

## CEIA Academy: *Managing You – An Intensive Training for Mid-Career Professionals*

March 28 & 29, 2020

San Diego, CA

- **Managing You** is a one-and-a-half-day immersive training experience intended for experiential learning practitioners with 3-5+ years of experience in the field who are seeking to focus on their professional development. This interactive and engaging event is a great way to supplement your participation in the CEIA 2020 conference by taking a step back and thinking about how you can take your career, and yourself, to the next level. Through three dynamic sessions based on Design Thinking approaches and principles, you'll explore ways to develop YOU as a professional, leader, and person.
- Agenda
  - Saturday, March 28, 2020
    - 2:00pm - 2:30pm: Registration, Check-in
    - 2:30pm - 3:00pm: Welcome and Introductions by Julie Hutt, CEIA President
    - 3:00pm - 5:00pm: Session 1
      - **Managing You - The Professional**
        - *As an experiential learning and career professional with 'a few years under your belt', it's important to continue to keep an eye on your own professional development to ensure that the momentum you've built in your early career days is maintained. This session will provide insights on how to ensure that you are continuing your progress toward your long-term career goals, upgrading your skills and knowledge, and taking advantage of opportunities that will help you take your career to the next level.*
    - 5:00pm - 6:30pm: Dinner
  - Sunday, March 29, 2020
    - 8:30am - 9:30am: Breakfast
    - 9:45am - 10:00pm: Welcome back and reflections from Day 1
    - 10:00am - 12:00pm: Session 2
      - **Managing You - The Leader**
        - *As you advance from entry-level roles in experiential learning and career development, you'll begin to take on leadership roles and responsibilities, both formally and informally. This session will allow you to explore topics relevant to navigating advancements in your career, managing new aspects of your role, and developing as an effective leader.*
    - 12:00pm - 12:45pm: Lunch
    - 12:45pm - 2:45pm: Session 3
      - **Managing You - The Person**
        - *Self-care and work/life balance have become buzzwords in today's workplace. Mid-career professionals are often times more susceptible to that imbalance because of an increase in tasks and added management, budgetary, and decision-making responsibilities. Before we can design our lives forward or design*

*the future of work or design a better work-life balance, attendees start where with where they are. Not where they were! Not where they think they should be! In order to do so, attendees will evaluate what provides energy, focuses our journeys, and keeps our lives running smoothly: Work/Play/Love/Health. From there, attendees will gauge their compass (Worldview and Workview) toward a life of meaning and purpose (a well-designed life). Finally, attendees will learn to find their flow by managing their energy, not their time.*

- 2:45pm - 3:00pm: Final Words
  - Introduction to Mentorship for CEIA Academy '20
  - Final Thoughts
  - Q&A for Lead Facilitators

Lead Facilitators:

Joseph M. Catrino, Trinity College and CEIA VP of Professional Development  
Zach Osborne, Nova Southeastern

Facilitators:

Makesha Dockery, Georgia State University and CEIA VP of Region 3 - Southeast  
Ross Johnston, University of Waterloo and CEIA VP of Global Networks