

REFRESH, RESTORE, REFOCUS.
Taking Care of You



JULY 13, 2023
9:00 A.M. - 3:15 P.M.

**NC STATE'S
MCKIMMON CENTER**

7TH ANNUAL

CRC STAFF CONFERENCE



CRC Staff Conference

2023

July 13, 2023 | 9:00 A.M. - 3:15 P.M.

NC State's McKimmon Center

Schedule at a Glance

Refresh, Restore, Refocus. Taking Care of You

9:00 A.M.	Room 1 C,D	Check-In Birds of a Feather Networking Breakfast
10:15 A.M.	Rooms 3,4,5,7B,8A	Breakout Sessions
11:15 A.M.	Room 1 C,D	Plenary Session
12:15 P.M.	Room 1 C,D	Corporate Partners
12:30 P.M.	Room 1 C,D	Lunch
1:30 P.M.	Rooms 3,4,5,7B,8A	Breakout Sessions
2:00 P.M.		Break
2:15 P.M.	Room 1 C,D	Keynote
3:15 P.M.		Depart

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Schedule

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9:00 A.M.	SL Conference Center	Check-In Birds of a Feather Networking Breakfast BREAKOUT SESSIONS Teasing Information Out of Teams Using "Brain Teasers" Taunne Skye, NC State University Executive Assistant
	Room 7B	Discuss ways to determine styles of thought processing & personality types: discerning information from small-scale exercises (examining an individual's determination, perseverance, creativity, collaboration, willingness to ask questions, etc.). Exercises are encouraged for use with existing team members & new hire candidates. Discussion will give examples of how "puzzles" and "brain teasers" can offer a glimpse into how a person will approach abstract problems at a small-scale level and how those traits will translate into large-scale on-the-job tasks and responsibilities. Extension Cord Leadership Rev. Melech Thomas, Shaw University Communications and Marketing Strategist, Divinity School
10:15 A.M.	Room 8A	An extension cord reaches appliances that are distant from power sources and funnels electricity that those appliances would normally not have the proximity to reach. Extension Cord Leadership is the idea that "Leadership" is deeper than just "influence", but it is about the empowerment of those who are being led. It allows for delegation to be less task-oriented, but more mission-oriented. Just like an extension cord, leaders will learn the importance of being "insulated", "flexible", and "wired", with a plug on one end and an outlet at the other end. Also, Extension Cord leaders will learn how to think "inside of their cord", the importance of carrying an influence greater than their own egos, as well as recognizing that real leaders are the plug and not the outlet. It is a creative way to approach and to conceptualize servant leadership. It is less about method and more about mentality.
	Room 3	Taking Care of You: Self Care is not a luxury, it is a necessity! What Have I Done for Me Lately? Pat Gaddy, North Carolina State University Admin to Assistant VC, Communication Technologies
	Room 4	An interactive workshop where we will share different perspectives and give some tools and strategies to help you better achieve some of your self-care goals. Safe Space Training: Creating an Inclusive Campus for All Students Samantha Bray, Wake Tech Community College Coordinator, Health Science Non-Degree Programs
	Room 5	The purpose of this training is to understand how oneself identifies, how others identify, to understand others perspectives and stereotyping. Discussion will be held about several real-life scenarios. Speed Networking with Colleagues Across the College! Tameka Singleton, Wake Tech Community College Corporate Trainer
		Organizations experience change, and with change are new employees, opportunities, services, and resources. How often are individuals able to connect with people outside of their department? This is probably hard for many. This session

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Plenary Session

Self-Care Strategies for Those That Serve

Alexis Steptoe, North Carolina State

Assistant Director, Wellness

11:15 A.M.

Room 1 C,D

Framing wellness on college campuses doesn't end with the students. In this interactive session we will discuss how you can identify your personal well-being needs and create simple habits to meet them. Leave with knowledge, skills, and resources to maintain your personal wellness and actionable ways to support the campus community.

12:15 P.M.

Room 1 C,D

Corporate Partners

12:30 P.M.

Room 1 C,D

Lunch

BREAKOUT SESSIONS

Culture of Connection: Relationship Building in the Unconventional World

Jillian Jackson, Shaw University

Director, Digital Teaching and Learning

Room 3

This presentation will discuss norms and tools to build an inclusive and engaging workplace environment. We will create a roadmap to bringing the face-to-face feel to the new hybrid world through research and digital tools.

Refocus Your University Social Media

Jennifer Suarez, William Peace University

Director, Marketing and Communications

Room 4

Social media can be a powerful tool for any business, but it's all too easy to post content and lose sight of why you're there. On campuses, social media accounts have sprung up, but are they working for you or just causing more work? Our audiences are on social media, but surveys show they are necessarily choosing a school based on that. Let's dig in on why and how you can refocus your social media strategy.

1:30 P.M.

WTF: Working through Feelings and Emotions in the Workplace

Jasmine Trotter, Shaw University

Assistant Director, Digital Teaching and Learning

Room 5

In this group presentation/discussion, we will discuss topics of uneasy feelings and emotions that can occur for faculty and staff throughout an academic year and best practices that have been successful for combatting these.

Transitioning for Students with Disabilities

Charlene Tolley, Wake Tech Community College

Adjunct Professor

Room 7B

Students with autism are often misread, or misunderstood. Teaching adult learners with autism can be challenging, as they struggle with understanding social cues, and using their imagination to write. As an English adjunct professor and the mom of a student with special needs, I understand the difficulties in transitioning from one life step to another for students with autism. Today I'll present unexpected barriers, and tools for professors to use to better understand the needs of their students with autism. I will equip them with tools to alleviate stress for themselves and their students.

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1:30 P.M. Room 8A **ADD CRC TITLE**
Maura DiColla, Cooperating Raleigh Colleges
Executive Director

ADD DESCRIPTION

2:00 P.M. **Break**

2:30 Room 1 C,D Keynote
ADD TITLE
Carrie Grace

ADD DESCRIPTION

We extend our tremendous gratitude to NC State for their support & allowing us to use their facilities for this conference. Likewise, we express our thanks to the speakers and presenters, for leading the sessions today in the spirit of collaboration & guiding others to personal growth in their careers.

2023 CRC Staff Conference
Planning Committee Members

Maura DiColla

Executive Director, Cooperating Raleigh Colleges

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Syeda Quadri
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With Special Thanks to
Cooperative Raleigh Colleges &

