

NONPROFIT CONFERENCE

# LEADING WITH HEART

Inspiring Change &  
Well-Being

Wednesday, March 5, 2025  
9 a.m.-4:30 p.m.  
Lambeau Field, Green Bay



Delaware  
North  
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## JOIN US FOR OUR THIRD ANNUAL CONFERENCE

All levels of nonprofit professionals are invited—entry-level to Executive Director. The conference sells out. Register early! Our keynote is Eliz Greene, Stress Researcher, Speaker & Consultant. She will present “The Stress-Proof System for Inspiring Change and Preventing Burnout.”

## TOPICS FOR ALL LEVELS

Staff | Executive | Board

There will be three breakout sessions throughout the day with your choice of a range of topics, specific to nonprofit organizations.

- A Development Plan that Works for Your Small Nonprofit
- Advocacy as a Strategy to Advance Your Mission
- Start Here: A Communication Plan
- Collaborative Impact: Engaging Volunteers with the 5 W's Model
- Panel: Leading with Heart
- Heart-Centered Resilience: Sustainable Leadership for Nonprofits
- You Can't Potluck Your Way to a Great Culture: Practical Tips for Building a Thriving Culture
- Diverse Teams, Strong Leadership: Effective Collaboration in Multicultural Teams
- Capital Campaign: Ready or Not?
- Panel: Boards of Directors
- Grant Writing in the Age of AI: Balancing Technology with Authentic Voice
- Succession Planning: Just Do It!
- Communicating Your Story: Positioning and Messaging to Showcase Your Impact
- Small but Mighty Teams: How to Do More with Less
- Are You an Iguana or a Border Collie? Stress Recovery Strategies that Work!

**RISE UP & MAKE A DIFFERENCE**  
[www.uwgb.edu/nonprofit-conference](http://www.uwgb.edu/nonprofit-conference)



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## KEYNOTE

### The Stress-Proof System for Inspiring Change and Preventing Burnout

**Eliz Greene**

Stress Researcher, Speaker & Consultant

In nonprofit education and development, professionals are driven by purpose and passion. However, they often face overwhelming stress, uncertainty, and burnout from limited resources and high expectations. Chronic stress impacts their well-being and hinders organizational success. The Stress-Proof System, developed by Eliz Greene, offers a practical, data-driven process to prevent burnout and build resilience. By addressing the root causes of stress, this system helps leaders maintain their health, energy, creativity, and long-term success in their mission-driven work.

Surviving a heart attack at 35 while seven months pregnant with twins, Eliz knows stress management is essential. For over two decades, she has inspired busy people to prioritize heart health. She conducted a job stress research study and developed the Stress-Proof System to protect high performers. Eliz is an author and writes a top health and wellness blog. Named a Top Online Influencer on Stress and Heart Health, she has appeared on CNN, PBS, and other major networks. Her strategies are used by organizations like NASA and CVS to reduce workplace stress.



## CLOSING SESSION

### Agents of Change

**Nacho Enriquez Jr.**

Founder & President

Join us for an enlightening session with Nacho Enriquez Jr., a licensed counselor and public service advocate. Nacho will share insights on driving systemic change and the transformative impact of advocacy in the non-profit sector. Learn strategies to empower individuals and organizations to become catalysts for positive change in our communities.

Nacho Enriquez Jr. is a keynote speaker and well-being expert focused on emotional wellness for first responders. With two decades in law enforcement and a master's in community mental health counseling, he has conducted over 1,300 wellness sessions and delivered a TEDx Talk, "In Case of Emergency, Listen." Nacho is a leading force in crisis intervention and mental health support.



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