and Life Insurance, Return to Work Rules, and More!

Donald and Mary Ann Sallenbach

Don Sallenbach is a local Green Bay metal sculpture artist, whose most recent local works include the 12 foot St. Clare sculpture installed on St. Vincent Hospital, Green Bay, Wisconsin and the 9-foot bonefish at Harbor Fish Market, Bailey's Harbor, Wisconsin. As a self-taught artist, he feels fortunate that there have always been people in his life who encouraged him to dream and be creative. He created instruction videos and devoted many summers in Door County helping people to create their own metal art. With the support of family and friends, he now sculpts in his own studio as a full time artist for people across the world.



In January 2015, Don and his wife, Mary Ann began the journey of a plant based lifestyle and four days later he was diagnosed as a Type II diabetic. Within the next year, the benefits of the plant based lifestyle were seen in the loss of 75 lbs. and a complete recovery from an almost fatal heart attack. Don and Mary Ann speak to business groups about their lifestyle change and their new and improved quality of life.

Eat Better, Live Better **SESSION CLOSED!**

Learn about the Don's journey to a plant based diet, what influenced the Sallenbach's decision, and what benefits they have seen. Hear a great 'life-story' to a healthier life-style. Healthy "green" smoothies will be available for sample to session participants.

Amy Wolf and Heidi Fencel

Amy Wolf is the Chair of Biology and Professor of Natural and Applied Sciences at UW-Green Bay. She completed her PhD at the University of California-Davis where she studied rare plants and their bee pollinators. She is the main author of the most recent scientific survey of the bees of Wisconsin and more than 40 other peer-reviewed publications. In addition to her ongoing studies of forest ecology and species interactions, she currently is working on a major plan to improve fish and wildlife habitat in lower Green Bay.

Heidi Fencel is a Physics Professor at UW-Green Bay, where she has been since 2001. She previously spent five years as the director of the UW System Women and Science Program. She is married with one grown daughter and two cats.

Bees, Bales and Your Own Backyard

In the first half of this session, Amy will talk about native bees and their importance to our lives and to the world around us. Most of us are familiar with one species, the European honey bee, but Wisconsin alone has more than 400 native bee species, some of which are important pollinators of our food plants. A conscientious gardener can help these native pollinators survive in a world that is becoming increasingly hostile to them. Amy will provide some advice about how you can help.

Then Heidi will discuss how you can put those little pollinators, and other bugs too, to work in your own yard. Straw bales gardens are a great way for those of us without the space, time, or skill fit traditional gardens to grow our own produce. And Heidi will explain how.



Kenneth T. Wolinski

Kenneth T. Wolinski is an Associate Financial Consultant within the Field Consulting Group (FCG) at TIAA. TIAA is one of the companies with your UW TSA 403(b) Program.

In this role, Ken is responsible for facilitating Financial Essentials Workshops, Education Seminars, New Employee Orientations, Benefit Fairs and Individual Counseling for TIAA's individual and institutional clients. Through his public speaking activities, Ken provides education and guidance, utilizing an engaging style that encourages attendees to take actions to achieve their financial planning goals.

Halfway There: A Retirement Checkup

Help make sure your retirement is ready when you are. Halfway? Already? Retirement has a way of creeping up on people. Before you know it, you'll be depending on all the money you saved and invested. If you're panicking, don't. There's still time! Give your retirement saving a checkup. Ken will provide information to help you determine where you need to be in your retirement saving, and how to get back on track if you're behind:

- Find out how much you should be saving
- Discover different investment vehicles and how they can work together to help you reach your retirement goals
- Learn what's competing for your retirement saving

