

2025 MPRA CONFERENCE & EXPO

Schedule of Education Sessions



Tuesday, February 18, 2025
1:00 - 2:00 p.m.

THE MINDSET REVOLUTION - Elevate Culture and Performance [KEY]

Dr. Kevin Daley, Daley Speakers Academy

In this keynote, Dr. Kevin Daley blends Harlem Globetrotters leadership with strategies to revolutionize your workplace culture. He aims to cultivate growth, resilience, and innovation, guiding participants to rethink challenges and lead with confidence in today's dynamic business environment. (0.1 CEU)

2:30 - 3:30 p.m.

Utilization of the Missouri Assessment of Swim Skills (MASS) for Adaptive Swim Programs [AQU]

Lea Ann Lowery, University of Missouri

Brittney Stevenson, University of Missouri

Children with autism spectrum disorder are 160 times more likely to drown (American Red Cross), making access to swim instruction imperative for safety and family function. The MASS was developed at MU to improve the assessment of skill development for children with disabilities and offers potential utility for community providers. (0.1 CEU)

People Don't Come with Warning Labels [DEV]

Lori Klinka, Dramatic Impact

This program is entertaining and highly informational. Lori uses humorous characterizations to help people learn about the four different communication and personality styles to create a more productive work environment. As a park and recreation professional, you have to deal with difficult people at times, whether they are coworkers or patrons. Lori's goal is to have the audience leave with specific skills they can use on the job to build bridges and create connections. (0.1 CEU)

Inclusive Play Matters: Evidence-Based Design Best Practices for Play and Recreation Destinations [H&W]

Victoria Babb, Cunningham Recreation | Play 4 ALL Campaign

Thoughtfully break down physical and social barriers to create a welcoming atmosphere and ensure parks intentionally support the developmental benefits of inclusive, intergenerational play. Research findings and new data offer unique insights to demonstrate the positive impact of designing outdoor destinations to address the diverse needs of the whole child, the whole environment, and the whole community. (0.1 CEU)

Healthy Boundaries to Protect Your Genius [H&W]

Dr. Jason Gines, Pembroke Hill School

This session will explore key considerations that set the framework for creating healthy boundaries in our current times. Healthy boundaries are necessary to allow room for your genius to thrive and not be blocked by the many competing priorities of life. Members will gain practical insight and daily tools to give space and time in a crowded life to display their genius to the world. (0.1 CEU)

Leading Through Communication: Building Stronger Teams [M&C]

Molly Bryan, City of Jefferson

Ashley Wiskirchen, JC Parks

Effective communication is the cornerstone of successful leadership and organizational growth. In this session, we'll explore how clear, consistent communication can strengthen your team, enhance collaboration, and drive your organization's mission forward. Through best practices, real-life examples, and practical tips, you'll learn how to create a culture of open communication that empowers employees and fosters a sense of community within your organization. (0.1 CEU)

Reframing and De-Escalating Challenging Behaviors [M&L]

Dr. Kevin Mabie, CallMrDrMabie, LLC

While recreation facilities are supposed to be relaxing and fun, we are often met with patrons who are challenging and defensive. In this session, participants will learn why individuals escalate, how to recognize dysregulation, and how to defuse challenging situations. (0.1 CEU)

Sports Turf, Irrigation, and Becoming a Certified Sports Field Manager [PNR]

Rob McDaniel, Wentzville Parks and Recreation

Doug Wildt, Wentzville Parks and Recreation

Billy Roll, Wentzville Parks and Recreation

The importance of improving professionalism within the sports turf industry has led to developing a certification program for sports turf managers. A Certified Sports Field Manager is considered a leader in the industry, giving you a sense of pride and accomplishment, challenging your knowledge of managing sports fields, and drawing upon all aspects of your background in education and experience. (0.1 CEU)

Maximizing Park Spaces: Engaging Families and Kids in Environmental Education [PRO]

Jamin Bray, Missouri Environmental Education Association

Lesli Moylan, Missouri Environmental Education Association

Learn how municipal parks can expand the use of their outdoor spaces to meet the needs of their community's families and children. From story walks and community programs to design, maintenance, and collaborative funding for interactive outdoor spaces. This will be a hands-on experiential session. Come ready to play while learning! (0.1 CEU)

3:45 - 4:45 p.m.

Cultivating Diverse and Inclusive Aquatic Teams [AQU]

Stevie Weeks, Landmark Aquatic

This session will explore the importance of diversity and inclusion in creating a thriving aquatic team. We will delve into strategies for building a more diverse workforce, fostering an inclusive environment, and overcoming common challenges. Participants will gain practical tools and actionable steps to enhance diversity and inclusion within their aquatic organizations.

Through engaging discussions and real-world examples, attendees will learn how to create a workplace where everyone feels valued, respected, and empowered to contribute their unique perspectives. This session is designed for aquatic professionals seeking to build stronger, more equitable teams. (0.1 CEU)

Celebrate Your "WHY" [DEV]

Jason Elissalde, Next Practice Partners

Explore purpose-driven living and how embracing your 'why' transforms your impact. This session, filled with captivating stories and insights, guides participants from dissatisfaction to fulfillment. Learn to turn "I can't" into "I can" and discover a practical roadmap to make every day meaningful and impactful. (0.1 CEU)

Nature's Reset: The DAP Method for Mental Wellness [H&W]

Jason Corder, Digital Addiction Prevention

Discover the DAP (Digital Addiction Prevention) Method as a crucial tool for park and recreation professionals facing the challenges of digital overload and work-related stress. As the industry grapples with limited resources and increased virtual interactions, learn practical, cost-effective strategies to promote mental clarity, physical health, and social connection. Participants will also learn how to implement tech fasting, grounding techniques, and nature-based wellness practices to enhance their mental health while continuing to provide exceptional community services. This approach leverages the unique resources available to park and recreation professionals to create a sustainable work-life balance in a technology-driven world. (0.1 CEU)

Lessons from Uber and Google: Applying World-Class Brand and Technology Strategy to Recreation [M&G] ~~CANCELED**~~**

Harry Tannenbaum, Mill Industries (previously Google, Nest)

Birju Kadakia, Rec Technologies (previously The Athletic, Uber)

Rachel Williams, Rec

~~In an era where consumer expectations and technology are reshaping industries daily, hear from technology leaders from Uber, Google, and The Athletic discuss how their learnings can apply in the parks and recreation sector. Discover how Google's iconic brand and MasterClass' innovative approach to user discovery can translate into actionable strategies for your parks and recreation department. (0.1 CEU)~~

Closing the Trust Gap: The Ethical Imperative of Strong Workplace Cultures [M&L]

Dr. Cory Scheer, TrustCentric Consulting

If trust is so important for personal and professional relationships, why is it in such short supply? If trust is an inarguable ethical imperative, why does it seem so difficult to define and even more difficult to measure? If trust is vital for employee retention, team productivity, and healthy workplace culture, why is there a growing epidemic of distrust in all industries? In this presentation, Cory Scheer (Ed.D., EMBA) will share the consequential truth about employee trust and how to take action on it. Drawing from his doctoral research, national research, 25+ years of professional leadership experiences, and various national and international client engagements, Cory will share how trust is definable, measurable, and actionable. (0.1 CEU)

The Design and Construction of Lake Olathe [PNR]

PJ Novick, Confluence

Hank Moyers, Confluence

Learn about the transformative project that turned a closed golf course into a vibrant 258-acre community park surrounding the stunning 170-acre Lake Olathe. The park features a special event space, beach house, marina, a 1,200-foot water feature, and various recreational areas for active and passive use. (0.1 CEU)

No Experience Required: Incorporating STEM Into Your Youth Programming [PRO]

Jessica Packard, Kansas City Parks and Recreation

In this interactive session, discover practical strategies for integrating STEM (Science, Technology, Engineering, Mathematics) into your youth programming. Whether a beginner or a seasoned programmer, you'll leave with the tools necessary to plan and facilitate programs that foster curiosity and inspire creativity among your participants. (0.1 CEU)

Unlocking the Full Potential of Your Turf - Maximizing Turf Field Revenue Streams [SPO]

Cindy Shook, Branson Parks and Recreation

Josh Aubin, Branson Parks and Recreation

Katie Leuthauser, Branson Parks and Recreation

Discover how to maximize your turf fields with a multi-faceted approach focusing on a variety of revenue streams that capitalize on the field usage, their appeal to different user groups, and leveraging the facility for additional revenue opportunities. (0.1 CEU)

Wednesday, February 19, 2025

9:00 – 10:00 a.m.

Seven Sights and Sounds in the Pump Room to NEVER Ignore [AQU]

Kyle McCawley, Waters Edge Aquatic Design

Brian Hill, Waters Edge Aquatic Design

That doesn't look or sound right!? Explore your pool's pump room deeper to understand how your equipment works and if it is working properly. This presentation can help you diagnose and solve issues quickly. (0.1 CEU)

Compass Points: Understanding Your Direction and How it Impacts Your Work [DEV]

Dr. Kevin Mabie, Crisis Prevention Institute

Participants will realize the power of understanding their personalities and those of others through the context of "directions." We will then apply our learning to interactions with customers and colleagues to insightfully give each individual we interact with support, empathy, and understanding. (0.1 CEU)

Outdoor Adult Fitness Parks: Best Practices for Promoting Community Health by Increasing Physical Activity [H&W]

Victoria Babb, Cunningham Recreation | Play 4 ALL Campaign

The guidebook Outdoor Adult Fitness Parks: Best Practices for Promoting Community Health helps communities advocate for outdoor fitness spaces as affordable and accessible exercise options. It covers supportive research, design considerations, and case studies to aid in planning, implementing, and promoting fitness initiatives that enhance overall health and wellness. (0.1 CEU)

Content that Connects: Engaging Your Community with Messaging [M&C]

Molly Bryan, City of Jefferson

Effective content development is essential for engaging your community. This session will focus on how to create strategic, impactful content that resonates with your audience. Learn practical techniques to develop various content that highlights your department's initiatives and connects with the community. Whether through written articles, visuals, or multimedia, this session will

equip you with the tools to create compelling content that drives engagement, promotes your department, and builds support. (0.1 CEU)

ELEVATE: How Exceptional Leaders Inspire Peak Performance [M&L]

Scott Welle, Outperform The Norm

Leadership is not a role; it's a responsibility. It's not about a selfie; it's about service. It's not just talking the talk; it's walking the walk. Join Scott Welle, #1 Best Selling Author, as he shares what the most influential leaders do to inspire peak performance in an ever-changing world. (0.1 CEU)

Designing with Sensory Needs in Mind [PNR]

Ariel Mansholt, Landscape Structures Inc.

Sensory-related disabilities are the fastest-growing disability category among children today. In this presentation, we will define this spectrum of childhood disabilities that is much broader than autism. Design strategies will be presented for creating play spaces so that these children and their families can successfully GET there, PLAY there, STAY there, and have tons of fun. Concepts will be wrapped together in a real-life case study. (0.1 CEU)

Enhancing Your Staff Training with Free Local Resources Across Missouri [PRO]

David Immler, Missouri National Guard Recruiting and Retention

Andrew Dore, Missouri National Guard Recruiting and Retention

Learn how the Missouri Army National Guard can be a valuable resource for your parks and recreation programs. This session will cover the types of logistical support, equipment, and manpower the Guard can provide to enhance community events, staff training, team building, and how to build lasting partnerships with Guard units in your area. (0.1 CEU)

Paddling Together: Creating Unforgettable Pickleball Events [SPO]

Carissa Short, Centers - University of Missouri - St. Louis

Darcy Skillington, City of O'Fallon

Explore the power of collaboration in pickleball event planning. This session highlights how collaboration can create dynamic, engaging events. Learn strategies for fostering teamwork, enhancing participant experience, and building a sense of community on and off the court. (0.1 CEU)

10:15 – 11:15 a.m.

Making Waves: Creating Regional Destinations for Aquatics [AQU]

Hank Moyers, Confluence

Jen Gerber, Water Technology Inc.

Brian Garvey, SFS Architecture

This session looks at three recently completed aquatic centers throughout the midwest, including WWA award winner Garden Rapids, Sar Ko Par Trails Aquatic Center, and Blue Surf Bay Waterpark. The speakers will provide an in-depth look at the features of each facility, the design process, and the creation of a regional aquatics destination for all ages and abilities. (0.1 CEU)

Daily Execution. Extraordinary Results. [DEV]

Scott Welle, Outperform The Norm

This interactive presentation is based on Scott's latest book, "Daily Execution. Extraordinary Results.", focusing on the strategy of goal setting, the execution of goal achieving, and the

psychology of aspiring to big things. It will change how you see the performance potential for you, your team, and your organization. [\(0.1 CEU\)](#)

Snapshots to Success [H&W]

Lori Klinka, Dramatic Impact

Our life is made up of snapshots, significant moments that give us meaning. We're all moving at the speed of life, and as a park and recreation professional, you may feel stressed or unfocused. To be more productive and achieve better results, it's important to examine your expectations and shift your perspective. Lori creates a fun and inspiring learning experience to demonstrate her Focus- Capture- Frame approach to feel more energized, inspired, and hopeful. Drawing on her twenty years as a professional actress, Lori portrays a humorous and insightful cast of characters to help you see how the power of perspective, adjusting your expectations, and living in the moment can improve your personal and professional life. [\(0.1 CEU\)](#)

Take Control of Your Online Presence: Create and Utilize Your Digital Footprint [M&C]

Jared Moore, Athletify, Inc.

Creating and managing a digital presence is essential, but it can also be a black hole that consumes valuable resources. Learn how to utilize free and paid tools from Google, Facebook, and Instagram. Learn the difference between having a social media presence and having an advertising presence on social media. Explore the things you "must do" and the things you "should NOT do" to extract value from the digital world surrounding us. [\(0.1 CEU\)](#)

Hunting for Unicorns [M&L]

Jason Elissalde, Next Practice Partners

Join this session to discover how to find and attract 'unicorns'—exceptional, solution-oriented individuals. Learn to identify and integrate these rare talents into your teams, fostering a positive work environment. Gain valuable tips on recognizing and nurturing these unique individuals to ensure your team excels with purpose and passion. [\(0.1 CEU\)](#)

Living Gold: Assessing and Preserving Valuable Tree Resources in Parks [PNR]

Andy Franke, Planning Design Studio

Mark Halpin, Davey Resource Group

Scott Emmelkamp, Planning Design Studio

Trees are a significant resource and valuable asset to any park property. Ensuring that those trees are healthy is a necessity for the safety and enjoyment of park visitors. This session explores how to assess, maintain, and preserve vegetative resources in your parks for current and future generations. [\(0.1 CEU\)](#)

Start to Finish Programming-Breaking Down BIG Programs to Create More [PRO]

Susan McLeod, Springfield-Greene County Park Board

Big ideas and big programs are fun and exciting for the programmer, but they might intimidate the participant. This session will help you identify parts of big programs that can be used to create smaller skill-oriented programs to build participant numbers in big programs. [\(0.1 CEU\)](#)

Play Beyond the Lines: Innovating Sports Programs and Events [SPO]

Carissa Short, Centers - University of Missouri - St. Louis

Discover how lessons from collegiate recreation can inspire innovative sports programs and events. This session explores creative strategies used in campus recreation to enhance

engagement, foster community, and deliver dynamic experiences, offering insights that can transform sports programming for diverse audiences. (0.1 CEU)

Thursday, February 20, 2025

9:00 – 10:00 a.m.

Financial Onboarding [DEV]

Gabe Huffington, Columbia Parks and Recreation

Your exposure to the finances of a parks and recreation department may be limited to a particular program or work area. The goal of this session will be to increase your knowledge of parks and recreation finance to understand your place in the process and how you can influence the budget for your department! (0.1 CEU)

Setting Healthy Boundaries at Home and Work [H&W]

Jan Peterson Hincapie, Independent Speaker

The boundaries you establish at work and home define you and keep you in your comfort zone. Establishing and maintaining healthy boundaries positively impacts our mental, physical, and emotional health. Learn the barriers to setting boundaries and what happens when you don't! Walk away better at advocating for yourself by setting healthy boundaries. (0.1 CEU)

Building Political Capital in Your Community [M&L]

Kirsten Barnes, Five Star Recreation

Implementing change in government while navigating community (or office) politics can be overwhelming! Learn how to identify and leverage key stakeholders in your community to help you move innovative ideas along, develop ways to tell your story to connect with different listeners, and understand the art of building "political capital." (0.1 CEU)

Connecting People to Nature Through Natural Community Management [PNR]

Ashley Schnake, Missouri Department of Conservation

This session will spotlight various Missouri community park system projects focused on native wildlife habitat management and the funding programs offered by the Missouri Department of Conservation. Look at how the department focuses on funding distribution based on the department's Community Conservation tiered system. (0.1 CEU)

NASA GLOBE Goes to Camp [PRO]

Angie Toebben, JC Parks

Who doesn't want free resources for STEAM activities with your camps and other programs? NASA GLOBE Goes to Camp is a more informal program for staff like us to incorporate into our programs (this stems from NASA GLOBE, a national educational program). Participants will learn about the four protocols: Atmosphere, Biosphere, Hydrosphere, and Pedosphere, and how to partner with NASA to implement them in their programs. If time allows, we will do a hands-on demonstration. (0.1 CEU)

Athletic Facility Use Policy [SPO]

Jen Jutte, Kansas City Parks and Recreation

When creating an athletics field use policy in your department, what are the elements that need to be considered? Attendees will learn how to create a policy, what to consider, how to engage

stakeholders, and how to implement a policy that works for your department and community. Then, you will look at a case study of how KCMO Parks and Recreation updated its Athletic Field Use Policies in 2024 with a focus on the 9th and Van Brundt Athletics Complex and their multiple stakeholders. (0.1 CEU)

9:00 – 11:15 a.m.

Lifeguard Circle of Impact [AQU]

Natalie Livingston, ALIVE Solutions

Are you focusing on the right things when you train your lifeguards? Join us to learn about the circle of impact and areas where lifeguard focus should be aimed to maximize effectiveness. Operators, leaders, and instructors need the right strategies, tools, and language to ensure their lifeguards are prepared and set up for success. Join us as we highlight the circle of impact and provide tactical ideas, case study videos, and tangible activities to add to your training and operational tool belt. (0.2 CEUs)

Purposeful PR: Essential Agency Communication [M&C]

Kristina Nemetz, Element Consulting Network

In today's climate, strategic communication is essential to any public agency or local government institution. We have moved to a virtual world where information is expected to be faster, more precise, and more concise. This session aims to introduce the world of government public relations and discuss how to establish a purposeful public relations framework for your recreation agency. We always think of P&R as parks and recreation, but the other PR is as essential to our organizations as our parks and recreation programming. (0.2 CEUs)

10:15 – 11:15 a.m.

Habit Stories [DEV]

Philip Shearrer, R3DESIGN

People act in predictable ways. Understanding these patterns provides non-obvious insights into success. Explore eight productive and eight counterproductive habits that maximize or derail performance. Learn how to leverage individual, team, and organizational behaviors. Connect the dots between emotional intelligence, motivations, and engagement. (0.1 CEU)

Fit for All: Creating Inclusive Fitness Programs That Empower Every Body [H&W]

Angela Nichols, Elevation Health

This presentation will delve into the critical importance of designing fitness programs that are inclusive and accessible to people of all ages, abilities, and backgrounds. The session will highlight best practices, innovative strategies, and actionable insights to ensure that fitness environments are welcoming and supportive for everyone, fostering a sense of community and encouraging participation across diverse populations. (0.1 CEU)

Expenses Continue To Rise. Now What? [M&L]

*Darin Barr, Ballard*King and Associates*

*Jenise Jensen, Ballard*King and Associates*

Operating and providing recreation facilities and services is more important than ever to improve health and wellness. Participants will explore a variety of tactics to manage increased operational

costs and operations plans, as well as evaluate market changes, staffing, membership models, and programming options. This session will guide you through important considerations and components. [\(0.1 CEU\)](#)

Building the Dardenne Creek Blueway: Connecting Communities Through Water [PNR]

Ryan Graham, St. Charles County Parks

Tim Dean, Intuition & Logic Engineering, Inc.

St. Charles County Parks and Recreation is building a 19-mile Blueway Trail for kayaks and canoes through the heart of the county on Dardenne Creek. This project includes multiple access locations, grade controls to enhance floating conditions at low flow, custom float condition gage, and regional grade stabilization. [\(0.1 CEU\)](#)

Empowering Success: Inclusive Strategies for Challenging Behaviors [PRO]

Lisa Drennan, MERGE Diverse Abilities Inclusion Consulting

No more suspensions! Explore effective approaches for supporting children with challenging behaviors in recreation programs. Gain insights on family collaboration, intake optimization, and staff empowerment to reduce suspensions. Learn to differentiate between meltdowns and tantrums and implement tailored strategies for positive outcomes. [\(0.1 CEU\)](#)

Parks, Recreation, and Sports Tourism: Synergy for Health, Equity, and Impactful Facilities [SPO]

Vince Trinidad, Sports ETA

Discover the dynamic synergy between parks, recreation, and sports tourism with John David, President and CEO of the Sports Events & Tourism Association. Uncover how this dynamic fusion cultivates top-tier parks for communities, promotes health and wellness, and drives tourism events, yielding substantial economic impact. [\(0.1 CEU\)](#)

1:00 - 2:00 p.m.

12 Ways to Re-Think Inservice [AQU]

Natalie Livingston, ALIVE Solutions

In-service is an important element of any successful aquatics operation. It is most likely the closest training staff will have to a real event. It is a critical marker for culture and is often used against operators in post-event litigation. Join us for a fun and fast-paced session featuring 12 questions to ask to re-think your in-service training program with tactical and practical solutions to elevate your in-service execution. [\(0.1 CEU\)](#)

Accountability: The Cornerstone of Success [DEV]

Jan Peterson Hincapie, Independent Speaker

Lack of accountability can make or break a professional and, ultimately, an agency. Learn the qualities of accountable people and how they impact the health and effectiveness of their team. Talk about what happens when you aren't accountable, and hear some questions you can ask yourself when you are faced with a choice. Participants will discover ways to become more accountability-driven individuals and teams better equipped to serve their customers. [\(0.1 CEU\)](#)

Parks and Recreation Marketing with AI [M&C]

Sam Lunt, GovTech Innovators, Inc.

Jason Peters, GovTech Innovators, Inc.

Unlock the potential of Artificial Intelligence in your marketing with our AI training course tailored

for parks and recreation. Dive deep into Large Language Models (LLMs), explore cutting-edge AI tools, and master AI-driven marketing techniques to transform your community engagement and marketing strategies. (0.1 CEU)

Fitness and Recreation for All! [M&L]

Brian Garvey, SFS Architecture

Dennis Dovel, City of Blue Springs

Justin Stuart, City of Blue Springs

Blue Springs has completely overhauled its park system, adding many new amenities, from indoor recreation to new park features and trails. So how did they do it? Learn how they built trust with the taxpayers and noticeably elevated the quality of life for their community. (0.1 CEU)

Eight Attributes Every Leader Needs [M&L]

James Moore, Athletify, Inc.

The most effective and impactful leaders bring out the best in others, but typically “best” doesn’t appear until there’s trust. This session will cover eight essential attributes for building trust through leading by example. Focusing on these attributes is proven to strengthen trust, produce positive results, and improve the relationships with those you lead, hopefully infusing some joy into what we too often deem as the burden of leadership. (0.1 CEU)

Considering the Ten Minute Walk in Park Planning [PNR]

Ted Jack, City of Fayetteville - Parks, Natural Resources and Cultural Affairs

The "Ten Minute Walk" movement seeks to provide a park within a 10-minute walk of all residents. This seems like a laudable goal, but many factors, such as population density, should be considered. This session explores things to consider for those contemplating implementing a 10-minute walk goal. (0.1 CEU)

Words Matter: Navigating Disability Language and Models [PRO]

Lisa Drennan, MERGE Diverse Abilities Inclusion Consulting

Explore disability inclusion through positive, empowering language to acknowledge and communicate about disabilities objectively. Learn about program models like Specialized, Adaptive, and Integrated, comprehending their elements, benefits, and challenges. Reframe inclusion within your programs. (0.1 CEU)

Mountain Biking: Trails, Trends, and Tourism [SPO]

Gabe Huffington, Columbia Parks and Recreation

Mountain biking has rapidly emerged as a popular and thrilling activity for sports tourism in communities throughout Missouri. This session will roll through the key aspects of the life-long sport, including infrastructure needs, cycling equipment, maintenance practices, riding events, and key partnerships needed to have a successful soft surface trail system. (0.1 CEU)

2:15 – 3:15 p.m.

Reignite Your Passion And Light Your Aquatic Team’s Fire [AQU]

Kirsten Barnes, Five Star Recreation

Aquatics professionals juggle many roles. Between risk manager, event coordinator, head janitor, coach, and therapist, it’s easy to forget our passion. Let's discuss why we love our jobs, how we

can fill our cups, and how we can ignite a new energy in our team by sharing the best parts of what we do. (0.1 CEU)

Be A Better You: The Cliff Notes Version [DEV]

Kristina Nemetz, Element Consulting Network

We as professionals have been affected by turbulent times, and our emotional health is an integral part of the success and potential we can have in our careers. Take an hour to recharge your batteries. This session will present a variety of ideas from today's top-selling authors. You do not have to read the books; you must get the cliff notes! This session will make you feel good and more inspired and refreshed. You probably had goals in place for yourself before the pandemic, but the track to achieve your goals is no longer the same as our agencies, and it is not the same as we knew them before. Get inspired and get back on track. It is time to crush your goals; make this YOUR year. (0.1 CEU)

Chronic Disease in the Show-Me State: The Role of the Community Center [H&W]

Carolyn Skelton, Wellness 4 Prevention, LLC

Obesity, diabetes, heart disease, high blood pressure, and chronic kidney disease are preventable for most individuals. Missouri health data indicate Missourians are unhealthy. We need to reverse the trend of chronic disease in the Show-Me State. Lifestyle change programs in community centers will educate Missourians on how to reverse these chronic disease epidemics. (0.1 CEU)

Needs Vs. Wants: Managing Customer Feedback and Expectations [M&C]

*Darin Barr, Ballard*King and Associates*

We've all been there: a group of highly vocal constituents who are sure they know what is needed or a member who submits the same comment multiple times. Explore tactics to solicit customer feedback and, more importantly, how to communicate afterward, incorporating data analysis to support your next steps. (0.1 CEU)

Have You Considered a Park Impact Fee? [M&L]

Joe Snook, Lee's Summit Parks and Recreation

Lee's Summit Parks and Recreation worked with the City of Lee's Summit to implement a park impact fee to support future parkland acquisition and development. Although this approach is used in several other states, Lee's Summit is the first community in Missouri to implement this fee. (0.1 CEU)

Qualitative Maintenance Standards: Park Maintenance Starts Here [PNR]

William Rein, Great Rivers Greenway

Susan Jankowski, Great Rivers Greenway

In this session, you will learn the basics of implementing a systemic approach to planning and executing maintenance of parks and park facilities, commonly called a Park Maintenance Management Plan. You will learn how to write qualitative standards for maintenance tasks that everyone on your team and in your community will understand, leading to safe and well-managed facilities! (0.1 CEU)

Diversifying Your Ice Skating Programs [PRO]

Mandy Whitacre, City of St. Peters Rec Plex

Does your Learn to Skate program plateau at a certain level? Do your skaters then filter to other skating programs? Keep your skaters in your program longer by diversifying and expanding your

class offerings. You can offer something for everyone from tots to adults, figure skaters to hockey players! See how offering a solid foundation skating program at all levels can grow your facility! [\(0.1 CEU\)](#)

Reimagining Youth Sports Experiences [SPO]

Dakota Marriott, RCX Sports

This session will provide attendees insight into working with pro sports brands in North America to transform the youth sports experience by increasing the quality and number of participants. The RCX Sports team will walk you through how many major league organizations, including the NFL, NBA, MLB, NHL, USTA, and MLS, can bring your programs support, standards, affordability, and inclusivity across the entire sports landscape. [\(0.1 CEU\)](#)

3:30 – 4:30 p.m

Developing Effective Strategic Plans for Aquatic Safety [AQU]

Stevie Weeks, Landmark Aquatic

Carolyn Fuchs, City of O'Fallon

This session will explore the critical role of strategic planning in shaping the future of aquatic programs. Participants will learn to develop a comprehensive strategic plan aligning with the recreation goals and objectives. Emphasis will be placed on the importance of stakeholder engagement, including community members, staff, and key partners, in the planning process. Attendees will gain practical tools and strategies for setting clear goals, identifying target audiences, and developing innovative aquatic programs that meet the community's needs.

By the end of this session, participants will have a solid understanding of the strategic planning process and be equipped to develop a roadmap for their aquatic programs. [\(0.1 CEU\)](#)

Activating Acceptance [DEV]

Nia Howard, Burrell Behavioral Health - Be Well Initiatives

We live in a world constantly changing and impacting our mental and physical well-being. The different and varying challenges we face can leave us feeling like we do not know where to start or what our next best step can be to care for ourselves and our brains. In the community, we are reminded to take steps that foster hope. We will practice together and allow space for interpersonal acceptance to help us create healing and growth and have steps in place to build our overall resilience. [\(0.1 CEU\)](#)

The “One-Time Ask” Approach to Sponsorships [M&C]

Tosha Jackson, City of Lawson, Lawson Park Board

Take an in-depth look at how one small town park board manages to capture \$20,000+ in sponsorships to support their summer programs and major events each year, with a proven track record of success. Participants will receive a fill-in-the-blank template to get them started on their own sponsorship drive. [\(0.1 CEU\)](#)

Mastering Project Management [M&L]

Jen Schmidt, Gateway Arch and Riverboats

Ready to take charge of your projects like a pro? Dive into this workshop designed for those aiming to master project management. Explore essential phases from initiation to closeout, where you'll learn practical strategies to build robust project foundations, confidently navigate complexities,

and achieve outstanding project outcomes. Whether you're honing existing skills or starting fresh, this session provides insights that will empower you to lead projects to success every step of the way. (0.1 CEU)

Parks with History: Case Studies in Establishing Legacy Parks from Heritage Properties [PNR]

Jay Wohlschlaeger, SWT Design

Lance Klein, SWT Design

Brian Welborn, City of Belton

Heritage properties can become remnants of agrarian past and family history or be lost to the growth of surrounding communities. Due to the forethought of families and parks departments, the properties discussed in this session live on with new life as destination parks, transitioning from family legacy to community legacy. (0.1 CEU)

Using AI to Design Recreational Programs for Special Needs [PRO]

Sam Lunt, GovTech Innovators, Inc.

Jason Peters, GovTech Innovators, Inc.

Transform special needs programming in parks and recreation with our AI training. Learn to leverage Large Language Models (LLMs) and AI tools to create accessible, adaptive recreation experiences. Gain practical skills to plan, implement, and evaluate programs tailored to the diverse needs of your community. (0.1 CEU)

Game On: Redefining Recreation Through Esports [SPO]

Evan Hendricks, City of Florissant

Esports and gaming are quickly becoming America's new pastime. Don't let your recreation program miss out. In this session, learn about Florissant's journey in building Fusion 314; covering planning, operations, and growth strategies to ensure your program thrives in the rapidly expanding world of esports. (0.1 CEU)

Introduction to Strength Training for Women [H&W]

Mick Bolli, Springfield-Greene County Park Board

How to offer an introductory strength training class for women, focusing on building confidence and teaching proper weight room techniques. By overcoming common barriers, we empower women to feel more comfortable and capable in the gym, ensuring a positive, and effective fitness experience. (0.1 CEU)