

2019 SUNCOAST DISTRICT CAREER CONFERENCE

Focus on the Vision - Where you've been, where you are, and where you are going.

DESCRIPTION OF WORKSHOPS

Workshops are available on a first come, first served basis. Early arrival is recommended to ensure you secure workshops of your choice.

SATURDAY & SUNDAY WORKSHOP

A Chat with Leadership



Interactive panel discussion to gain insight about what is reviewed on your eCareer / HERO Profile and an understanding of the review process. An excellent networking opportunity with Leadership!

Coordinated by: Valerie Deville, (A) MPOO 9 and Sherry Jude, MPOO D

Emotional Intelligence and Conflict Resolution



"EQ vs. IQ. Emotions are contagious. Intense people can spread their emotions to others. Come learn why it's so vital for leaders to manage and control emotions.

Presenters: Richie Fermo, Postmaster – Tampa; Chad Lawton, In-Plant Support Manager

Interview Insights & Avoiding #InterviewFails



Bring your best self to interviews!

Presenters: Diane Tindle, Postmaster – Orlando; Mark Bevin, A/Plant Manager – Orlando; P&DC; Rory Sullivan, A/Postmaster – Sarasota

Safeguarding the USPS



Explore career opportunities and learn what these agencies do to keep employees, the mail, and the public safe every day

Presenters: U.S. Postal Inspectors and Postal Police

HERO Profile - It's Your Vision



Creating a professional HERO Profile is the next step in advancing your career.

Presenters: Nefty Pluguez, A/Postmaster - Ft Myers; Samantha Alayon, (A) Sales Specialist

Not Interviewed, Not Selected, What's next?



Prepare for that next opportunity when not selected for a position you applied for.

Presenter(s): Jackie Villemaire, Postmaster - St Petersburg; Lisa Lake, Plant Manager - Seminole P&DC

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Protecting Your Digital Life



Fraud comes in many forms. Learn how to safeguard your privacy and secure your data on mobile devices, social media, and in your home life. You're encouraged to look at your mobile devices during this session and view settings in real-time.

Presenter: Dr. Bonita Best, CEO - Cyber Process Resilience (CPR) Professionals

Investing in You: TSP and Your Financial Future



What is the Thrift Savings Plan? How should a TSP account be managed? Learn the answers to these questions and more directly from a TSP representative.

Presenter: Christopher Souweine, TSP Representative

Connection Matters



Do you have enough time? This workshop will provide a holistic view of time management wrapped into a philosophic approach.

Presenter: Dr. Sharon Johnson, Southern Area Ambassador

Burned Out



This interactive EAP Workshop will focus on understanding the relationship between coping, stress and job burnout. It will include learning skills to reduce the effects of burnout and prevent burnout from happening to you.

Presenter: Eric R. Siegel, LCSW, EAP Suncoast District Consultant - New Directions Behavioral Health

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SATURDAY ONLY WORKSHOP

Retirement - Are You Ready For It?



What to do now to prepare for retiring on your schedule - useful information for all employees in every stage of your career.

Presenter: Maura Solomita, A/EEO Services Analyst - NEEOISO

Attitude, is yours worth catching?



What's holding me back? Ever wonder why you can't get that promotion? It's your attitude, not your aptitude that determines your altitude.

In this workshop, learn to show gratitude to gain appreciation while shedding light on behaviors that may be damaging work relationships.

Presenter: Evelyn Avazier, Corporate Director of Training

Understanding Social Security



Learn how to use my Social Security online account and other online services. You should go to www.socialsecurity.gov/myaccount to create a *my Social Security* account and print out your Social Security Statement before attending the workshop.

Presenter: Blanca Taylor, Social Security Administration Representative

SUNDAY ONLY WORKSHOP

Discover your next level



This interactive session will challenge each person to identify what area of life they would like to improve and then they will be offered tools, insights and strategies to help them do just that.

Presenter: Anthony DeMario, TEDx Speaker