

Presenter:

Julienne R. Hefter, MSOLQ, CPRP
Founder – Safety First Aquatics, LLC
Deputy Director, Wisconsin Park & Recreation Association

Session Title: “Sweaty Palms, The Neglected Art of Public Speaking”

Description: Do you get sweaty palms just thinking about having to speak in front of people? Does the thought of having to get up and give a presentation make you want to faint? Do you want to improve your ability to do session presentations or submit sessions to present at conferences, workshops or seminars?

If you answered yes to any of the above questions, then this workshop is just for you! Join us as we provide you with a hands-on workshop that provides you the opportunity to practice speaking in front of various sized groups. A group of talented presenters will work with you on various presentation techniques to make the thought of presenting in public less dreadful!

Learning Outcomes: Participants will:

1. Learn proven techniques of successful presentations.
2. Learn what types of activities you can do to make speaking in public less traumatic.
3. Learn how to present in a variety of situations in a confident manner.
4. Learn how to control the nervousness that you feel when put in a position of speaking in front of groups.

Clientele to be Served: This session is suitable for the following:

- Program Supervisors
- Park & Recreation Directors
- Administrators
- Boards and Commission Members
- Anyone that works in Parks & Recreation

Instructor Credentials:

Julienne Hefter is the founder of Safety First Aquatics, LLC and is Deputy Director for the Wisconsin Park & Recreation Association. She is the first person to hold this new position with one of the premiere Park and Recreation Associations in the nation. Currently, she is responsible for membership development and recruitment, coordinating educational development, development of marketing initiatives including the design and

maintenance of the Association website, negotiating and implementing contracts and agreements, and generating revenue and corporate sponsorships.

Julienne Hefter received her Bachelor of Science in Recreational Leadership from the University of Wisconsin, La Crosse and holds a Master of Science in Organizational Leadership and Quality from Marian College. She has a long and illustrious career in aquatics and park and recreation administration, and has been the Manager of Recreation Services for the City of West Bend, Park and Recreation Director for the City of Horicon, Supervisor of Recreation & Aquatics Director for the Fond du Lac School District, and the Park and Recreation Director for the Village of Germantown.

She has served in a number of leadership positions with both state and national organizations, including being the Chairperson for the National Recreation and Park Association's 2005 National Aquatic Conference, Member and Chairperson of the Aquatic Facility Operators Board of Directors, 2006 Chairperson of the National Aquatic Management School, 2007 President of the National Aquatic Council, Chairperson of the Wisconsin Park & Recreation Association's Recreation Section, Chairperson of the Southeast Park and Recreation Council, and Vice-Chairperson of the Washington County Park and Open Space Technical Advisory Committee.

Her distinguished career includes being the recipient of the Wisconsin Park & Recreation Association's Professional Award of Merit, the Recreation Professional of the Year, Aquatic Professional of the Year, and the recipient of the Public Policy Innovation Award. Most recently she was named to the "Power 25" by Aquatics International for 2007.

She is a renowned speaker and author on a variety of management and administrative topics, including A Hands On Approach to Corporate Sponsorships, Sexual Harassment Training for Part-Time and Seasonal Staff, Public Perception of Lifeguards, Risk Management, Staffing, and Staff Manual Development for Aquatic Facilities, Marketing and Promotions, and Team Building and Special Events. Julienne is also an Instructor for the National Aquatic Facility Operator Certification Course.

Length of Session: This is a 3 ½ hour workshop