

2014 UAEOP Professional Development Conference

**GOING THE EXTRA MILE**

March 14 - 16, 2014

Lexington Hotel & Conference Center - St. George, Utah

Plan on *Going the Extra Mile* to the UAEOP conference held on Saturday & Sunday, March 15 & 16, 2014, at the Lexington Hotel and Conference Center in St. George, Utah.

You will be driven to go the extra mile as you learn from our uplifting keynote speaker and knowledgeable presenters.

You will be re-energized and motivated to work harder than is expected of you in order to meet your goals.

Chart your course today!

Conference Schedule

**Friday, March 14, 2014**

5:00 - 7:00 pm Executive Board Meeting/Dinner  
7:00 - 8:30 pm Registration & Hospitality Room

**Saturday, March 15, 2014**

7:15 - 8:00 am Registration & Continental Breakfast  
8:00 am Opening Session  
Welcome / Introductions  
Flag Ceremony / Inspiration  
Greetings  
UAEOP Business Meeting  
8:45 am Keynote Speaker - Rick Larsen  
*"Do the Right Thing, at the Right Time, When it Really Matters"*  
10:00 - 10:15 am PSP Mini Workshop  
10:25 - 11:30 am Workshop - Session 1  
11:40 am - 12:45 pm Workshop - Session 2  
12:55 - 2:55 pm Luncheon  
20 Year Celebration  
Past President Recognition  
UAEOP Awards & Recognition  
Installation of 2014-2015 Officers  
3:00 - 4:00 pm Group Workshop / Table Top Discussion  
Drawing for Door Prizes  
(must be present to win)

**Sunday, March 16, 2014**

8:00 - 9:00 am Breakfast  
Inspiration  
9:00 - 10:30 am Workshop - Amanda Gore  
*"Lead Out Loud"*

Keynote Speaker

**Rick Larsen**

***"Do the Right Thing,  
at the Right Time,  
When it Really Matters"***



Influential mentors empathize with their students. To be an impactful mentor, walk in the shoes of your students; teachers and staff need to know and understand their students. Struggling students often have reasons why they are struggling. As school personnel, be a mentor to lift, inspire, and search out the students who need you. Empathize with them and help them overcome their challenges.

Rick lost his mother in a traffic accident at age fifteen. He will discuss the challenges that face many of your peers today. Family relationships will ultimately sustain and support you in life. As friends dissipate, family relationships become more important. Come join Rick for an impactful seminar that will have you laughing, crying and pondering the more important relationships in life. He will also share his 10 A's of building strong and lasting relationships with kids.

Rick Larsen, along with his wife ChaRee and their six children reside in Northern Utah. Rick is the Principal of a Rich High School and teaches UVU's MGMT 1250 course, "Principles of Leadership." He is the wrestling coach and a wildland's firefighter. He is active in his church and civic duties. He is a published author of Mother, Are You Out There?, and Earning an "A" with Kids.

Lodging Information



When making your lodging reservations, ask for the UAEOP group rate. Reservations must be made by February 15, 2014.

Lexington Hotel ([www.lexingtonhotels.com](http://www.lexingtonhotels.com))  
850 S Bluff Street, St. George  
435-628-4235

**Room Rate**

\$89.99/night + tax  
single/double occupancy  
\$94.99/night + tax  
triple/quad occupancy

**Check In:** 3:00 pm

**Check Out:** 11:00 am

## Conference Workshop Session Information

### Saturday Workshop Sessions: (choose two)

#### **“Tech Enhanced Communications”**

~ presented by *Mindy Hintze, Presenter, Utah Educational Network*

We will discover a variety of topics ranging from Google Docs and Calendar to Social Media (mostly Facebook and Twitter), to web 2.0 tools for communication and collaboration such as Nota, Doodle Polls, Prezi, etc.

#### **“Stress Management”**

~ presented by *Patrick Sapio, Director, PRIME Senior Services*

Patrick will share over 100 stress management skills that you can use to deal with whatever type adversity that comes your way. Whether it is a helicopter parent or a needy staff member, you will learn how to turn adversity to adventure!

#### **“Asthma Awareness”**

~ presented by *Andrea Jensen, Environmental Health Educator*

Asthma is the most common chronic illness among children, and the number one cause of missed school days. It is important that school staff members receive training about how to handle a student who is having an asthma attack. Office professionals are often the first to help students. This workshop will cover signs and symptoms of asthma, what causes an attack and what to do if a student has an asthma attack. Participants will also discuss other health and medical related issues that school personnel deal with on a daily (sometimes hourly) basis.

#### **“Healthy Living”**

~ presented by *Christie Benton, RD, CD, Community Wellness and Nutrition Services Dietitian*

We all know that if you don't feel good, your performance at work suffers. In this session, you will learn about one of the better rated eating plans, the Mediterranean diet, and how to incorporate activity into your daily schedule.



of

### Sunday Group Workshop

#### **“Lead Out Loud”**

~ by *Amanda Gore*



*"There is a big difference between a positive attitude and a positive spirit.  
A positive attitude comes from what you say to yourself in your head.  
A positive spirit radiates from your heart – it's your very being." ~ Amanda Gore*

This DVD presentation is about creating a positive spirit, communication and leadership – whether professional (leading others), personal (leading yourself), or parental (leading your family and children). You will learn skills enabling you to communicate more effectively and connect with others and ways to make people remember and respect you. And, in true Amanda Gore fashion...you WILL laugh, a lot!

### UAEOP Service Project



The service project for the 2014 Annual UAEOP Conference will be collecting WalMart gift cards or cash for At Risk students in the Washington County School District. Bring gift cards and/or cash with you to the conference. Or, send gift cards or checks (payable to Washington County School District Foundation) to, Patricia Thompson, 1362 Jasmine Ave, Sandy, UT 84092. For additional information, call Pat at 801-860-3091.

Please view the link below for more information about the Foundation.

[http://www.youtube.com/watch?v=vmPTuGcm7ZE&feature=player\\_embedded](http://www.youtube.com/watch?v=vmPTuGcm7ZE&feature=player_embedded)

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Name \_\_\_\_\_

Home Address \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Work Location/District \_\_\_\_\_

Work Address \_\_\_\_\_

E-mail Address \_\_\_\_\_

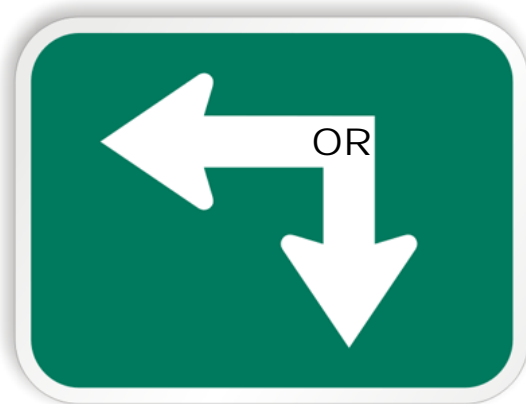
Are you a member of UAEOP? Yes No Have you attended a UAEOP Conference before? Yes No

**Registration – Due by February 15, 2014 – Get your registration in today!  
No Refunds will be given after March 1, 2014**

**Full Conference Registration**

(includes Saturday sessions, breakfast & lunch and Sunday breakfast)

Member (UAEOP & USEA)	\$85.00	\$ _____
Non-member	\$105.00	\$ _____
Late Fee	\$10.00	\$ _____
<i>(postmarked after February 15, 2014)</i>		
UAEOP Membership Dues	\$15.00	\$ _____
<i>(Complete the membership form on page 7 when including membership fee)</i>		
<b>TOTAL ENCLOSED</b>		\$ _____



**Conference Workshops**

*(circle two)*

- Tech Enhanced Communications
- Stress Management
- Asthma Awareness
- Healthy Living

**Saturday Only Conference Registration**

(includes Saturday sessions, breakfast & lunch)

Member (UAEOP & USEA)	\$70.00	\$ _____
Non-member	\$85.00	\$ _____
Late Fee	\$10.00	\$ _____
<i>(postmarked after February 15, 2014)</i>		
UAEOP Membership Dues	\$15.00	\$ _____
<i>(Complete the membership form on page 7 when including membership fee)</i>		
<b>TOTAL ENCLOSED</b>		\$ _____



**Make check payable to:**

UAEOP

**Mail Registration to:**

Charlotte Graham, c/o East Midvale Elementary School  
6990 South 300 East  
Midvale, UT 84047