

# *Welcome*

Grab your morning drink of choice and get cozy. We will begin promptly at 9 a.m.

# *Retreat* agenda

**8:30 a.m.:** Check-in and tech check

**9 a.m.:** Welcome and opening keynote (recorded)

**10 a.m.:** Break

**10:15 a.m.:** Breakout block 1

**11 a.m.:** Break

**11:15 a.m.:** Breakout block 2

**Noon:** Lunch break

**1 p.m.:** Midday keynote (recorded)

**2 p.m.:** Closing remarks (recorded)

# Ground *rules*

- Have fun.
- Practice confidentiality.
- Share.
- Practice self-focus.
- Encourage “both/and” thinking.
- It’s OK to disagree (but please do so agreeably!).
- Receive consent before posting photos to social media.
- Act with integrity -- be accountable, honest and dependable.
- Champion inclusivity -- honor diversity in all forms through collaboration, respect and trust.

**Did we mention you should have fun today???**

# Tech *check*

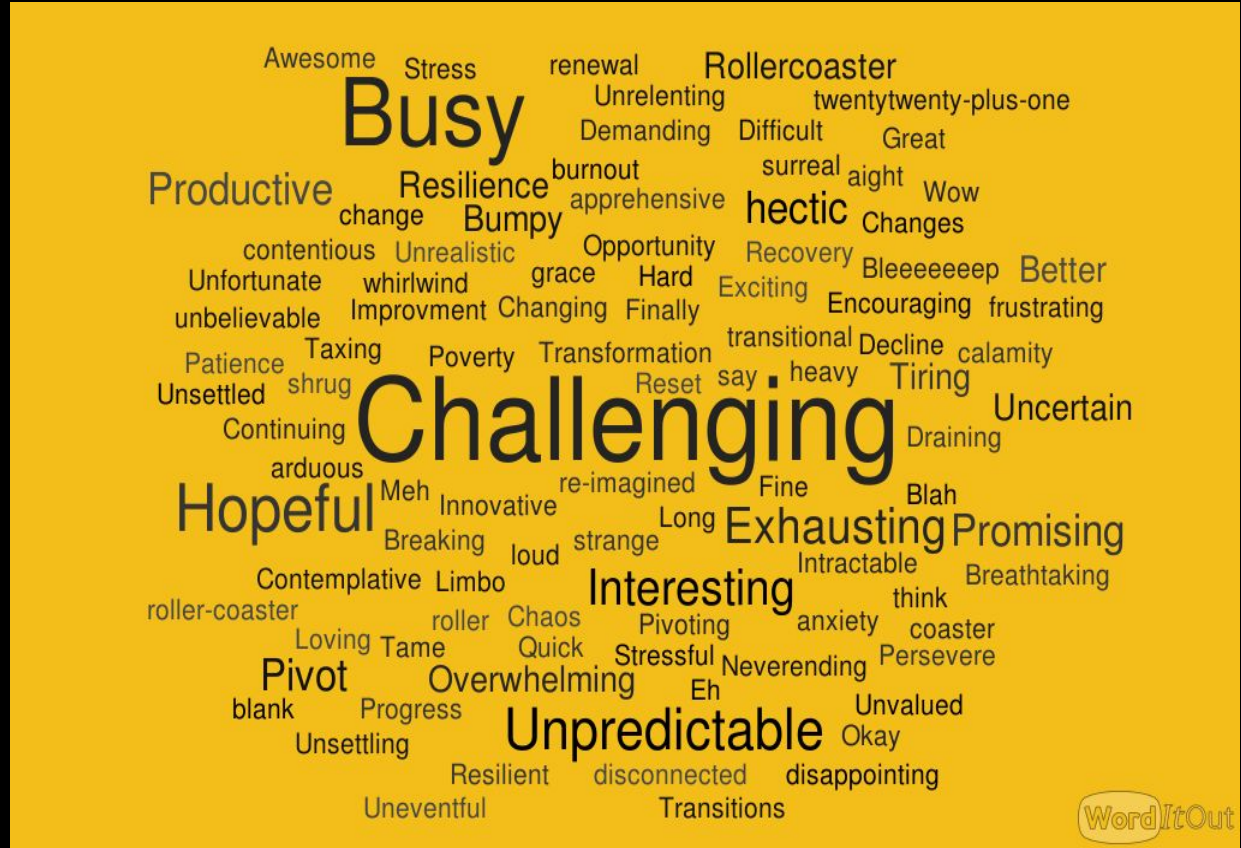
- ✓ Log in using your VCU or VCU-affiliated email address.
- ✓ You can always come back to this main link.
- ✓ Keep your camera on! We want to see you!
- ✓ We reserve the right to mute your microphone.
- ✓ Only the general sessions will be recorded so pay attention.
- ✓ Live transcription is available.

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2021 *so far* ...

**How are you  
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Share in the chat.**



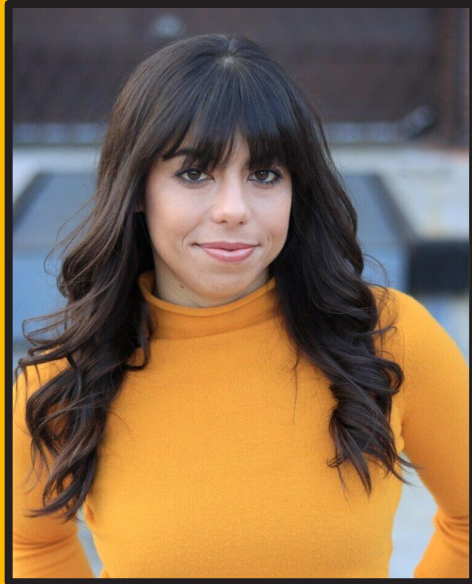


*Feeling social?*

Scan this QR code to  
join the conversation  
happening on our  
retreat Padlet.

# *Meet* Elizabeth Byland

Head of improv performance, head of applied improv, VCU Department of Theatre; affiliate faculty at the VCU School of Medicine



Elizabeth passionately believes that using the techniques of improvisation helps build empathy by better identifying verbal and nonverbal indicators of emotional states in oneself and others. Her approach to improv helps audiences leverage their emotional intelligence and learn to pivot more effectively between leadership and followership roles within teams. Elizabeth brings her joyful energy, along with 12 years of teaching experience and 17 years of performance experience, and a mission to help others reconnect and say “Yes” to life.

# *Meet* Thomas Epperson, Ed.D. (B.A.'97/H&S)

Tom is president of InnerWill Leadership Institute and has more than 20 years of experience as a leadership coach, facilitator and speaker, working with clients to help transform leaders and their organizations. He believes that leadership is a choice, not a title, and that our responsibility as leaders is to make a positive difference in the lives of those around us. He balances high expectations of himself and others with relentless optimism about the ability of individuals to make our organizations, families and communities amazing places to live, work and grow. Tom believes that leadership is a powerful force for good in the world. His personal mission is to help others develop the skills to make that choice more often than not.

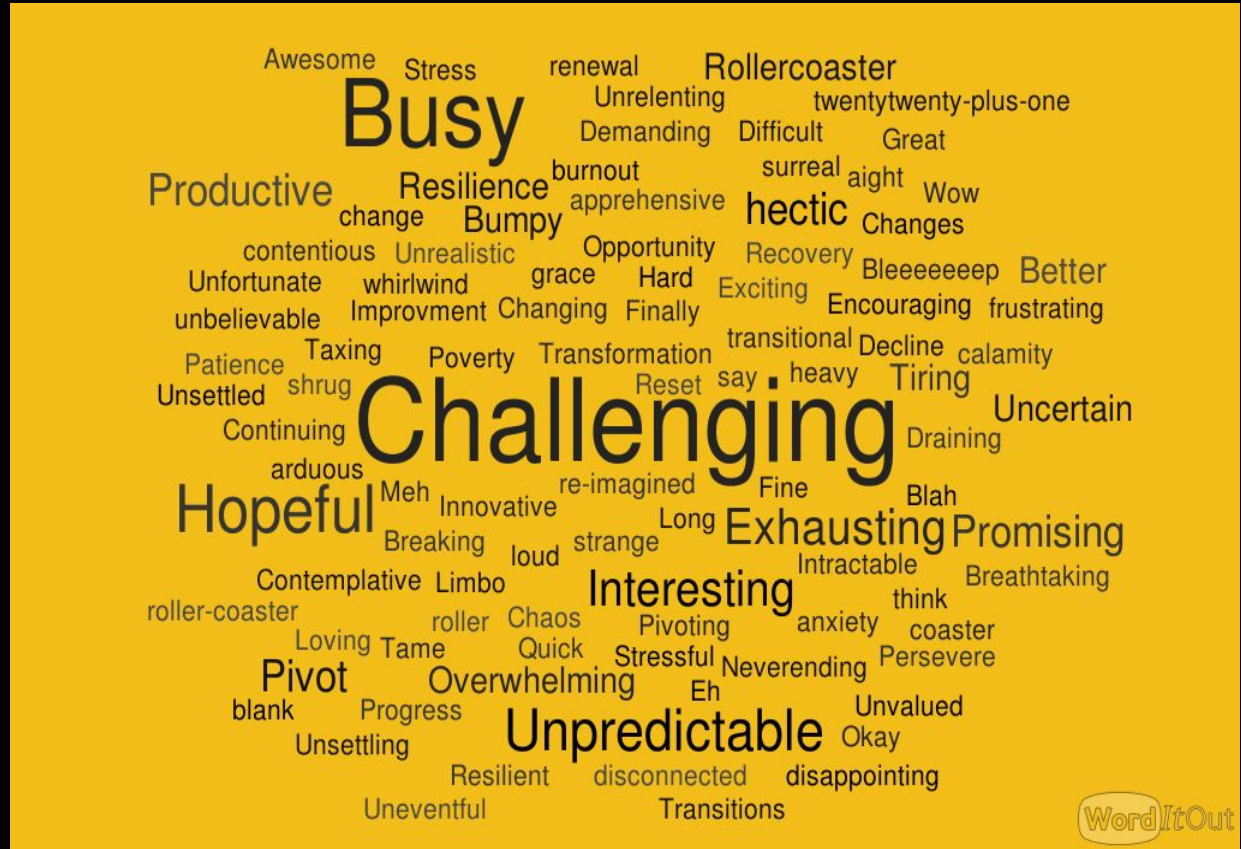


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# *Thank you...*

We want to thank everyone who has played a part in making this retreat a success, from those who provided feedback as part of the planning process, to those who are attending today.

Remember to use the  
**#DARTogetherWe** when posting.

# Special *thanks* ...

## to our planning committee and volunteers

Judy Arginteanu

Jeff Green

Cyndi Bade

Ashley Hanel

Ashley Burton

Melanie Irvin

Caleb Capaz

Izzy Kane

Terry Clark

Lauren Leavy

Deveny Drew

Carolyn Lee

Laura Foy

Joycelyn Mahone

Hope Elliott

Samantha Marrs

Kelly Gotschalk

Stephanie Monn

Shannon Gravitt

Alicia Williams

# Special *thanks* ... to our breakout room facilitators

*Sam Albert, RecWell*

Elizabeth Bass

Amy Gray Beck

Ariana Bracalente

Ben Bromley

Tom Burke

Brian Campbell

Caleb Capaz

Louie Correa

Jay Davenport

Ann Deppman

Niles Eggleston

Sarah Fetherolf

Laura Foy

*Leslee Gensinger, VCU HR*

King Goldman

Booth Green

Patti Jackson

Magnus Johnsson

Laura Keller

Chad Krouse

Lauren Leavy

Joycelyn Mahone

Samantha Wheeler Marris

Alex McDougal

*Penny McFarlane, VCU HR*

Carrie Mills

Kyra Molinaro

Brenna Monk

Brelyn Powell

Greg Prince

Polly Roberts

Adrienne Robertson

Parks Smith

Robinette Tiller

Allison Toney

Sandy Turnage

James Wasilewski

*Lisa Webb, iExcel*

*Erin White, iExcel*

*Susan Wilkes, Innerwork*

Trevor Worden

# Special *thanks*...

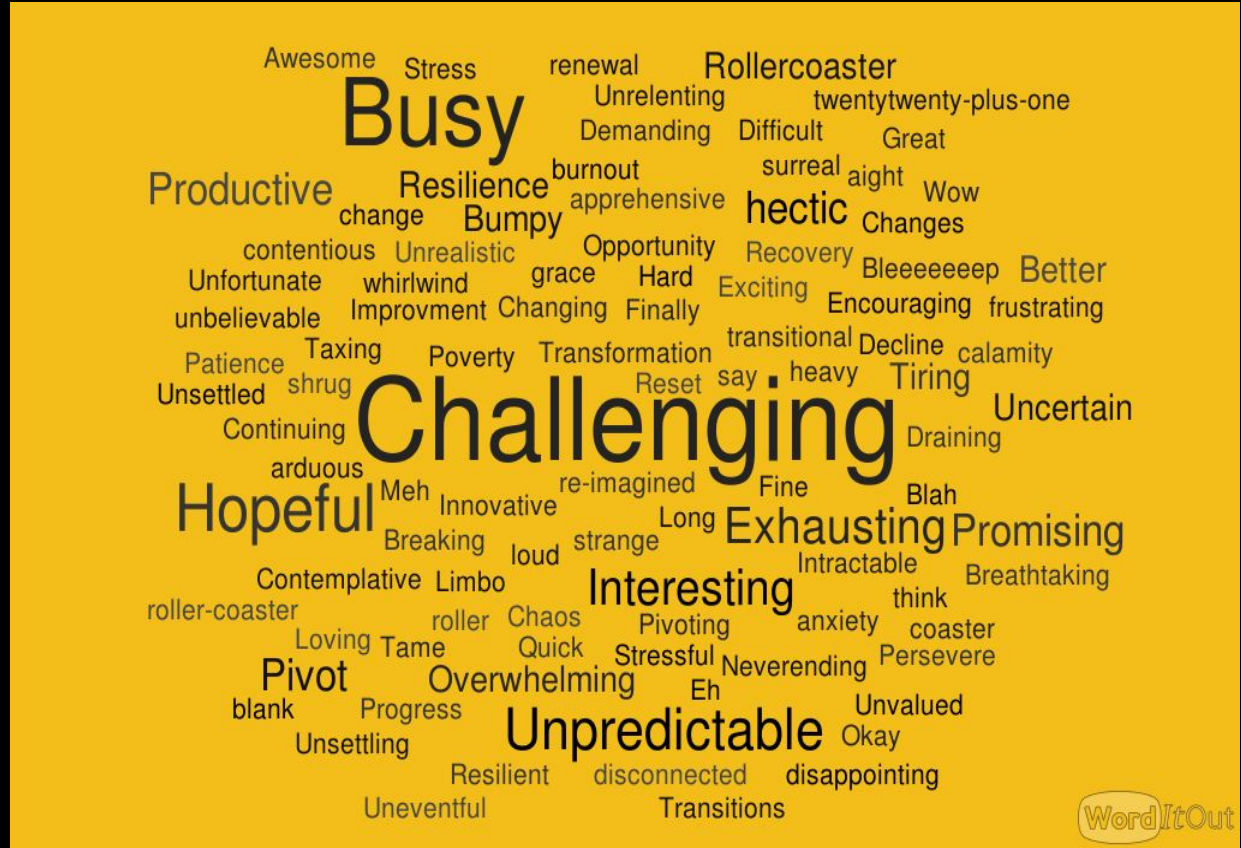
- ★ Envoy and Ace Callwood (B.S.'12/B)
- ★ Emcee Stefani Bonner (B.S.'15/H&S)
- ★ Elizabeth Byland
- ★ Tom Epperson, Ed.D. (B.A.'97/H&S)
- ★ Julia Ayscue
- ★ Destiny Graham (B.S.'20/B)- Destiny's Pops

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