



**AAPPSPA PRESENTS THE VIRTUAL CONFERENCE:**

# **TAKING CARE OF YOUR MIND & YOUR PRACTICE**

**SUNDAY, SEPT 19, 2021  
11 AM - 5:15 PM EST**

**\$100 MEMBERS/\$150 NON-MEMBERS**



**ASHA CE  
APPROVED PROVIDER**

**American Academy of Private Practice  
in Speech Pathology and Audiology**

Intermediate level; Related area  
.55 ASHA CEUs

## 11 AM - 1 PM EST

### PRODUCTIVITY AND WELLNESS OF YOURSELF AND YOUR STAFF

PRESENTED BY: JO LICHTEN

#### SCOPE OF PRESENTATION:

DURING THIS PANDEMIC, HEALTHCARE WORKERS, INCLUDING SPEECH PATHOLOGISTS, HAVE EXPERIENCED AN INCREASE IN STRESS, EXHAUSTION, AND GRIEF. THESE ARE KNOWN CONTRIBUTORS TO DISTRACTION AND LOST PRODUCTIVITY IN THE SHORT-TERM, AS WELL AS, INCREASED MEDICAL COSTS, ACCIDENTS, AND ERRORS IN THE LONG-TERM. TO IMPROVE PERFORMANCE ON THE JOB, INDIVIDUALS AND ORGANIZATIONS TEND TO FOCUS ON THE USUAL TOOLS, TECHNOLOGY, AND TRAINING, BUT NONE OF THAT WORKS IF THE EMPLOYEES ARE NOT FULLY ENERGIZED. IN THIS PROGRAM, DR. JO WILL ADDRESS THOSE INVISIBLE HUMAN FACTORS THAT DRIVE BEHAVIORAL CHANGE AT ITS SOURCE. WE KNOW THAT OUR CARS WON'T OPERATE WITHOUT FUEL, AND FUEL IS ALSO NEEDED TO RUN THE HUMAN BODY – PHYSICALLY, MENTALLY, AND EMOTIONALLY.

#### LEARNING OBJECTIVES:

- ARTICULATE HOW THE BODY AND BRAIN GENERATE ENERGY NEEDED TO FUNCTION AT A HIGH LEVEL FOR LONG PERIODS OF TIME.
- DEMONSTRATE PRACTICAL STRATEGIES TO SUSTAIN CONCENTRATION, FOCUS, AND STAMINA IN ORDER TO IMPROVE PRODUCTIVITY AND PREVENT BURNOUT.
- SPARK CHANGE WITHIN THEIR OWN WORK ENVIRONMENT BY SHARING THE STORIES OF HOW OTHER ORGANIZATIONS HAVE SUCCESSFULLY MADE SHIFTS.

#### BIO:

DR. JO LICHTEN PHD, RDN, CSP IS AN ENERGY EXPERT - FOR PEOPLE. BLENDING THE SCIENCE OF PEAK PERFORMANCE WITH A HEALTHY DOSE OF REALITY, SHE WORKS WITH ORGANIZATIONS TO RECHARGE THEIR PEOPLE FOR IMPROVED PERFORMANCE, PRODUCTIVITY, AND PROFITABILITY. DR. JO'S FAST-PACED, FUN, INTERACTIVE STYLE (INCLUDING HER SIGNATURE QUIZ SHOW FORMAT) PROVIDES MOTIVATION AND REALISTIC STRATEGIES FOR IMPROVING WORKPLACE PERFORMANCE AND ACHIEVING LIFE BALANCE. WITH HER DOCTORATE FOCUSED ON CHANGE MANAGEMENT (FROM TAMU), JO IS A SKILLED COMMUNICATOR WHO CONNECTS WITH AUDIENCES AND DELIVERS A MESSAGE THAT RESONATES ACROSS JOB TITLES AND INDUSTRIES. AS AN ACCREDITED HEALTH PROFESSIONAL (RDN), SHE HAS PRESENTED PROGRAMS FOR A WIDE VARIETY OF ORGANIZATIONS, INCLUDING THE ADVISORY BOARD, JANNEY, ACQUIA, EXXONMOBIL, GALLO WINE, VAIL VETS, MPI, AND AMERICAN SOCIETY OF SAFETY PROFESSIONALS.

## 1:30 PM - 3 PM EST

### POTPOURRI OF LEGAL ISSUES IMPACTING THE CURRENT HEALTHCARE BUSINESS OWNER

PRESENTED BY: TRICIA MUELLER

#### SCOPE OF PRESENTATION:

THIS PRESENTATION WILL COVER A WIDE ARRAY OF TOPICS FOR BUSINESS OWNERS INCLUDING: THE CLASSIFICATION OF A SUBORDINATE AS AN INDEPENDENT CONTRACTOR VERSUS AN EMPLOYEE, ABILITY TO NEGOTIATE CONTRACTS, THE EFFECTS OF A HIPAA BREACH, THE ABILITY (OR INABILITY) TO END THE PATIENT-THERAPIST RELATIONSHIP, AND OTHER REAL-TIME ANSWERS TO CURRENT ISSUES.

#### LEARNING OBJECTIVES:

- GET REAL-TIME ANSWERS TO LEGAL QUESTIONS AND CURRENT ISSUES.
- UNDERSTAND LEGAL RIGHTS FOR NEGOTIATING CONTRACTS.
- UNDERSTAND THE DIFFERENCE BETWEEN INDEPENDENT CONTRACTORS AND EMPLOYEES.

#### BIO:

TRICIA MUELLER RECEIVED HER BACHELOR'S DEGREE SUMMA CUM LAUDE FROM SAINT UNIVERSITY AND HER LAW DEGREE FROM SAINT LOUIS UNIVERSITY SCHOOL OF LAW. SHE IS CURRENTLY A PARTNER AT HER LAW FIRM SMITH MUELLER, LLC BASED IN ST. LOUIS, MO. FOR ALMOST 20 YEARS, TRICIA HAS CONCENTRATED HER PRACTICE ON TORT LAW, PROFESSIONAL LIABILITY AND HEALTH LAW. TRICIA ADVISES HEALTHCARE PROVIDERS, PHYSICIAN GROUPS, INSURANCE COMPANIES AND HOSPITALS ON A WIDE RANGE OF LEGAL AND BUSINESS MATTERS. SHE WRITES AND LECTURES ON VARIOUS HEALTH LAW AND MEDICAL NEGLIGENCE ISSUES. SHE ALSO IS THE LEGAL ADVISOR FOR AAPPSPA AND ITS MEMBERS.

## 3:15 PM - 5:15 PM EST

### DARE TO BE DIFFERENT. 3 KEYS TO GOAL-SETTING SUCCESS

PRESENTED BY: JAN SPENCE

#### LSCOPE OF PRESENTATION:

SETTING A GOAL IS EASY; ACTUALLY ACHIEVING THAT GOAL IS NOT. THE FIRST STEP TO GOAL-SETTING SUCCESS IS EMBRACING A NEW MINDSET OF ADAPTABILITY AND FLEXIBILITY, ESPECIALLY IN OUR CURRENT ENVIRONMENT. WE HAVE TO BREAK FREE OF OLD HABITS AND ATTITUDES AND BE WILLING TO TAKE RISKS IN THE MOMENT TO ACHIEVE OUR OBJECTIVES, BOTH PERSONALLY AND PROFESSIONALLY. OTHERWISE WE'LL BE IN THE 96% OF PEOPLE WHO DON'T ACHIEVE A GOAL THEY SET. JAN SPENCE SHARES WITH ATTENDEES THE SAME FORMULA SHE USED TO BUY, BUILD, AND SELL A BUSINESS FOR 300% ROI IN JUST 4 YEARS. PARTICIPANTS WILL LEARN NEW WAYS TO EMPOWER THEMSELVES AND OTHERS TO GET RID OF UNNECESSARY ROADBLOCKS. FOCUS ON WHAT MAKES THEM SUCCESSFUL, AND THEN CAPITALIZE ON THESE NEW METHODS. BASED ON JAN'S EXTENSIVE EXPERIENCE HELPING ORGANIZATIONS, ASSOCIATIONS, AND INDIVIDUALS EXPLORE THEIR FULL POTENTIAL, SHE WILL EXPOSE ATTENDEES TO A DIFFERENT APPROACH TO GOAL-ACHIEVING.

#### LEARNING OBJECTIVES:

- IDENTIFY CORE VALUES TO SET NEW BENCHMARKS FOR THEIR OWN PERSONAL AND PROFESSIONAL GROWTH AND DEVELOPMENT.
- APPLY JAN'S PROPRIETARY TARGET ABC® METHOD OF GOAL SETTING.
- SET AT LEAST ONE GOAL USING NEW METHODS BY THE END OF THE SESSION.

#### BIO:

JAN SPENCE IS A CERTIFIED SPEAKING PROFESSIONAL, AUTHOR, AND CONSULTANT. WITH CONTAGIOUS CHARISMA AND A ZEST FOR LIFE, HER QUALITIES MAKE HER AN EXCELLENT MOTIVATOR AND LEADER. THIS TEDX SPEAKER HAS USED HER VAST KNOWLEDGE IN SALES, COMMUNICATIONS, FINANCE, AND EMPLOYEE ENGAGEMENT TO HELP NUMEROUS CLIENTS INCLUDING PILLSBURY, WALMART, AND FRITO-LAY. JAN AND HER HUSBAND, MITCH, LAUNCHED THE SECOND FILTAFRY FRANCHISE IN THE US IN 2003. AS CEO, JAN BUILT SUCH A SUCCESSFUL OPERATION THAT THEY WERE AWARDED THE "2005 FRANCHISEE OF THE YEAR" BY THE INTERNATIONAL FRANCHISE ASSOCIATION. MEETING THEIR FOUR-YEAR PLAN, THEY SOLD THE BUSINESS IN 2007 AT 300% ROI. SINCE THEN, JAN HAS CIRCLED THE GLOBE AS A TRAINER, CONSULTANT, AND SPEAKER FOR FRANCHISEES, ORGANIZATIONS, AND COMPANIES. HAVING BEEN INTERVIEWED BY ENTREPRENEUR MAGAZINE AND THE BIG DOG MORNING SHOW IN JESUP, GA, JAN SHARES HER STORY OF FULFILLING HER LIFELONG DREAM OF PLAYING WOMEN'S PROFESSIONAL FULL-CONTACT FOOTBALL. AS A MEMBER OF THE NATIONAL SPEAKERS ASSOCIATION, JAN COMBINES THE LESSONS SHE LEARNED THROUGH THAT EXPERIENCE WITH HER BUSINESS EXPERIENCE TO INSPIRE PEOPLE TO MAKE A DIFFERENCE THROUGH "CHEER LEADERSHIP®". SHE IS KNOWN FOR HER HIGHLY INTERACTIVE, ENTERTAINING, AND INSPIRATIONAL STYLE. SHE RECENTLY TAUGHT IN PANAMA, ROMANIA, SWITZERLAND, UGANDA, AUSTRALIA, AND BAHRAIN.

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