



FAB Conference Agenda

Friday, November 4th

Attendees are asked to reflect on two questions prior to arrival:

1. *What brought you to the bleeding disorders community?*
2. *What do I get/receive from my relationship to the bleeding disorders community?*

4:00 – Hotel Check-In
Link to activities offered by resort

5:30 – Mix and Mingle
Identify space that allows for folks to drop in

6:00 – 7:00 – Dinner (include location)

7:00 – 8:00 – Welcome + Community Building
Icebreaker, expectations for the retreat, discuss question #1

Saturday, November 5th

7:00 – 8:00 Rise & Shine Yoga

8:00 – 9:00 Breakfast

9:00 – 9:15 Packing break/Check out

9:15 – 9:30 Welcome & NYCHC + HANJ Updates – *Jeremy, Steph, Elise*



- 9:30 – 10:30 Elise Session – Compassion, gratitude, self-care, prioritizing self, etc.)
- 10:30 – 10:45 Coffee Break/Stretch or dance break!
- 10:45 – 11:45 Dr. Sandoval – Research highlights within women and bleeding disorders
- 11:50 – 12:15 Elise Session – Appreciative inquiry (focus on the good, like training a puppy – positive reinforcement means you get more of what you want. Skiers don't look at the trees when they're skiing, they only look at the path ahead.
- 12:15 – 1:00 Lunch
- 1:00 – 1:10 Group Picture
- 1:15 – 2:15 Women's shelter packages breakout
Elise to facilitate the effort/impact
- 2:15 – 2:45 Rap Session
Discussion of question #2, single word reflection of time together
- 3:00 *Until next time!*

Speaker Bio:

Elise Swearingen

Through tenacity and grit, Elise Swearingen brings a unique vantage point in engaging in conflict with humor and grace. Holding a Master of Science in Negotiation and Conflict Resolution from Creighton University School of Law, she has served as a trusted Trainer, Facilitator, Speaker, and Conflict Practitioner for over ten years. Leveraging humor, Elise provides her audience with the tools to successfully tackle those hard-to-reach conversations positively impacting the dynamics of the relationship.