



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 | PUZZLES**
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

