

**Administrators Association San Diego and
San Diego Unified School District Present Our 2018 Spring Conference:**

Find Balance-Keep Moving

KEYNOTE SPEAKER

DR. WESLEY SMITH

Executive Director, Association of California School Administrators (ACSA)



Red Eyes, Racquetball and Life/Work Balance

Educational leaders work tirelessly, at breakneck speed and at all hours of the day and night to support and serve adults who have responsibility for the academic, emotional and physical well-being of students—often at the expense of their own physical, mental, and emotional health. During this presentation, Dr. Wes Smith will share his story about the power of realizing our purpose and defining our values, and will explore how balance and alignment allow for the full engagement necessary to achieve true success. As a result, we will all seek to better understand the cycle of stress, renewal and recovery and how thriving amidst chaos requires intentionally strengthening our physical, mental, emotional, and spiritual selves.

Dr. Smith was a teacher, football and baseball coach, principal, assistant superintendent and superintendent. He is the executive director of the Association of California School Administrators, the largest school leadership group in the nation. ACSA is foremost a champion for the state's more than 6 million students. Having served in a variety of school leadership roles, Dr. Smith understands the intricacies and influences in public education. He believes in a bold new future for ACSA and ensuring it is the most influential voice in public education.

FOUR 2-HOUR WORKSHOPS (Choose One)

MIKE GELLMAN

What's on Your Mind?

The Hidden Key to Sustainable Career Success!



Solid resume? Check! Prepared for interviews? Check! Notable accomplishments? Triple check! Still no job change or promotion? Ugh! Unfortunately, sometimes we can be our own worst enemy! If you are not getting the results you want, then you will definitely want to attend this workshop and add some additional tools and strategies to your job search and career management toolkits. This presenter will address one of the most overlooked aspects of conducting a successful job search and managing one's career effectively – the thoughts,

feelings and attitudes that occupy our minds. As a special bonus, all participants will receive a copy of Mike Gellman's book – Pipe Dreams: 7 Pipelines for Career Success. As a certified coach, author and career management expert, Mike Gellman facilitates transformational self-discovery and success among leaders and professionals. Mike is the Founder and CEO of High Five Career Coaching.

BRUCE SMITH AND JOE BAUERS

Finding Balance Between Your Budget Today and Your Life Tomorrow



CALPRO
Network Financial Services

Bruce Smith and Joe Bauers will be helping participants to understand how to balance paying for life today as well as planning for life in the future. As financial professionals, Bruce and Joe know that a small amount today can add up to a large sum of money in the future and that many people are looking for the answers about how to get started with

their financial planning. The topics that will be discussed will be STRS/PERS, budgeting, student loans and many other topics to help participants create a better financial future.

ALEX MONTOYA

See the Good:

How to Transform Adversity into Awesomeness



Alex Montoya is a product of San Diego Unified School District and the special education program. There are some odds that can't be beat, but Alex Montoya has yet to find them. Living his whole life with prosthetics has neither deterred nor discouraged Alex from achieving his dreams. From a young immigrant to the American dream, Montoya overcomes his obstacles with perseverance and a lot of laughter. From his tiring trials to become a citizen to fulfilling his dream of working in Major League Baseball, from his days at Notre Dame to his days in Hollywood, Alex Montoya's success is directly credited to his will. This workshop will be centered around Alex's belief that people can find a minimum of two good things in every bad thing and will also demonstrate how to teach the element of "See the Good, BE the Good" – placing participants in the position to impact social change. All workshop attendees will receive a copy of Alex's book "Swinging for the Fences."

OPTUM & VEBA

Stress In The Workplace- We All Have It, Now Let's Learn How To Better Manage It!



Our jobs are stressful! Our days are long and full and our minds continue on overload even after leaving the workplace. This workshop will help participants recognize the symptoms of stress, explore the newest research and learn what experts are saying about good and bad stress. Come and learn about how to manage stress in the workplace including techniques for mindful communication, relaxation, deep breathing exercises and more. In this workshop, participants will explore the current research and learn/practice relaxation strategies to help make participants even more productive during the day and to help with sleeping better at night. The work stress isn't going away, but come learn how to better manage it!



Tuesday, March 20, 7:30 - Noon

**Registration & Free Continental Breakfast Sponsored by
CALPRO & Mission Federal Credit Union Starting at 7:00**

Scottish Rite Event Center • 1895 Camino del Rio South • San Diego 92108 (Mission Valley)

PRE-REGISTER VIA SDUSD ERO

"Life is like riding a bicycle. To keep your balance, you must keep moving." -Albert Einstein