

Don't Just Manage Stress...Master it!



Educational Luncheon

Thursday, June 20, 2019

Grand Ballroom

Irvine Marriott

18000 Von Karman Avenue
Irvine, CA 92612

Schedule of events

11:30 am - 12:00 pm

Registration/Exhibit Hall Open

12:00 pm - 1:30 pm

Educational Luncheon Program

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Community Associations Institute
Orange County Regional Chapter
1971 East Fourth Street, Suite 280
Santa Ana, CA 92705

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Irvine, CA 92612

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The education portion counts for 1 continuing education units toward earning your PCAM designation and maintaining your CMCA certification and AMS designation.

Visit www.caionline.org/education for details.

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Thursday, 6/20/2019
Irvine Marriott

This educational/experiential keynote is designed for anyone seeking to learn how to decrease stress and take their energy, health and performance to the next level.

Stress is the #1 performance killer and linked to every disease. We can't escape stress so we must learn how to master it.

If we don't learn how to become masters of our stress, our performance greatly suffers as does our ability to contribute our highest and best to our families, organizations, communities and the world. In this session, participants will discover:

- Three essential strategies to master stress
- How to build resilience to stress
- Practical and tactical tools to shift from a stressed state to a calm state
- How to build and maintain sustained energy and avoid burnout

Guest Speaker:

Devin Burke helps business leaders and high performers to rediscover their body's incredible energy and perform at their best. He was named one of the "Top 25 Health Coaches in America."

As a speaker and coach, he helps people access the best part of who they are and has inspired thousands of people to open their eyes to what is possible through implementing new health and performance habits.

Devin is the author of "Human Energy Dynamics" - the 5 keys to unlocking energy and high performance.

He has studied practical lifestyle management techniques and innovative coaching methods from some of the world's top health and human performance experts for over a decade and continues to study cutting edge strategies to improve himself and others.

Program coordinated by:

Robin Kostka, Alan Smith Pools

Sarah Roughan, Sunset Landscape Maintenance, Inc.

Educational Luncheon - Attendee Registration - 6/20/2019

Is this your first time attending? Yes No

Registration Rates	Member Price	Non-Member Price
CAVL/HOA BOD	<input type="checkbox"/> \$42	<input type="checkbox"/> \$55
Community Manager	<input type="checkbox"/> \$48	<input type="checkbox"/> \$60
Attendee	<input type="checkbox"/> \$55	<input type="checkbox"/> \$75

Late Registration (received after noon on Monday, June 17, 2019)

CAVL/HOA BOD	<input type="checkbox"/> \$55	<input type="checkbox"/> \$65
Community Manager	<input type="checkbox"/> \$58	<input type="checkbox"/> \$70
Attendee	<input type="checkbox"/> \$70	<input type="checkbox"/> \$90

Company: _____

Name: _____

Additional Attendees: _____

Address: _____

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Cancellation/Refund Policy: Reservations canceled after 12:00 pm on Monday, June 17, 2019 cannot be refunded. Any no-show registrant will be charged for his/her reservation.