

Energize Your Conference!

How to Supercharge Content, Workshops, & Participants

Designed and facilitated by Becky Lunders, teamWorks



Batteries Included

What's the most engaging conference or workshop you've ever attended?
What made it so?

Learning Objectives

- Identify things that zap the energy from the room (or the entire conference!)
- Impact that energy and help people retain more information by understanding the brain science behind it
- Initiate best practices to make your general sessions and workshops more engaging
- Inject energy into your meeting or conference to increase participation and engagement

Energy, Information, & Brain Science



Energy Zappers

- _____
- No _____ interaction
- Poor _____ management
- Awkward _____
- Low energy _____
- Lack of breaks or _____



The Brain Science

- We retain more by _____.
- It's essential to _____
the brain.
- Our brain likes _____.
- Take advantage of the body _____.

WORD BANK

clock
doing
reoxygenate
variety

Be Intentional to Induce Engagement



LESS of THIS



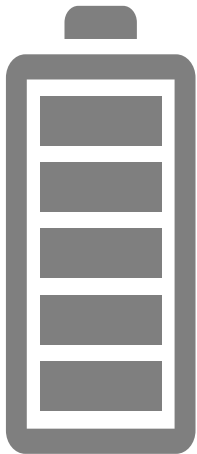
MORE of THAT!





What element of your conference do you want to be intentional about energizing?

Inject Energy into Your Sessions

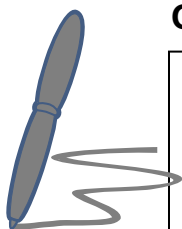


Charge It Up!	Great Ideas to Make It Happen
General Session Lecture	
Sit & Get Breakouts	
Dull Panel Discussion	
Awkward Networking Event	
Boring Q & A Session	

Don't Leave It To Chance

- Plan intentional **activities**
 - Set clear **expectations**
 - Be strategic with **room set-up**
 - **Coach** your speakers & facilitators
 - **Themes** are always fun
-

Implementation Intention



One **IDEA** you'll implement.

One **STRATEGY** you'll explore.

Want More?

 team Works	skill builder VOLUNTEER MANAGEMENT LEADERSHIP DEVELOPMENT SOFT SKILLS 1-HR: \$750; 3-HR: \$1,500 VIRTUAL
staff / board retreat HALF-DAY: \$1,800 FULL-DAY \$3,000 *PLUS TRAVEL (IN PERSON)	let's talk BECKY LUNDERS becky@totalteamWorks.com 707.799.1237 * book a date by JUNE 2025

MENTION CALSAE WHEN YOU BOOK

**ENERGY IS
CONTAGIOUS.
MAKE SURE YOURS IS
WORTH CATCHING.**

Becky Lunders, teamWorks
Leadership development. volunteer
management.
training & facilitation.

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