



Navigating Complex Change; Harnessing the Human Connection in Turbulent Times

Welcome and Opening			8:45 AM – 9:00 AM
Welcome Morning keynote			9:00 AM - 10:15 AM
Speaker: Cathy Bernatt, MCC Title: Transforming Triggers: How Irritation Became the Doorway to Discovery			Main Room
Morning breakouts: Interactive Insights			10:30 AM – 11:45AM
Track 1: Grow Self Speaker: Elia Paz Title: Set Life-serving Boundaries that Call Us in to Collaboration and Community	Track 2: Grow Tools Speaker: Denise Gaskin, M.S., PhD, PCC Topic: AIC (AI in coaching) - Will it Replace the Human Connection in Coaching?	Track 3: Grow Impact Dr. Richard Osibanjo Title: The Power of Influence: Building Meaningful Connections in a Polarized World	Breakout Rooms See signs
Afternoon breakouts: Interactive Insights			1:15 PM - 2:45 PM
Track 1: Grow Self Speaker: Cai Delumpa & Monique Breault - PCC, CPCC, ORSCC, and Certified Enneagram Teachers Title: Coaching from the Inside Out	Track 2: Grow Tools Speaker: Tiffany Grimes, CEO Empower Coaching and Training, PCC Title: Why Metacognition Matters		Breakout Rooms See signs
Afternoon Keynote			3:00 – 4:00 PM
Speaker: Nir Megnazi Topic: Smart But Stuck: How Avoiding Emotions Limits Leaders			Main Room
Closing and Social Hour			4:00 – 5:00 PM