



**Ryan Estis** is regarded as one of the top 100 keynote speakers in America, helping leaders and managers connect to their two most important audiences: employees and customers. “Put

people first,” says Estis, “and profits will follow.” His message is entertaining and compelling, a crusade to help us improve our corporate culture, business performance, communication and client acquisition. See his video at <http://vimeo.com/18402735>.



**Dr. Brad Harrington**, who leads the Boston College Center for Work & Family, is one of the nation’s most respected experts on work-life. He’ll talk about their latest

research on gender issues, the rapidly expanding role of men in families, and why employers must take the caregiving role of men more seriously.

**Special Breakout Sessions By:**



**Henry Emmons MD**  
Author of *The Chemistry of Joy* and *The Chemistry of Calm*, Emmons has helped millions restore resilience and calm their anxieties. “Resilience is our nature,” says this nationally renowned

psychiatrist. Finding that medication, therapy or other measures often fail to fully restore those “birthright gifts of balance, meaningful connections and joy—the elements of a resilient life,” he has discovered new paths to restoring mood, regaining balance and rediscovering joy.



# 2011 Work/Life and Flexibility Expo!

**DATE: October 11, 2011**

**TIME: 9 a.m. - 4 p.m**

**LOCATION: [Minneapolis Marriott Southwest](#)**



8:30AM - 9:00AM	Registration & Exhibit Hall
9:00AM - 9:15AM	Welcome remarks
9:15AM - 10:15AM	Ryan Estis
10:15AM - 10:30AM	Exhibit Hall & Coffee Break
10:30AM - 11:30AM	AM Breakout Sessions
11:30AM - 11:45AM	Exhibit Hall
11:45AM - 12:15PM	Lunch in Ballroom
12:15PM - 1:30PM	Brad Harrington
1:30PM - 2:30PM	PM Breakout Sessions
2:30PM - 3:00PM	Exhibit Hall & Coffee Break
3:00PM - 4:00PM	Awards Ceremony, Prize Drawings & Closing

### Morning Breakout Sessions:

- Building Resilience in the Workplace - Sandra Kacher LICSW and Henry Emmons, M.D. Author of the Chemistry of Joy and the Chemistry of Calm
- Understanding the New Gender Paradigm: Fathers, Careers, and Work-Life - Dr. Brad Harrington
- Flex Strategies from Manufacturing, Public and Private Sector - Under the Compliance Lens - Deb Truesdell, Hennepin County; Kara Terry, Hennepin County; Lora Geiger, Turck, Inc. Jon Lahti, Valspar; Laura Pfeiffer (Moderator) - Winthrop & Weinstine
- Leveraging Social Media to Communicate Work/Life Initiatives - Stacey Van Meter, Manager Talent Community & Social Media at Deluxe Corporation
- Taking Your Wellness Program to the Next Level - Kris Keykal, Advantage Health

### Afternoon Breakout Sessions:

- Building Resilience in the Workplace - Sandra Kacher LICSW and Henry Emmons, M.D. Author of the Chemistry of Joy and the Chemistry of Calm
- How Deloitte Meets Workforce Demands by Leveraging the "Corporate Lattice" - Laura Smith, SPHR, HR Manager, Deloitte Services LP
- Results Only Work Environments, The Numbers Are In! - Phyllis Moen Ph.D. and Erin Kelly Ph.D., University of Minnesota, Dept. of Sociology
- Mind, Body and Business - Sean Levesque, YMCA
- How AMS and SuperValu "BUILT" Workplace Flexibility - David McGinty, Manager, Global Real Estate & Facilities, American Medical Systems and TBA, SuperValu
- Managing People You Can't See - Teresa Hopke, Principal, Senior Vice President Client Relations, Life Meets Work



# 2011 Work/Life and Flexibility Expo!

## Morning Breakout Sessions

10:30AM – 11:30AM	Restoring Resilience in the Workplace
10:30AM – 11:30AM	The New Gender Paradigm
10:30AM – 11:30AM	Winning Flexibility Initiatives
10:30AM – 11:30AM	Leveraging Social Media to Communicate Work/Life Initiatives
10:30AM – 11:30AM	Taking Your Wellness Program to the Next Level
10:30AM – 11:30AM	TBA

## Afternoon Breakout Sessions

1:30PM - 2:30PM	Restoring Resilience in the Workplace
1:30PM - 2:30PM	The New Gender Paradigm
1:30PM - 2:30PM	Results Only Work Environments, The Numbers Are In!
1:30PM - 2:30PM	Mind, Body and Business
1:30PM - 2:30PM	TBA



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