

SAN DIEGO STATE UNIVERSITY  
**STAFF PROFESSIONAL  
DEVELOPMENT  
CONFERENCE**

<b>8:30 a.m. - 9:00 a.m.</b> Montezuma Hall	<b>Check In</b>
<b>9:00 a.m. - 9:10 a.m.</b> Montezuma Hall	<b>Opening Remarks</b> President Adela de la Torre
<b>9:10 a.m. - 10:00 a.m.</b> Montezuma Hall	<b>Keynote Address - It's Time for a Mini Vacation! How to Reduce Stress, Increase Engagement, and Live More Mindfully</b> Kevin Corcoran Jr.
<b>10:00 a.m. - 10:10 a.m.</b>	<b>Break</b>
<b>10:10 a.m. - 11:00 a.m.</b>	<b><u>Concurrent Sessions</u></b>
Legacy Suite - 372	Crash Course in Courageous Thinking: Choosing to Live the Life I Love
Templo Mayor - 231	Winning Over Difficult People
Park Blvd. - 141	The Secrets & Science Behind Extraordinary Teams
Theatre - 270	How to be a Competent Communicator!
Pride Suite - 132	Changing Directions: Risk Aversion in our Professional and Personal Life
Tehuanco - 211	Communications – It's Who We Are and What We Do
<b>11:00 a.m. - 11:10 a.m.</b>	<b>Break</b>
<b>11:10 a.m. - 12:00 p.m.</b>	<b><u>Concurrent Sessions</u></b>
Templo Mayor - 231	Effective Presentations
Legacy Suite - 372	Realizing Your Professional Goals with Metacognitive Wraps
Pride Suite - 132	Sharing Your Traditions to Make a Better Workplace
Park Blvd. - 141	From Small Talk to TED Talks: The Secret Steps to Becoming a Powerful Public Speaker
Theatre - 270	The Hunt for Buried Treasure: Let's maximize our impact!
Tehuanco - 211	SDSU EOP: Celebrating 50 Years of Changing Lives through Continuous Innovation
<b>12:00 p.m. - 1:30 p.m.</b> Montezuma Hall	<b>Resource Fair and Lunch</b>
<b>1:30 p.m. - 1:40 p.m.</b>	<b>Break</b>
<b>1:40 p.m. - 2:30 p.m.</b>	<b><u>Concurrent Sessions</u></b>
Templo Mayor - 231	The Practice and Science of Mindfulness
Pride Suite - 132	Developing a Personal Leadership Style
Park Blvd. - 141	No Words Needed: An Introduction to Hidden Messages & Nonverbal Communication
Tehuanco - 211	How to De-Stress in the Work Place
Legacy Suite - 372	Making Positive Personal Change
Theatre - 270	Giving and Receiving Criticism Like a Professional