

GRIT AND Grace

2023 ADMINISTRATIVE PROFESSIONAL DAY CONFERENCE

Clay Pathfinder Building | ANB Leadership Center | Room PF 108

Laramie County Community College

Wednesday, April 26, 2023 | 8 a.m. – 4 p.m.

8 – 9 A.M. REGISTRATION AND CONTINENTAL BREAKFAST

9 – 9:05 A.M. WELCOME AND INTRODUCTION OF MC

Ms. Cathy Holman, *Prairie Wife in Heels*

9:05 – 9:30 A.M. ICE BREAKER | “EVERY DAY IS A PUZZLE”

9:30 – 10:15 A.M. SESSION 1 | “LEARNING TO BE STILL”

Ms. Cathy Holman, *Prairie Wife in Heels*

10:15 – 10:30 A.M. NETWORK BREAK

10:30 – 11:15 A.M. SESSION 2 | “BE STILL MY BRAIN”

Ms. Amanda Brown, LCCC Psychology Instructor

11:15 – 11:30 A.M. NETWORK BREAK

11:30 A.M. – 12:30 P.M. LUNCH BUFFET | LCCC Dining Hall

12:30 – 12:45 P.M. MIXING IT UP WITH CARNATIONS

12:45 – 1:45 P.M. SESSION 3 | Trending Topics Discussion

Ms. Cathy Holman, *Prairie Wife in Heels*

1:45 – 2:00 P.M. SNACK BREAK

2:00 – 2:30 P.M. SESSION 4

Ms. Trista Ostrom, Chief of Staff to First Lady Jennie Gordon

2:30 – 3:00 P.M. SESSION 5 | Interview

First Lady Jennie Gordon and Chief of Staff Trista Ostrom

3:00 – 3:15 P.M. BREAK

3:15 – 3:40 P.M. KEYNOTE SPEECH | “Grit & Grace”

Ms. Cathy Holman, *Prairie Wife in Heels*

3:40 – 4:00 P.M. DOOR PRIZE DRAWING AND CLOSING

Ms. Monica Puente, LCCC Instructor

