

EMPLOYEE VALUES CONFERENCE

Tuesday | April 21, 2026

Well-Being In Motion: Balance, Brilliance & Belonging

7 to 7:30 a.m.

Civic Center plaza lawn

Pilates with Ashley from The Good Place

8 to 9 a.m.

Council Chambers

City Manager and Mayor's Awards Presentations

Opening Conference Remarks / Presentation of 2026 Thematic Goal

9:15 to 10:15 a.m.

Council Chambers

Keynote: Connor Fields - *"Now What"*

10:15 to 10:30 a.m.

Break

10:30 to 11:30 a.m.

Training Room 1-2

Training Room 3

Training Room 4

Basement Training Room

Goodman Training Room

Then Café

Your choice of seven breakout sessions:

"Money Archetypes In Action" – Tara Saxon

"From All Or Nothing To Consistency: Building Habits That Actually Stick" – Kristi Vacarro

"Exploring The Dimensions Of You: A Journaling Workshop" – Sadie Sanchez

"Nourished Mind & Body" – Health Plan of Nevada/Behavioral Health

"The Ethics Of Eating" – Tori Lubecki

"Kitchen Medicine: How To Use Traditional Chinese Herbs For Healing" – Wongu University

2026 New Thematic Goal – Strategic Services Staff

Council Chambers

11:30 a.m. to 1 p.m.

Lunch on your own (light refreshments available in the NOW Café; food trucks are outside on Goodman Way on the south side of City Hall)

1 to 2 p.m. Chambers

Keynote: Nada Nassardeen – *"Self-Confidence: How To Overcome The 'I'm Not Enough' Mindset"*

2 to 2:15 p.m.

Break

2:15 to 3:15 p.m.

Training Room 1-2

Training Room 3

Training Room 4

Basement Training Room

Goodman Training Room

Then Café

Your choice of seven breakout sessions:

"Money Archetypes In Action" – Tara Saxon

"From All Or Nothing To Consistency: Building Habits That Actually Stick" – Kristi Vacarro

"Exploring The Dimensions Of You: A Journaling Workshop" – Sadie Sanchez

"Retirement Readiness" – Caine Nakata of F3 Financial

"The Ethics Of Eating" – Tori Lubecki

"Kitchen Medicine: How To Use Traditional Chinese Herbs For Healing" – Wongu University

"Rhythm & Resilience: Black Las Vegas" exhibition with Carmen Beals

Civic Center Art Gallery

3:30 to 4 p.m.

Training Room 3

Zumba with Tressa