# **SPEAKER**

**Tuesday, October 5th @ 1:30 PM**

**Keynote Speaker: Darcy Luoma,** CPCC, CSP, MCC, BCC, ORSCC, MSOD (Master of Science in Organizational Development, Graziadio School of Business & Management at Pepperdine University)

Darcy is the owner of Darcy Luoma Coaching and Consulting in Madison, WI. Darcy is a highly sought-after coach and consultant who has worked in forty-eight industries, with more than five hundred organizations, and has impacted tens of thousands of leaders and employees over the last 20 years. Before Darcy began her firm in 2013, she served as the Director of U.S. Senator Kohl’s office for 12 years, did national advance work for the White House, worked for two U.S. presidential campaigns, and served as a trusted advisor and Deputy Transition Director to a Governor.

Darcy is one of America’s most highly credentialed coaches, including the prestigious Master Certified Coach from the International Coach Federation. She designed the rigorous Certified Professional Coach program at the University of Wisconsin-Madison and served as the program’s lead instructor and then Director of Training and Quality Assurance since its inception. She received the prestigious Certified Speaker Professional award from the National Speakers Association and has spoken at more than 500 events in the past eight years for audiences ranging from 25 to 2,500 every month.

To learn more visit: [www.DarcyLuoma.com](http://www.DarcyLuoma.com)

Darcy’s book, “Thoughtfully Fit” was released on June 1st of this year and her topic for her speech will be: *Thoughtfully Fit®: Build for the Future with Core Confidence*.

**Wednesday, October 6th, 2021, Session 1 from 1 PM – 2:15 PM**

**Each attendee / registrant will choose a first choice and second choice per session to be filled in on the Registration form.**

**11 = Chair Yoga** - Chair yoga is a gentler yoga that makes poses more accessible and inclusive to all. It is a wonderful way to increase flexibility, strength, and circulation, improving range of motion & mobility, while relieving stress. During the practice one will experience breathing exercises, strengthening, and stretching, pranayama breathing and relaxation and meditation.

Presented by Debra Ballweg, Mindful Yoga LLC

**12 = Strategic Planning** – As a health care volunteer, you have likely participated in plenty of planning meetings, whether for an event or fundraising effort. But have you and your local Partner colleagues ever put on your “strategic” planning hats? This session will discuss the benefits of strategic planning and outline the steps to developing a strong strategic plan for your local Partner’s group.

Presented by Jennifer Frank, Manager of Marketing for Wisconsin region of SSM Health

**13 = Personal Safety -** Madison Police Officer Krista Luedtke will be talking about various safety measures and the use of situational awareness as methods to create personal safety.

Presented by Madison Police Officer Krista Luedtke

**14 = Understanding Palliative Care** – Dr. Wendy Molaska will walk us through what palliative care is and how it relates to hospice. We will also hear how it is different and distinct from hospice as well as what common ground they share. Included in this session will be why we are hearing more about palliative care - or why we have not heard of it previously. Dr. Molaska will give us some research information supporting the use of palliative care in modern medicine and some elements of a palliative care encounter.

Presented by Dr. Wendy Molaska, MD

**Wednesday, October 6th, 2021, Session 2 from 2:30 PM – 3:45 PM**

**Each attendee / registrant will choose a first choice and second choice per session to be filled in on the Registration form.**

**21 = Chair Yoga** - Chair yoga is a gentler yoga that makes poses more accessible and inclusive to all. It is a wonderful way to increase flexibility, strength, and circulation, improving range of motion & mobility, while relieving stress. During the practice one will experience breathing exercises, strengthening, and stretching, pranayama breathing and relaxation and meditation.

Presented by Debra Ballweg, Mindful Yoga LLC

**23 - Engage in Public Policy and Advocate for your Hospital** - Elected officials make decisions every day that impact your hospital and your community. Learn about the issues and make your voice heard.  WHA’s Kari Hofer will provide an overview of the impact of advocacy programs and share opportunities to engage in public policy.

Presented by Kari Hofer, Vice President, Advocacy at Wisconsin Hospital Association

**24 = “Who’s Your Person?” –** This session will discuss Advanced Care Planning and cover why this is important. It will delve into why you need to pick the correct person to represent you and why it is important to discuss with your person what matters most to you. These are often uncomfortable conversations, so this session also attempts to make this more comfortable by introducing you to a game called Hello that could help start discussions about living, dying, and what matters most.

Please note, since this session is virtual, we will not be playing the game, but will give you an introduction to how it might help in discussions.

Presented by Dr. George Lange, MD & Dr. Wendy Molaska, MD