### SEMINAR SCHEDULE OF EVENTS

**WEDNESDAY, OCTOBER 23, 2019**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>6:00 p.m.</td>
<td>Examinations for Certification Program enrollees who have submitted exam application and fee</td>
</tr>
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</table>

**THURSDAY, OCTOBER 24**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>7:30 a.m.</td>
<td>Registration, Continental breakfast</td>
</tr>
<tr>
<td>8:00 a.m.</td>
<td>Welcome: TMCA President Kim Sutter, TRMC</td>
</tr>
<tr>
<td>8:15 a.m.</td>
<td>“Managing Fear—Being Bold and Living the Dream”</td>
</tr>
<tr>
<td>10:15 a.m.</td>
<td>“Emotional Intelligence: Moving from the Inside Out”</td>
</tr>
<tr>
<td>11:30 a.m.</td>
<td>TMCA Annual Business Meeting</td>
</tr>
<tr>
<td>Noon</td>
<td>Luncheon</td>
</tr>
<tr>
<td>1:00 p.m.</td>
<td>“Being Resilient: Leaving Chronic Stress Behind”</td>
</tr>
<tr>
<td>2:30 p.m.</td>
<td>“Time Management: Getting More ‘Me’ Time”</td>
</tr>
<tr>
<td>3:30 p.m.</td>
<td>Seminar adjourns for the day</td>
</tr>
<tr>
<td>5:30-7:30 p.m.</td>
<td>Special event: TMCA Annual Awards Banquet</td>
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**FRIDAY, OCTOBER 25**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>7:15 a.m.</td>
<td>Continental breakfast</td>
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<tr>
<td>8:00 a.m.</td>
<td>“Positive Interaction with Difficult People”</td>
</tr>
<tr>
<td>10:15 a.m.</td>
<td>“Positive Interaction with Difficult People” (continued)</td>
</tr>
<tr>
<td>Noon</td>
<td>Luncheon</td>
</tr>
<tr>
<td>1:00 p.m.</td>
<td>“Leadership and Your Legacy”</td>
</tr>
<tr>
<td>3:00 p.m.</td>
<td>Adjourn</td>
</tr>
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