

2022 SIUE PROJECT MANAGEMENT SYMPOSIUM BREAK-OUT SESSION DETAILS

MORNING	
9:05 A.M. – 10:05 A.M. and 10:15 A.M. – 11:15 A.M.	
Maple/Dogwood	<i>Why Self-Care is Good for Business (Strategic & Business)</i>
<p>Presenter: Matt Black Matt Black is a Scrum Master, Agile Coach and former mental health counselor who will explore how leaders, managers and individual contributors can utilize the concepts of self-care to improve their business. Topics include how turnover rates and inter-team relationships can be improved with self-care, how our ability to think and be creative decreases with increased stress & how the acronym HALT (hungry, angry, lonely, tired) can remind us what emotions to be aware of when we're stressed. Participants will learn specific tools and ways to engage in Self-Care as well as examples of how taking care of one's emotional, physical and mental health can improve business outcomes and work satisfaction.</p>	
Hickory/Hackberry	<i>How to Be a Great Project Manager (Leadership)</i>
<p>Presenter: Kelsey Assel This inter-active session will gather feedback from many experienced project managers who will share five skills, traits, or qualities that they feel all great project managers have. The results will be gathered and organized into categories. Participants will walk away with guidance, crowd-sourced from many people with years of experience in the field.</p>	
Oak/Redbud	<i>A New Kind of W.O.W. (Strategic & Business)</i>
<p>Presenter: Angela Triplett During this presentation, we will walk through how Spire's largest transformational program to upgrade 100-year-old technology and its associated processes redefined a new kind of W.O.W. (way of working). This multi-year program requires a nimble team to adjust based on real world obstacles, high level risks, and ambiguity. Participants will gain insights on structuring a large transformational program, ideas on overcoming obstacles, and the change management required to be successful.</p>	
Mississippi/Illinois	<i>The Art of Small Talk (Get Your Face Out of Your Mobile Device) (Leadership)</i>
<p>Presenter: Tanya Callaway Creating conversations is how we develop relationships! So where would our conversations at work, networking events, or elsewhere be without small talk? From the polite chitchat among coworkers that eases the start of a stressful meeting to building powerful bridges at networking events, small talk has always been an important "social lubricator" that builds trust and relationships across cultures—even more so for early-career professionals after graduation. During this session, you will hear some proven mechanisms to help you get those juices going!</p>	

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AFTERNOON	
12:50 P.M. – 1:50 P.M. and 2:00 P.M. – 3:00 P.M.	
Maple/Dogwood	<i>Neuroscience and the Agile Way (Strategic & Business)</i>
<p>Presenter: <i>Jerret Batson</i></p> <p>In this presentation we will explore the high-level neuroscience concepts related to context switching, how those play into our beliefs and personalities, and understand techniques to minimize it in the future. Learn about your subconscious mind, how to control multi-tasking tendencies with your personality type and leave with tangible applications for your professional environment. The approaches shared throughout the session will empower all participants, regardless of rank, to stay engaged and focused for maximum productivity.</p>	
Hickory/Hackberry	<i>Project Management Interviewing Skills (Leadership)</i>
<p>Presenter: <i>John Laverdure</i></p> <p>In this job market everyone is looking for strong and solid project managers. Do you know what skills you need to bring out in the interview process? Come spend some time with John Laverdure, one of our PM board members, as he shares with you the observations that he has made from hiring project managers and his personal job change experience.</p>	
Oak/Redbud	<i>What Makes Some People More Productive than Others: Harvard Business Review (Leadership)</i>
<p>Presenters: <i>Lisa Vermiglio, Meegan McKeethen</i></p> <p>The extensive data (almost 20K respondents) overwhelmingly showed that the more senior (older) worker, the higher the productivity. They found three buckets of excellent productivity habits: plan your work based on your top priorities & act with a definitive objective (everything from meetings to reading or writing); develop effective techniques for managing information and task overload (routines, time for emergencies); and communications that are responsive/clear and short meetings.</p>	
Mississippi/Illinois	<i>Communicating with Businesses: Combined Sewer Separation Project (Strategic & Business) or (Technical)</i>
<p>Presenters: <i>Jeff King, Ric Cooper</i></p> <p>Communicating with local businesses is a crucial part of Illinois American Water's (ILAW) successful combined sewer separation project. ILAW recently acquired the Alton, IL Sanitary Sewer System. A large part of the system is old, combined sewer which ILAW is separating to dedicated storm and sanitary sewer systems.</p>	

**PMI PDU Reporting – Each of the 3 Ballroom sessions is worth 1 PDU in the LEADERSHIP category.
Each break-out session is worth 1 PDU in the category indicated.*

2022 SIUE PROJECT MANAGEMENT SYMPOSIUM
BREAK-OUT SESSION PRESENTERS

NAME	TITLE	COMPANY
Matt Black	Product Manager	Sketch Development
Kelsey Assel	IT Project Management Advisor	Cigna
Angela Triplett	Program Manager	Spire Energy
Tanya Callaway	Sr. Customer Solutions Manager	Amazon
Jerret Batson	Agile Coach	Federal Reserve Bank of St. Louis
John Laverdure	IT Program Manager	Washington University
Lisa Vermiglio	Director, Enterprise Program Portfolio Management	Centene
Meegan McKeethen	Senior Director, IT	Centene
Jeff King	Engineering Manager – Project Delivery	Illinois American Water
Ric Cooper	Senior Engineer - Wastewater	Illinois American Water