



COURSE AGENDA

NDAAs Wellbeing Committee Presents:

2024 Wellbeing Resiliency Retreat and Conference

May 15–17, 2024
Bar Harbor, Maine

Conference Location:
Atlantic Oceanside Hotel

*Attendees must wear their name tags to all events.
Please turn off cell phones during all sessions.*

AGENDA

DAY 1: Wednesday, May 15, 2024 – General Sessions

*Coffee and tea available from 7:00 AM until consumed.
Registration, Welcome, and General Sessions in Bass Harbor Classroom.*

7:00–8:00 AM	Morning Activity
9:00–10:00 AM	Welcome and Level-Setting Activity <i>Kirsten Pabst, Former County Attorney (Missoula County, MT)</i> <i>Kimberly Spahos, Executive Director (NC Conference of District Attorneys)</i>
10:00 – 10:15 AM	Break
10:15 – 12:15 PM	Suffer From BURNOUT? Give'em the F.I.N.G.E.R.! <i>Mark Yarbrough, Former District Attorney (Lamb County, TX)</i>
12:15 –1:30 PM	Lunch (Provided)
1:30 – 2:45 PM	Pouring from an Empty Cup: Vicarious Trauma & Resiliencies <i>Diane A. Tennes, PhD, LADC, Forensic Psychologist (Bangor, ME)</i>
2:45 – 3:00 PM	Break
3:00 – 4:00 PM	Wellness Isn't Just Personal – It's Ethical <i>Elizabeth Ortiz, Executive Director (Arizona Prosecuting Attorneys' Advisory Council)</i>
Afternoon	Afternoon Activity Options

DAY 2: Thursday, May 16, 2024 – General Sessions

*Coffee and tea available from 7:00 AM until consumed.
Registration, Welcome, and General Sessions in Bass Harbor Classroom.*



COURSE AGENDA

7:00–8:00 AM	Morning Activity
9:00–10:30 AM	Everything We Have Heard About Self-Care is Wrong <i>Kirsten Pabst, Former County Attorney (Missoula County, MT)</i>
10:30–10:45 AM	Break
10:45–11:45 AM	Generational Diversity <i>Christina Schopen, Wellness Trainer (Maricopa County, AZ)</i>
11:45 –1:00 PM	Lunch (Provided)
1:00-2:00 PM	Breakout: Wellbeing Basics <i>Kirsten Pabst, Former County Attorney (Missoula County, MT)</i>
	Breakout: Nutrition 101 <i>Grace Carr, Founder & CEO, GraceCarrFitness LLC (Blue Hill, ME)</i>
2:00–2:15 PM	Break
2:15–3:15 PM	Breakout: Wellness Trainer <i>Christina Schopen, Wellness Trainer (Maricopa County, AZ)</i>
	Breakout: Trauma Stewardship <i>Lorin Freeman, District Attorney (Wake County, NC)</i>
3:15 – 3:30 PM	Break
3:30 – 4:30 PM	Breakout: Self-Awareness: Its Impact on Office Culture <i>Annie Wilson, LPCC, Administrative Director (Wood County, OH)</i>
	Breakout: Stephanie’s Journey of Discovery, Resiliency & Recovery <i>Stephanie Anderson, Former District Attorney (Cumberland County, ME)</i>
Afternoon	Afternoon Activity Options

DAY 3: Friday, May 17, 2024 – General Sessions

*Coffee and tea available from 7:00 AM until consumed.
Registration, Welcome, and General Sessions in Bass Harbor Classroom.*

7:00–8:00 AM	Morning Activity
9:00–10:15 AM	Forging Resilient Bonds: The Crucial Role of Connections, Collaboration, & Partnerships <i>Lorin Freeman, District Attorney (Wake County, NC)</i> <i>Susan Doyle, District Attorney (Johnston County, NC)</i>



COURSE AGENDA

10:15–10:30 AM	Break
10:30 AM–12:00 PM	SERVE: Wellbeing Tips for Immediate Action <i>Jordan Ford, Chief Financial Crimes Prosecutor</i> <i>(NC Conference of District Attorneys)</i>
12:00 PM	Conference Adjourns
Afternoon	Afternoon Activity Options

****Please note that this is a tentative schedule. Course titles and content may be subject to change.***

No part of this schedule may be duplicated by any means. No audio or videotaping of any presentation is allowed during this course. Statements, points of view or opinions stated during this course or in publications distributed during the course are those of the speakers or authors and do not represent the official position of the National District Attorneys Association. Information dealing with a specific legal matter should be researched in original and current sources of authority.