



NHRPA State Conference – Thursday, October 21, 2021
Concord Parks & Recreation Community Center 8:30am – 3:30pm

Resilience, Reflection and REConnection!

8:15 – 8:45	Registration
8:45 – 9:00	Welcome and Opening Remarks
9:00 – 10:30	Keynote – Dr. Christopher Thurber Kids Do Dumb Stuff – How we learn from our Mistakes
10:30 – 11:00	Vendor Hall & Networking
11:00 – 12:00	Education session – Dr. Christopher Thurber The Unlikely Art of Positive Pressure
12:00 – 1:00	Lunch and Networking
1:00 – 1:15	Vendor Hall & Networking
1:15 – 2:15	Education session: Hot topics <ul style="list-style-type: none">1. Summer camp reflections. What did you learn?2. Programming for the future. E-sports or keep it traditional3. Hats off! Share the big accomplishments you've had in 2021 from ground breaking to innovating.
2:15 – 2:30	Vendor Hall Raffles
2:30 – 3:30	Endnote – Rick Alpers, Primex Building Team Trust & Clear Communication

Keynote – Dr. Christopher Thurber

Kids Do Dumb Stuff: How We Learn from Mistakes

When I was 4, I stuck a toy car in an electrical socket. That was just the beginning of a developmentally normal trajectory of doing dumb stuff that peaked (I hope) in adolescence. Of course, we must distinguish between normal childhood shenanigans, behaviors that indicate trouble, and the mistakes that make us better people. The goal of this keynote is help youth leaders make this distinction, embrace mistakes, and respond in a way that guides healthy development. Jaw-dropping stories are the prelude to new insights for and best practices for Recreation and Parks professionals at every level of experience.

Education Session – Dr. Christopher Thurber

The Unlikely Art of Positive Pressure

Young people throughout the world experience tremendous pressure to perform—from caregivers, coaches, camp counselors, classroom teachers...and themselves. Yet for centuries, well-intentioned adults have been asking the wrong question: *How much pressure is too much?* Because levels of anxiety and depression have increased in young people, it's high time to start asking the right question: *What kind of pressure is healthy?* Participants in this vanguard session will level up their leadership skills by learning the distinction between helpful and harmful pressure, then by discussing practical ways to apply positive pressure to help kids become their best selves.

Education Session – Hot Topics

During this interactive hour you will visit three different rooms to learn and share with your peers. Each group will rotate through each session so get ready to think, share and move!

- Summer camp reflections. What did you learn?
- Programming for the future. E-sports or keep it traditional
- Hats off! Share the big accomplishments you've had in 2021 from ground breaking to innovating

Endnote Session – Rick Alpers, Primex

Building Team Trust & Clear Communication

When we work in a frenetic environment, teams often become dysfunctional due to lack of clear direction. As leaders, we often assume that everyone is on the same page, yet sometimes the results are not aligned with the vision. Through team exercises, we will discover and identify critical elements of building team trust and practice strategies that encourage clear communication for a shared vision and organization success. You may even want to try these exercises with your own teams!

After this session you will be able to:

- Identify elements that impact team trust
- Employ strategies to encourage effective communication