

NSCJA Resilience Conference – Preliminary Program
April 10, 2019 - NSGEU Building, Dartmouth

Start	End	Activity
8:00am	9:00am	Registration and Light Breakfast
9:00am	9:15am	Welcome
9:15am	10:15am	Resilience in the Workplace: Presentation that explores how those who help others can avoid burnout and maintain their own career and life resilience.
10:15am	10:30am	Break: Beverages and light snack served.
10:30am	11:30am	Resilience in Criminal Justice Careers: Panel presentation from people who have had lengthy, rewarding, and resilient careers in the criminal justice system.
11:30am	12:30pm	Substance Use and Resilience: Presentation that examines the relationship between resilience, well-being, and substance use.
12:30pm	1:30pm	Lunch: Beverages and food served. Wellness Fair: Highlights wellness-related resources, services, and professionals.
1:30pm	2:30pm	Open Space Conversations on Resilience: Round table sessions in which participants will discuss resilience and self-care themes.
2:45pm	3:45pm	Mindfulness at Work: Workshop focused on developing mindfulness skills and exercises that can build resilience and well-being.
3:45pm	4:00pm	Break: Beverage and light snack served.
4:00pm	5:00pm	What Do I Do Tomorrow? Zeros in on the specific skills attendees can bring back to the workplace.