

MRPA Virtual Education



In Partnership with Florida Recreation and Park Association

What's on the Horizon; Everything from Y to Z

April 26, 2022 • noon to 1:15 p.m.

Lori A. Hoffner, Trainer and Consultant, Supporting CommUnity, Inc.

A workplace with multiple generations continues with the incoming Generation Z. Understanding the dynamics of this younger group gives you a better opportunity for retention of members of this generation either as staff or as a consumer. Together we will learn the similarities and differences between the Gen Y/Millennials and the up-and-coming Gen Z generations. Better understand how today's young adults, teens and youth think and behave in order to benefit your organization. We will discuss trends in education, employment and the offline experience and how it impacts the way the younger generations interact in the "real world". You'll learn how to create an environment of cooperation and open-mindedness that will help you communicate across these unique and powerful groups. 0.1 CEU



Learning Objectives:

- Discuss the nuances of a Xennial, Millennial, and Gen Z and why understanding both the differences and similarities within those generations provides invaluable awareness for retention.
- Outline effective leadership styles and the power of mentor relationships for both the younger Millennial and Gen Z.
- Define personal branding and why it's important for staffing and customers that are a part of the younger generations.

About Lori A. Hoffner:

Lori A. Hoffner has been offering training for positive youth development, community networking, and organizational relationship building since 1997 and has spoken nationally regarding youth program development, employment, and staff engagement as well as multiple community issues. For 11 years, Lori was the Executive Director of PACCT, a small non-profit in Jefferson County, Colorado, an organization dedicated to the success of youth and community.

MRPA Virtual Education



In Partnership with Florida Recreation and Park Association

Investing in Me: Healthy Mind, Healthy Body, Contented Life

May 25, 2022 • noon to 1:15 p.m.

Regina Novak, Health Educator & Financial Coach, RCM Financial Coaching

Self-care is not selfish-it is essential. We may be called to serve others, but if we do not first serve ourselves, our health and wellbeing suffers. This impacts us, our close relationships and the people we serve. In this virtual education session, we will explore how to truly care for our total self and grow into the best version of ourselves, personally and professionally. 0.1 CEU



Learning Objectives:

- Define and describe what true wellbeing entails and how our mental health impacts every other area of wellbeing.
- Explore myths surrounding self-care, mental health and wellbeing and how we can bust these myths to support ourselves, our colleagues and the people we serve.
- Discuss the consequences of not investing in ourselves, how to check in regularly with ourselves and discover ways we can plan self-care into our daily lives.

About Regina Novak:

Regina Novak is the founder of RCM Financial Coaching. She is a health educator, financial coach, swim lesson instructor, mom of two, and lover of nature and the outdoors. She believes that organizations thrive and serve their communities best when the teams are healthy and united around a common purpose. Regina is especially interested in the psychology of behavior change and how people can grow and change with the right motivation, mindset and behaviors aligned with their overall life goals. She is committed to helping others grow and flourish and continues her own mission to grow and thrive and live her best life possible. Regina works with employer groups to help support their wellbeing and engagement strategy.

MRPA Virtual Education



Registration Form

Registration Deadline: One Week Prior for Each Session

Name: _____

Organization: _____

Address: _____

City, State, Zip: _____

Email Address: _____

The online meeting link will be emailed to this email address.

Sessions and Dates

Please check all sessions for which you are registering:

- April 26..... What's on the Horizon; Everything from Y to Z
- May 25 Investing in Me: Healthy Mind, Healthy Body, Contented Life

Registration Rate:

- Member: Each session is \$25 # of sessions _____ x \$25 = \$ _____
- Non-Member: Each session is \$35 # of sessions _____ x \$35 = \$ _____

Registration and Payment Method:

- Email registration form to gerhard@mnrpa.org and check requested
- Register and pay online at mnrpa.org

Questions?

Email: gerhard@mnrpa.org