

# MIND

## THE MIND SYMPOSIUM

Wednesday, June 19, 2024

8:30 a.m.-5 p.m.

In-Person • Blue Harbor Resort,  
725 Blue Harbor Dr.,  
Sheboygan



## PRIORITIZING MENTAL HEALTH

UW-Green Bay and Mental Health America Lakeshore are partnering to host the second annual Mind the Mind Symposium to be held at Blue Harbor Resort and Conference Center, Wednesday, June 19, 2024. The goal of the event is to educate community and business influencers on the importance of mental health and to bring to light the changing landscape of mental health.

## Diverse & Dynamic Sessions Throughout the Day

This overview is not exhaustive, as we strive to incorporate an array of subjects to better serve the complex and evolving needs of individuals and communities.

- Prioritizing Mental Health as a Workplace Safety Issue
- Brainspotting: A Mind/Body Therapy Tool
- Forgiveness is the Future
- Balancing Act: Work-Life Integration for Health & Human Service Professionals
- It's Not an Anger Problem
- Understanding the 5 Workplace Appreciation Languages
- Tapping into Your Health: Using Emotional Freedom Techniques for Self-Care and Empowerment
- The Mind-Body Connection: Exploring the Impact of Food Intolerance on Mental Health
- Grow Where You're Planted: Holistic Leadership Development for Service-Based Leaders

### Continuing Education

Attendance at all sessions in the Health & Human Professional track earns continuing education 0.5 CEUs/5 CEHs.



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## KEYNOTE

### Mental Health + Leadership: Embracing Imperfections Through Storytelling

**Sinclair Ceasar III, CEO**

With 10+ years of hands-on experience, Sinclair Ceasar III, CEO of Sinclairity Consulting LLC, has been a catalyst for positive change, relentlessly advocating for mental health and well-being in professional settings.

As a former improv instructor and troupe member, Sinclair infuses his presentations with elements of improvisation, keeping audiences engaged, entertained and on their feet.



## Vendor & Expo Hour

Our presenters, sponsors and other vendors will be available to you for questions or contact info. You may also view the exhibit of posters created by students, showcasing their research, projects and initiatives. We are also offering an optional session Shake it Off with TRE® for an additional \$20 that is limited to the first eight people.

### Shake It Off with TRE®

Join Sarah Giencke at 4:30 p.m. in a calming and relaxing class of TRE®. Decompress from the busyness of the day and leave feeling grounded, centered and regulated. A great alternative for those who don't feel like networking and/or drinking at the end of the day.

### Book Your Hotel

A block of rooms has been reserved at the Blue Harbor Resort for the conference. Book your hotel room by May 18 to take advantage of the special offer. Check out the website for info.

**LEARN MORE & REGISTER**  
[www.uwgb.edu/mind-the-mind](http://www.uwgb.edu/mind-the-mind)

