

KSAE2022

Wednesday, December 7, 2022
Maner Conference Center, Topeka

8:30-9:00am **REGISTRATION AND COFFEE**

9:00-9:50am **BEHAVIORS TO REDUCE STRESS AND THRIVE IN TODAY'S WORLD - THERE IS A SOLUTION TO ALL YOUR "PROBLEMS."**

Mea Austin

The world today is full of political discourse, racial divides, and financial problems. Modern tech has gained such a presence in our lives that it significantly impacts our ability to relax and sleep. The Kaiser Family Foundation reports Covid has also increased our difficulty sleeping (36%), as well as eating (32%), increases in alcohol consumption or substance use (12%), and worsening chronic conditions (12%). These stressors cause our "car lights" to stay on, and eventually drain our battery. Peace is attainable, even during stressful situations if you have simple tools. We will discover specific actions to change the automatic response to stress. Find out why "problems" are actually "opportunities," and they are not caused by the world around us. The solution to all your problems is within you.

10:00-10:50am **MEETING THE VISION TO GROWN KANSAS APPRENTICESHIP TO THE TOP 25 BY 2025**

Shonda Atwater

Our appointed Kansas Apprenticeship Council recently adopted a bold and aggressive vision: Grow Kansas Apprenticeship to the Top 25 by 2025! Why? Because with 2.1% unemployment and an obvious drain in skilled trades and talent leaving the state of Kansas, human resources has become more important than ever! Kansas is poised to lead the way in a proven, out of the box, and aggressive workforce solution: Registered Apprenticeship.

11:00-11:50am **TAKE OFF THE MASK - IS YOUR LIFE STORY WORTH TELLING?**

Dan Meers, KC Wolf

It's been said that if you ask a man his occupation you will find out how he pays his bills, but if you ask a man his preoccupation then you will discover the passion of his life. Dan Meers has a rather unique occupation. For over 25 years he has paid his bills by working as "KC Wolf" the mascot of the Kansas City Chiefs. However, Dan's preoccupation, what he is truly passionate about is encouraging others to strive for the best in life and to enjoy it each and every step along the way. Dan believes that your life is like a Coin. You can spend it anyway you wish but you will only get to spend it one time, so spend it wisely. During this presentation Dan shares some of the valuable lessons he's learned during his long career as a professional mascot.

12:00-1:30pm

KSAE LUNCH EXPO

KSAE is pleased to bring exhibitors from the state's best hotels, meeting venues, CVBs, products, services and contractors to help association professionals get the job done.

1:30-1:50pm

KSAE ANNUAL MEETING

2:00-2:50pm

PROFESSIONAL PICKPOCKET- IDENTITY THEFT PREVENTION AND PERSONAL SAFETY

Gene Turner, Professional Pickpocket

Examine five areas of identity theft: financial, medical, criminal, Social Security and Department of Motor Vehicles, Gene exposes the latest deceptions that identity thieves employ and provides solutions to protect yourself.

3:00-3:50pm

YOU MAKE A DIFFERENCE!

Tom Krause

25-time Contributing Author CHICKEN SOUP FOR SOUL book series presents a heartwarming/humorous presentation designed to make you feel APPRECIATED/MOTIVATED for the difference you make in the lives of the people you serve.



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