



## **MORNING KEYNOTE:**

### **Turning Hardship Into Growth**

Presented by **Eric Sean**

This presentation will discuss the importance of remaining true to yourself, your passion, and your desire to be of service in an ever-changing world. Life has a way of shaking every fiber of our being leaving us full of fear and indirection. The thing that keeps us grounded is our ability to remember who we are and what we stand for. The reality at the end of the day is that your job doesn't make you, you make your job, and that job should be a reflection of what you love to do.

We can change our perception of a situation, allowing us to be in control vs feeling like the victim. There is power in our imagination, we can achieve anything we imagine, thinking outside the box during times of transition, and overcoming fear, worry and doubt. Take this time of transformation and allow it to help us grow and understand our resilience and power.

As you listen to this presentation, you will learn that your true power exists when you learn how to live life from the inside out verses living from the outside in. We are powerful and gifted individuals. We have the ability to change our mindset at any moment, and by changing our mindset we change our feelings, thoughts and ultimately our reality. The only thing that separates us from horses and pigs is our mind. Learn how to use and flex your 6 mental faculties to stay in control and create your desired life. Learn how to use imagination to create dreams and passion-worthy goals. Learn how to use your will to improve your mental focus. By using your intuition, you will be able to sense what is right for you. We have been gifted with the ability to reason and think of alternative ways to view any situation as well as perception and memory of it. When we can say we are living life by our design, then and only then are we free.

#### **Session Takeaways:**

- Your uniqueness is your superpower
- Understanding fear and conquering it
- If you operate from a place of passion, the rest will work itself out
- Changes are the universe's way of telling you it's time to grow
- How to use our 6 mental faculties to overcome any circumstances, (imagination, perception, intuition, reason, will, memory)

#### **About Eric Sean:**



With a wealth of knowledge and understanding acquired through avenues of education, training, and personal experience, Eric Sean is much more than a motivational speaker, mindset coach, minister, personal trainer, and author. He is living proof through practice that the principles and ideas that he espouses can be transformational. As a man who rose above the circumstances laid at his feet throughout his life's journey, he now dedicates himself to working with those who have walked through the gauntlet of traumatic experiences and still find themselves bound by its chains. Eric's message and belief in the unparalleled power of both the mind and mindset is the proverbial key that can unlock those binds and set people free by introducing them to the true value and potential that they hold both personally and professionally. [Click Here to Read More about Sean](#)

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## **BREAKOUT SESSIONS:**

### **Those Pesky Lawyers! Challenges with Contract Clauses**

Presented by **Kathy Sarlson**

Organizations on both sides of the meeting industry are looking for alternative ways to be flexible, create value, and get sustainable results. Contracting in the new economy demands planners and suppliers ditch conventional contracting practices. Traditional contracts don't work in today's business relationships where the parties are highly dependent on each other, future events can't be predicted, and trust is being re-established.

Kathy shares real stories and real results of how organizations are negotiating contracts to achieve positive and sustainable results for both the supplier and planner organizations, while building strong business relationships.



Approach your next negotiation with a fresh perspective on contracting tips and techniques after this engaging breakout session!

#### **Session Takeaways:**

- Understanding the contracting paradox
- Cancellation clauses and alternatives
- Force majeure/impossibility of performance
- The Extras

#### **About Kathy Sarlson:**



An avid exercise enthusiast, gardener and artist, Katherine Graham Sarlson attended McGill University, in Montreal with a B. Ed. in Education. After moving to the U.S. 30 years ago, Ms. Sarlson attended Cleveland Marshall College of Law. Ms. Sarlson's legal career has been primarily in the areas of employment law and real estate. Ms. Sarlson joined the legal team at the Progressive Group of Insurance Companies in 2015 where she collaborates with her clients in the company's Real Estate Group, working on everything from HVAC systems to travel services.

#### **Human Trafficking Stops Here**

**Presented by Joe Savarise**

The meeting and events industry can work with the lodging industry to step up efforts to stop human trafficking. In this session, attendees will learn walk away with a clear understanding of:

- What human trafficking is and where it is happening
- Red flags and signs to help identify human trafficking
- Steps to take if you suspect human trafficking is happening

#### **About Joe Savarise:**



Joe Savarise joined the Ohio Hotel & Lodging Association as Executive Director in January, 2015. OHLA is a business association that provides strategic direction for Ohio's hotel and lodging industry, is the primary lobbying and advocacy entity for that industry within the state, and supports the growth of Ohio's travel economy. OHLA is committed to providing resources and connections, improving service and professionalism in hospitality, increasing sustainability, championing safety and security, and furthering charitable and community involvement. Part of that effort involves increasing and coordinating the industry's response to human trafficking. Joe is currently a member of the Boards of Directors for the Franklin County Convention Facilities Authority, Greater Columbus Convention & Visitors Bureau, Greater Columbus Sports Commission and the Columbus StreetRailway Corporation. He serves on the Advisory Board of the American Hospitality Alliance. He was recently appointed to the American Hotel & Lodging Association's Safety & Security Committee. [Click Here to Read More about Joe](#)

#### **Fun with Food**

**Presented by Lamees Lahham, RD, LDN**

There's an unsaid presumption of healthy being boring and that's exactly what it's not! We want to talk about color, presentation, and sweets; all of which are part of a balanced lifestyle. In this presentation we're going hands on with a live demo along with talking about mind and body in relation to our food. We'll discuss how all foods fit and how we can 'healthily' anything to fit into the standards we set for ourselves!

#### **Session Takeaways:**

- All foods fit! There's a way to enjoy everything as part of a healthy lifestyle.
- Mindset is everything! The way we perceive food plays a huge role in how we receive it.
- Healthy is more of a way of life than just a fad diet. Really being mindful is key!



### About Lamees Lahham:



Lamees is a registered dietitian in the Columbus area. She is the co-founder and co-owner of Sincere Nutrition, a practice aimed at holistic, functional nutrition and specializing in inflammation and gut health. She believes food is more than just a meal that needs to be eaten. Our whole mindset and thought of food needs to be aligned with the nourishment it offers to achieve optimal wellness. She works one-on-one with clients to help them achieve their individualized goals. Lamees also holds lunch and learns and group meetings within companies and corporations as part of their wellness programs.

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### AFTERNOON KEYNOTE:

#### Extinguish Burnout to Ignite Engagement

Presented by Robert & Terri Bogue

Events are supposed to be ways to create engagement and inspire but the pandemic has created unimaginable disruption. You, like many of your peers, may feel frustrated, ineffective, and burned out. Learn how to do something about it. Burnout is real and it's something that you can get through. It requires more than a break, it requires tools and a plan. Learn how to get out of burnout if you're already there, or how to prevent it if you see it on the horizon.

There's so much noise about burnout in the media today. How do you break through and get to clarity about the things that you can do about it today? We'll do that for you. There is no paint-by-numbers approach to solving burnout, but there are proven skills that if you develop them will reduce the chances that you'll find yourself in burnout and will help you escape if you do land there. Join us as we clear the smoke and noise and show you what's at the very heart of the burnout problem.

#### Session Takeaways:

1. Understand what burnout is – and isn't.
2. Develop skills that will help you recover from burnout – and prevent it.
3. Identify opportunities you have to support others avoiding and preventing burnout

### About Robert Bogue:



Robert Bogue has led change projects for three decades. As a recovering technologist, he's changed the way people work as he changed the technology. He's the author of 28 books and has been a Microsoft MVP for 18 years. His work has transformed corporations, government, and quasi-government organizations. It's not about the technology, but he leverages his strength in technology and human systems to create change that is sustainable and transformative for organizations of all sizes and shapes. Follow him at <https://ThorProjects.com> or <https://ConfidentChangeManagement.com>.

### About Terri Bogue:



Terri Bogue has a passion for helping people be healthy and happy, both physically and emotionally. As a clinical nurse specialist with over 30 years of experience in nursing, she understands how difficult healthcare and life is for patients and providers. Through this experience, she has developed tools that support healthcare providers in delivering effective and compassionate care to their patients and themselves and reducing healthcare-associated infections. She inspires people to learn what boundaries are and how to maintain them, both professionally and personally, cool down a conflict during heated situations, and prevent and recover from burnout.