



Please join us for a

Community Leader Summit

This special event is designed for community leaders in the non-profit sector to prioritize self-care, cultivate wellness in the workplace, and develop strategies for sustained personal and professional health.

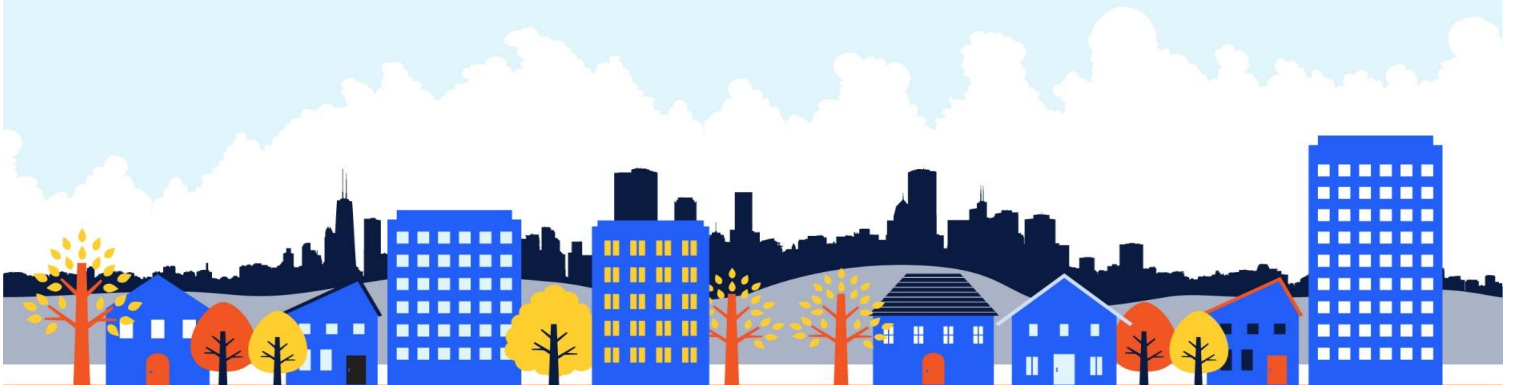
Friday, March 7, 2025
9:15 a.m. – 3 p.m.

Endeavor Health
Elmhurst Hospital

155 Brush Hill Road
Elmhurst, IL

[Register Here](#)

Please note: In order to serve the greatest number of community nonprofits, this event will be limited to two attendees per organization.



Community Leader Summit Agenda

Please see breakout session information on the following pages.

Keynote Speaker



The Psychology of Empathy

Todd Fink, CADC
Endeavor Health Linden Oaks

Empathy is a key component of emotional intelligence and meaningful relationships, especially for community leaders who inspire and support others. While it generates compassion and motivation, empathy requires balance with rationality and discernment to avoid empathic overwhelm or calloused indifference. This keynote explores how leaders can foster empathy while maintaining their own personal and interpersonal well-being, offering insights on navigating the delicate balance between emotional connection and self-care for resilient leadership.

Schedule of Events

9:15 a.m.	Check-In
9:45 a.m.	Welcome Activity
10:20 a.m.	Keynote Address
11:30 a.m.	Breakout Session 1
12:10 p.m.	Lunch
12:50 p.m.	Small Group Activity
1:25 p.m.	Breakout Session 2
2:05 p.m.	Breakout Session 3
2:45 p.m.	Closing



[Register
Here](#)





Breakout Session Information

During the registration process, you will be asked to indicate five sessions that you are most interested in attending. You will be placed in three of your choices.

Biophilia: Unlocking the Health and Wellness Benefits of Nature for You and Your Team

Amy Phillips | The Conservation Foundation

Biophilia refers to our innate connection to and love for nature. In this breakout session, we will explore how integrating nature into the workplace through design elements and wellness activities can enhance health, creativity, cohesion and productivity. From walking meetings to indoor plants, learn how simple changes can unlock great benefits for you and your colleagues.

Breath, Touch, Words: Practicing Mindful Self-Care

Jane Van De Velde, DNP, RN | Endeavor Health

Self-care is essential for maintaining health and wellbeing, but it is often neglected due to time constraints or the belief that it is selfish. In this presentation, you will be introduced to simple self-care practices that can help you find more relaxation and balance throughout your day.

Burnout Begone: Mastering the Art of Saying No

Rebecca Malotke-Meslin | Pleasantly Aggressive Coaching

Learn proven strategies to help maintain motivation and safeguard wellbeing in high-pressure environments. By focusing on practical techniques like setting boundaries, managing stress and fostering resilience, you can expect to learn how to prevent burnout and sustain long-term fulfillment, productivity and purpose.

Fueling Your Day: Smart Nutrition Tips for Busy Professionals

Leilah Siegel, PhD, MS | U of I Extension

Learn smart nutrition tips designed to help busy professionals stay energized and focused throughout their hectic schedules. With practical advice on meal planning, healthy snacks and balancing nutrients, you'll learn how to optimize your diet for peak performance and wellbeing.

Love-Led Leadership: It Starts with You!

Nicki Anderson | DuPage Foundation

This program offers a transformative approach to leadership that begins with self-care and prioritizing your well-being. Discover how leading with love can strengthen connections, create meaningful impact and sustain you in life and work.

Mastering the Art of Prioritization: Managing What Matters

Kara Murphy, MS | DuPage Health Coalition

Most of us feel like there aren't enough hours in our day. Explore ways to sharpen decision-making skills, focus on high-impact tasks and effectively drive organizational success while balancing reasonable expectations and regard for self. Walk away with practical strategies to prioritize key initiatives and navigate competing demands on time with confidence and clarity.



Breakout Session Information

Mining Your Values: Executive Coaching Strategies to Stay Aligned and Prevent Stagnation

Ingrid Becton, PCC | George Washington Street Partners

Join us for an insightful discussion on aligning your values with your work, inspired by Simon Sinek's concept of "Why," and how honoring your core beliefs leads to fulfillment. We'll explore how neglecting your values can result in burnout and negatively impact both your team and the organization.

Nurturing Well-Being: Strategies for Supporting a Thriving Team

Lindsay Fazio, PhD | Endeavor Health

In today's fast-paced work environment, fostering a culture of wellbeing is a necessity for success. This presentation delivers actionable strategies to help leaders and organizations support their teams to thrive physically, mentally and emotionally in the workplace. This discussion will equip and empower you to implement transformative strategies for your own workplace.

Transforming Culture Through Powerful Conversations

Chris Chambliss | The Nehemiah Community Project

Learn how transformative dialogue can reshape organizational culture. In this session, you'll walk away with practical strategies for fostering inclusive, transparent and collaborative conversations that strengthen teams, enhance leadership and advance their mission-driven work.

Yoga at the Office: Simple Practices to Integrate into Your Day

Speaker to be confirmed

Discover simple yet transformative yoga practices designed to seamlessly integrate into their workday! Boost focus, reduce stress and energize your body with quick stretches, breathing techniques and mindful movements—perfect for even the tightest schedules.

Navigating Loss: Supporting Employees Through Grief in the Workplace

Jill Kottmeier, MS, BSN, RN, FT, CCISM | Endeavor Health

Learn effective strategies for supporting employees through grief with empathy and understanding. This session provides practical tools for navigating loss, fostering a compassionate work environment and helping employees heal.

Restorative Sleep: Unlocking the Secrets to Better Rest and Performance

Speaker to be confirmed | Endeavor Health

Discover how quality sleep can transform your performance, health and well-being. This session provides essential strategies for improving sleep patterns, reducing stress and unlocking the full potential of restorative rest for better focus and energy throughout the day.

Unlocking Creativity: The Therapeutic Power of Play for Adults

Elizabeth Hill, ATR-BC, LCPC | Endeavor Health Linden Oaks

Reignite your creativity through the therapeutic power of play. Learn how play-based activities can help to overcome mental blocks, increase self-expression, enhance focus, and inspire fresh, innovative thinking in both personal and professional settings.



Register
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Contact Us

Questions? Please reach out to Hannah Gilroy at Hannah.Gilroy@EEHealth.org.

Thank you to all those who have made this event possible!

Alison Paul, The Conservation Foundation
Amy Phillips, The Conservation Foundation
Barb Szczepaniak, DuPage Foundation
Becky McFarland, DuPage County Health Department
Caitlin Daly, Will County Health Department
Chris Chambliss, The Nehemiah Community Project
Elizabeth Hill, Endeavor Health
Ingrid Becton, George Washington Street Partners
Jane Van De Velde, Endeavor Health
Jill Kottmeier, Endeavor Health
Kara Murphy, DuPage Health Coalition

Kim White, Career & Networking Center
Leilah Siegel, U of I Extension
Lindsay Fazio, Endeavor Health
Lisa Xagas, Naperville 203
Mary Groll, North Central College
Mike Sitrick, DuPage Foundation
Nicki Anderson, DuPage Foundation
Nina Menis, KidsMatter
Rebecca Malotke-Meslin, Pleasantly Aggressive
Sarah O'Donnell, Tri-Town YMCA
Sonny de Rama, VNA Health Care



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