



2024 HR & Wellness Forum

Schedule at a Glance

FLORIDA BANKERS ASSOCIATION

THURSDAY / MAY 2

TIME	EVENT	LOCATION
8:30am – 9:00am	Registration	Legacy Pre-Function
9:00am – 10:15am	<p>Opening Remarks</p> <p>Bank Robberies: Offender, victims and current trends. A law enforcement perspective.</p> <p>Brandon Bottom, Task Force Officer, FBI Orlando</p> <p>The presentation will focus on the lessons law enforcement has learned from past robberies. Addressing a bank employee's role before, during, and after a robbery incident.</p>	Legacy South 3
10:15am - 10:30am	Break	Legacy South 3
10:30am – 11:45am	<p>Boost: Transform Your Workday</p> <p>Emily Headley, MS, EP-C, RYT-200, NASM CNC. Health Educator with Florida Blue</p> <p>Most of us spend more time recharging our phone than recharging ourselves. We are working harder & longer but refueling our brains, bodies and spirit less & less. This presentation will outline an energy management solution, based on intentional work breaks, to transform the way you work & boost your energy levels all day long.</p>	Legacy South 3
11:45am – 1:00pm	Lunch	Forum East 4
1:00pm – 2:00pm	<p>Generational Differences</p> <p>Jennifer Duffy, SPHR, Senior Human Resource Manager, Bell and Evans</p> <p>A comprehensive presentation that sheds light on the evolving workplace dynamics with the emergence of Gen Z and the departure of The Greatest Generation. In this professional and concise session, we delve into the unique characteristics and perspectives of today's new generations of staff. We explore effective strategies for collaboration and fostering a cohesive work environment, including the invaluable concept of cross-generational mentoring.</p>	Legacy South 3
2:00pm – 2:15pm	Break	Legacy South 3

2:15pm – 3:15pm	<p>HR Law & Litigation Update</p> <p>Scott Silverman, Partner, Akerman LLP</p> <p>What are the latest issues in the Human Resources law segment. This session will discuss new laws and regulations at both the federal and state level with respect to employee relations matters.</p>	Legacy South 3
3:15pm – 3:30pm	Break	Legacy South 3
3:30pm – 4:30pm	<p>Patient Safety and Facility Quality Information: How to Use it.</p> <p>Ashley Tait-Dinger, MBA, Vice President, Florida Alliance for Healthcare Value</p> <p>Attendees will learn about new measures that have been added to the Leapfrog Hospital Safety Survey. They will also be introduced to the Ambulatory Surgery Center survey.</p>	Legacy South 3
4:30pm – 5:30pm	Networking Reception	Forum East 4
	Dinner on your own	

FRIDAY / MAY 3

TIME	EVENT	LOCATION
8:00am – 9:00am	Breakfast & Networking	Legacy South 3
9:00am – 10:15am	<p>A Healthy Mind Rocks</p> <p>Cynthia Blackwell, Executive Officer, Cynthia Blackwell Consulting, LLC, The Magic of 3, LLC</p> <p>When we have true balance in our lives – Body, Mind, and Spirit – we feel great, look great, and perform at incredible levels. To do so we have to be aligned and understand our authentic selves. In this presentation, you will learn what your unique personality traits are that propel you toward success versus hold you back. This knowledge will equip you to harness the power of healthy habits and create processes to live a “Healthy Me Rocks” lifestyle. The interactive and entertaining style of Cynthia Blackwell will have you on the edge of your seat wanting more!</p>	Legacy South 3
10:15am - 10:30am	Break	Legacy South 3
10:30am – 12:00pm	<p>Breaking the Silence</p> <p>Rahul N. Mehra, M.D., CEO and Chief Physician Executive National Center for Performance Health</p> <p><i>Organizations face the pervasive challenge of coping with daily stressors that affect both employees and their families. Discover innovative approaches to alleviate the effects of stress and enhance overall organizational performance.</i></p>	Legacy South 3
Noon	Meeting Adjourned	