

EMPLOYEE VALUES CONFERENCE

Wednesday | April 22, 2026

Well-Being in Motion: Balance, Brilliance & Belonging

7 to 7:30 a.m.

Civic Center plaza lawn

8 to 9 a.m.

Council Chambers

9:15 to 10:15 a.m.

Council Chambers

10:15 to 10:30 a.m.

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

Council Chambers

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

Civic Center plaza lawn

1 to 2 p.m. Chambers

2 to 2:15 p.m.

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

Civic Center Public Meeting
Room

Qigong with Wongu University

Volunteer and Real YOU Challenge Awards Presentations

Keynote: Tara Saxon - *"From Penniless To Powerful: Breaking Intergenerational Money Patterns"*

Break

Your choice of seven breakout sessions:

"Sustainable Service: Clarity and Well-Being At Work" – Sheryl Green

"Clap Back At Stress: A Collective Reset For Sustainable Energy At Work" – Renisha O'Donnell

"Why You're Running on Empty — And Why It's Not Your Fault" – Rachel Bowers

"Mental Health In The Workplace: Practical Tools For Stress, Burnout and Emotional Resilience" – Mindy Worthington, DNP

"Financial Wellness Starts At Home, How Structure At Home Improves Performance At Work" – Matthew Cox

"Essential Emotions: Understanding The Body, The Brain, And Emotional Regulation" – Desiree Vargas

The 2026 New Thematic Goal – Strategic Services Staff

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)

Hip Hop Yoga with Desiree Vargas

Keynote: Bo Bernhard, Ph.D. - *"The Fun Economy In Las Vegas"*

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"Art In Architectural Spaces: A Conversation On Creation, Connection, Practice, Form & Function" with Alexia Chen and Gig Depio