



## Developing and Building Leadership Skills: How to Care for Yourself and Your Team

**Monday, July 24**

8:00 – 8:30 a.m.

**Coffee and check in**

8:30 – 8:45 a.m.

**Welcome and goals for day**

8:45-9:30 a.m.

**Opening Keynote: Inspirational Leadership**

9:30-9:45 a.m.

**Meditation with Julie Bryant, Vice President for Student Success, RNL**

You will get a chance to try meditation with this short, guided session, including recommended breathwork to help you feel calm and focused.

9:45 – 10:30 am

**Leadership and Relationships**

*Wendy Beckemeyer, Vice President for Enrollment Management, Cornell College*

How can our relationships influence our leadership? This session will highlight characteristics to invest in for yourself and members of your team and share how you can best feed your team (not just with treats in the breakroom!) for optimal performance and team cooperation. You will learn how to be the dream colleague to your direct reports, your leadership, and your co-workers along with suggestions for adding mental health awareness for all. Plus, this session will help you think about ways to tap into low-cost professional

development activities to further enhance leadership skills for you and your team.

10:30-10:45 a.m.

**Refreshment Break**

10:45 – 11:15 a.m.

**Roundtable Discussions led by facilitator**

11:15 a.m. – 12:00 p.m.

**Mindfulness for Leaders**

*Theresa Ricke-Kiely, Executive Director for the Center for Common Good, the University of St. Thomas*

We hear a lot about mindfulness helping us to be healthy individuals, but what does it mean for us and our teams to be mindful leaders? This session will identify the characteristics of a mindful leader, consider the benefits for our teams to be led mindfully and will also help you institutionalize mindfulness with your colleagues.

12:00 p.m.

**Discussion & Wrap Up**

12:00-5:00 p.m.

Your afternoon experience is up to you! Choose to enjoy a free afternoon or experience one of our recommendations below.

- Enjoy lunch with new contacts
- Relax at the spa or play golf at Gaylord Opryland
- Explore the sights, sounds and tastes of downtown Nashville: [Things to do in Nashville](#)

**Workshop presenters (additional speakers/facilitators to be announced soon):**



**Dr. Theresa Ricke-Kiely** is the executive director of the Center for the Common Good at the University of St. Thomas in St Paul, Minnesota. She has over 20 years of experience teaching leadership and has published in various national and international journals. Dr. Ricke-Kiely's current research focuses on mindful leadership, and she is writing a book on the topic for mission-focused organizations. She earned a BA from SUNY New Paltz, an MPA from Marist College, and an Ed.D. in organizational leadership from the University of Sarasota.



**Julie L. Bryant**, vice president for student success at RNL, leads the team providing student success solutions for colleges and universities across North America. These solutions include the RNL student motivation and satisfaction assessment tools, which provide valuable data to institutions working to improve retention and graduation rates. She meets with higher education leaders to guide them through their data results and to brainstorm next steps for continuous quality improvement efforts. In addition, Julie is a certified yoga and meditation teacher who leads regular mindfulness sessions for RNL co-workers and RNL National Conference attendees.



**Wendy Beckemeyer** is the founder of the Pay It Forward conference; read more about it under their [Why](#) page! Wendy is vice president for enrollment management at Cornell College, Iowa. She has over 30 years of experience in higher education and is passionate about college affordability. Wendy is one of the authors of "The College Affordability Academy: A Blueprint for Counseling Families." Wendy is a 20+ year member of the RNL staff as a part-time, senior associate consultant and earned her MBA from California Lutheran University.