

April 14th - 15th

2025 ISNA Director Retreat

Indianapolis, IN



AGENDA

MONDAY | April **14th** | **2025**

1:00PM - 3:00PM | General Session - Kim Hodus: Be Happy. Live Happy.

- Finding Balance and Staying Happy in a High-Demand World: In this talk, Kim reveals how creating habits of happiness not only help us to be happy, but they help us to LIVE happy. Encompassing body, mind and spirit, this talk is chock full of tips and strategies of how to start your day, end your day and LIVE your days so you are balancing your priorities, minimizing stress, becoming healthier and ultimately, feeling happy and fulfilled in all the nooks and crannies of your life.

3:00PM - 3:30PM | Break

3:30PM - 5:00PM | Interactive Insights - Q&A with IDOE

5:00PM - 6:00PM | Evening Networking Reception

6:00PM - 7:00PM | Dinner

7:00PM - 10:00PM | Evening Entertainment - Game Show Battle Rooms

- Join us for #1 New Game Show Experience: Face-off against your colleagues in custom arenas – all facilitated by game show hosts. It's time to battle!

TUESDAY | April **15th** | **2025**

8:00AM - 9:00AM | Breakfast

9:00AM - 10:30AM | General Session - Kim Hodus: Ready Set Goal

- How to Stop Setting Goals and Start Achieving Them: We all have goals and wish lists. Yet many of us set goals every year, just to see very few of them attained. It's time to stop being busy with endless to-do lists while the things that really matter get pushed to the bottom of the list or saved for next year. In this presentation you'll learn the one secret to fast-track your goals and transform dreams into achievable action steps!

10:30AM - 12:00PM | Partner Roundtables

12:00PM - 12:30PM | District Best Practices Spotlights

**FOR MORE INFORMATION AND TO REGISTER VISIT:
WWW.INDIANASNA.ORG/DIRECTOR-RETREAT**

