

2023 Resilience & Wellbeing Summit

May 1, 2023 | Hotel Kirkwood | Cedar Rapids, IA

Professionals, Caretakers & Leaders, You're Invited!

We invite professionals, caretakers, and leaders throughout and beyond the Cedar Rapids Corridor to join us for a day filled with learning and growth! You may be familiar with Tanager's annual symposium, but this year, **Tanager**, the **Meraki Institute of Learning**, and **The Restoration Project** are partnering together to bring to you our first **Resilience & Wellbeing Summit!**

At this year's summit, you will have the opportunity to attend keynote speakers, gain new insights, knowledge, and tools during breakout sessions across multiple tracks (professionals, caretakers, & leaders), and end the day networking with attendees and presenters during our social hour!

Register Now!

Cost: \$30

*Includes: Lunch served on-site,
Attendance to full day of learning
activities, Certificate of attendance*

Link: <https://bit.ly/ResilienceSummit23>

Limited scholarships available. Email info@tanagerplace.org for more information

Hosted By:



Featured Keynote Speakers

That One Kid

Brian Mendler

Brian Mendler has extensive experience working with challenging students in general ed, self-contained, and inclusion settings. He provides staff development training for K-12 educators throughout the world with the focus on how to be successful with even the most difficult students. He trains tens of thousands of educators every year and is a highly regarded dynamic speaker. Educators love his seminars, because he is able to provide strategies that work immediately for today's youth. Brian Mendler has extensive experience working with challenging students in general ed, self-contained, and inclusion settings. He provides staff development training for K-12 educators throughout the world with the focus on how to be successful with even the most difficult students.

Mr. Mendler has recently authored a book titled, *Watch Your Mouth, Non Negotiables for Success with Toughest Kids*. The book provides educators with easy to use strategies for preventing and responding to difficult, disruptive, defiant and unmotivated behavior. He has also authored *That One Kid* and co-authored books, *Turning Tough Parents into Strong Partners*, *Strategies for Successful Classroom Management*, *Power Struggles 2nd Edition*, and the best seller *Discipline With Dignity 4th Edition*.

Twitter and Instagram: [@brianmendler](https://twitter.com/brianmendler)

Facebook: [/brianmendlerfanpage](https://facebook.com/brianmendlerfanpage)

Podcast: *The Brian Mendler Show (wherever you get your podcasts)*

Leading from a Place of Resilience

Lindsay Leahy & Brooke Fitzgerald

Lindsay Leahy is the founder and dream builder of The Restoration Project, which is a life and leadership development organization formed in 2019. In May of 2020, Brooke Fitzgerald joined Lindsay as partner and energy builder. Their collective individual and group coaching, organizational mission is to build connection, restore intention and inspire action through consulting, workshops, retreats, and speaking engagements.

Together they take a holistic approach to coaching individuals and consulting organizations to live, lead and work with meaning. As Cedar Rapids residents, you will most often find both Lindsay and Brooke connecting with nature, their faith and their families, as well as connecting and serving in the community. They both volunteer their time, energy and resources to causes that they are passionate about and you can find them handing out hugs and high fives with their positive energy just about any day of the week



Breakout Sessions For Everyone!

For Professionals of all levels

Mental Health, Education, Child Care, Social Work, Youth & Family Services, Direct Care, & More!

Featured Speakers:

- Kari Vogelgesang, Scanlon Center for School Mental Health
- Remi Andrews, Beacon Inclusive Therapy
- Kelly McMahon, IA State Education Association
- Jessica Christensen, Please Pass The Love
- Sydney Carpintero & Lejla Ford, Foundation 2

Topics Include:

- Importance of Play & How to Integrate into practice
- Social Emotional Learning for Systems and Adults
- Self Care for Providers
- Supporting & Responding to Suicidal Thoughts
- Working with Co-Parents
- And More!

For Current and Aspiring Leaders

Featured Speakers:

- Lindsay Tarwater, UFG Insurance
- James Mayhew, James Mayhew Consulting
- Holly Adams, Timberline Manufacturing & Holly Adams Consulting
- Bryan Earnest, AMPERAGE Marketing & Fundraising
- Steve Ott, Ott Leadership
- Courtney Misener, Speaker, Writer, Emotional Health Advocate

Topics Include:

- Boundaries
- Intentional Living
- Professional Evolution & Growth
- Healthy Communication in Leadership
- Mental Toughness
- Transformative Leadership Model
- And More!

For Parents, Caretakers, & Adults Supporting Youth

Featured Speakers:

- Laura Martin, Kids First Law Center
- Dina Bishara, IA City Autism Community & Big Brother Big Sisters of Johnson County
- Leah Gehlsen Morlan, CommUnity Crisis Services & Tanager Mental Wellbeing Clinic Coralville
- Jennie Null, Meraki Institute of Learning by Tanager
- KellyMarie Meek, Iowa Coalition Against Sexual Assault
- Amanda Wendling, Partner Grit Capital

Topics Include:

- Co-Parenting
- Encouraging Quality Play at Home
- Self-Compassion for Caregivers
- Boundaries
- Supporting Healthy Relationship
- Child Development
- Work & Life Balance
- And More!