

THE HEALTHY LEADER SUMMIT 2.0

SESSION DESCRIPTIONS

Registration, Recreation, and Reception

Friday, September 12, 2025

5:30pm – 7:20pm | Main Lobby and Adjacent Rooms

This time will be used for distribution of materials to pre-registrants and the intake process for walk-in registrants, networking opportunities during a reception, and opportunities for recreation (arcade style games, tabletop games, and chair massages).

Session 1. Leadership Burnout

Friday, September 12, 2025

7:30pm – 8:45pm | Main Auditorium

Facilitators: Tiffany D. Howard, M.S. LCPC & Barry J. Elliott, MBA, MDiv

The focus of this session will be discussing the prevention and management (remediation) of leadership burnout. There will also be dialogue regarding how to identify it and the importance of taking guilt-free breaks, sabbaticals, or vacations.

Other points of consideration in this session will be:

- Leadership burnout affects and effects
- Leadership burnout warning signs and unpacking the challenges that lead to burnout

Evening Session 1B. Emerging Leaders

Friday, September 12, 2025

7:30pm – 8:45pm | Lower Level

Facilitators: Canaan Grier & Malachi Thompson

This session targets ages sixteen through thirty years old who are on a leadership track or who are young adult leaders. The goal of this session is to emphasize core values such as authenticity, emotional intelligence, humility, and integrity.

Other points of consideration for this session will be:

- The dangers of comparing oneself to others
- The danger of the entitlement syndrome
- The definition/distinction of confidence verses arrogance

Evening Session 2. The Locker Room (For Men Only)

Friday, September 12, 2025

9:00pm – 10:00pm | Lower Level

Facilitator: Rashad Mills, MS, LCPC

The focus of this session is male empowerment to discuss matters relevant to men's mental and spiritual wellbeing. This forum will provide a safe space for men to discuss the challenges of manhood and the balancing of being strong while not failing to be human.

Evening Session 2B. The Lady's Room

Friday, September 12, 2025

9:00pm – 10:00pm | Main Auditorium

Facilitator: Dr. Karen Stallings, MS, LCPC

The focus of this session is women's empowerment to discuss matter relevant to women's mental and spiritual wellbeing. This forum will provide a safe space for women to discuss the challenges of womanhood and commitment to self-care.

Registration, Recreation, and Reception

Saturday, September 13, 2025

8:30am – 9:15pm | Main Lobby and Adjacent

This time will be used for distribution of materials to pre-registrants and the intake process for walk-in registrants, networking opportunities during a continental breakfast, and opportunities for recreation (arcade style games, tabletop games, and chair massages).

The Chapel Experience

Saturday, September 13, 2025

9:20am – 9:45pm | Main Auditorium

This time will be a time of prayer and worship.

Morning Session 3. The Unmasked Leader

Saturday, September 13, 2025

9:45am – 11am | Main Auditorium

Facilitator: Dr. Peter Wherry, PhD

The focus of this session will be authentic leadership that lives out the principles of relatability, reliability, and courage. There will also be dialogue about leadership

vulnerability (inclusive of honesty about doubts, fears, limitations, and struggles) and knowing when and when not to disclose such.

Other points of consideration for this session will include:

- Integrity
- The power of disclosure
- Transparency

Session 4. Guarding Your Influence

Saturday, September 13, 2025

11:15am – 12:30pm | Main Auditorium

Facilitator: Dr. Alan G. Porter, PhD

The focus of this session will be the importance of protecting your personal brand, your leadership brand, and that of your organization. In a day of chronic leadership scandal, this session will provide tools for leading above reproach.

Other points of consideration for this session will include:

- Requisite Systems of Accountability
- Responsible Social Media Engagement
- Responsible Staff Engagement

Session 5. Master Class

Saturday, September 13, 2025

1:30pm – 2:45pm | Main Auditorium

Panelists: Dr. Alan G. Porter, Dr. Karen Stallings, Dr. Peter Wherry, Tiffany Howard, Rashad Mills, Barry J. Elliott (Facilitator)

The expert panel will share strategies for leadership longevity and building a sustainable leadership model. Additionally, the experts will share wisdom on navigating the task of leadership in a manner that is healthy, purposeful, and productive. The