

| Session Key | Session Title | Session Description | Session Presenter |
|-----------------------------|---------------|---|---|
| 9 - 10 AM | Keynote | Keynote Session: Cultivating Fierce Self-Care with Mindful Self-Compassion and Inner Resiliency | Dr. Sydney Spears, LSCSW |
| | 1a | MyPlate on a Budget | Denise Sullivan, University of Missouri Extension |
| | 2a | Supervision of Children | Nancy Heathman, The Family Conservancy |
| | 3a | Child Abuse & Neglect | Debbie Karlstrand, The Family Conservancy |
| | 4a | Finding Balance... For Infants, Toddlers, and their Caregivers | Shannon Carr, RISE Child |
| | 5a | The Essential Keys for Unlocking Mindfulness-Based Effective Leadership | Dr. Sydney Spears, LSCSW |
| | 1b | What's Hot and What's Not | Shelli Lee, 2009 Missouri Teacher of the Year |
| | 2b | Art Tools Go Green | Jacque Crocker, The New School Studio |
| | 3b | Seeing Picky Eaters through New Eyes | Shannon Carr, RISE Child |
| | 4b | PITC: Working with Temperaments | Meg Fuehne, The Family Conservancy |
| Session 1: 10:15 - 11:45 AM | 5b | What is the Wellness Wheel and Why Does it Matter? | Estelle Brooks |
| | 1c | Bucketfilling for Me? | Shelli Lee, 2009 Missouri Teacher of the Year |
| | 2c | Loose Parts in Sensory Play | Jennifer Frank-Dull, Mid-America Regional Council Pegi Stamps, Constructive Playthings |
| | 3c | Anti-Bias Strategies in the Early Childhood Classroom | Mary Williams, The Family Conservancy |
| | 4c | ASQ FAQ | Gayle Anderson, Consultant |
| | 5c | Nurturing Boys in an Early Childhood Setting | Jan Inman, United4Children |
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| Session 2: 12:45 - 2:15 PM | | | |
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| Session 3: 2:30 - 3:30 PM | | | |
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