



REMLE • November 2 & 3, 2023
Wyndham Springfield City Center, Springfield IL

With the right support, every Y leader can become a legend. At the Regional EMLE, staff will access the inner resources and collective strength necessary to unleash their potential as purpose-driven leaders committed to driving equitable change. Together, attendees will explore how to nurture the seeds of leadership, so they grow into an enduring legacy for generations to come.

Our YMCAs are full of amazing talent, from Leaders Club Teens to Presidents and CEOs, and each of them have a story. This year's REMLE theme is grounded in one's journey in growing from a Leader to a Legend, and the milestones along the way. Leaving a legacy is about gifting something meaningful and valuable to those who come behind us. It requires intentional thought leadership and attention to the behaviors and actions of today, that will shape the future of tomorrow.

Are you ready to embark on this journey? Join us at the Illinois Regional EMLE tour stop!

HOSTED BY:

IL State Alliance of YMCAs
in partnership with:
Gateway Region YMCA
McGaw YMCA
YMCA of Metro Chicago
YMCA of Rock River Valley

SUPPORTED BY:



NICHOL HIGDON

REGISTRATION FEES:

\$85 thru October 8, 2023

\$95 after October 8, 2023

REGISTER NOW:

<https://illinoisymcas.regfox.com/il-ymca-remle>

Scholarships are available from Y-USA to cover the cost of registration. Apply here:

https://yusa.smartsimple.com/s_Login.jsp



ILLINOIS STATE ALLIANCE OF YMCAS

For more information contact:

Christy Filby, Executive Director, christy.filby@illinoisymcas.org

Wendy Bonilla, Director of Alliance Services, wendy.bonilla@illinoisymcas.org

DETAILS

Early Bird Registration: \$85 thru September 30, 2023

Regular Registration: \$95 October 1-25, 2023

Hotel: Wyndham City Centre, 700 E Adams St, Springfield, IL 62701 • \$114 per night

Book your hotel at the Alliance group rate: <https://bit.ly/ILStateAllianceYMCA>

PRE-CONFERENCE TRAINING OPPORTUNITIES

WEDNESDAY, NOVEMBER 1, 2023

Dimensions of Diversity - \$30 (max. capacity 15)

Megan Vazquez, Trainer

11am-4pm (lunch on your own, water and snack provided)

YMCA of Springfield, Downtown Branch, 601 N 4th Street, Springfield, IL 62703

[REGISTER](#)



Leading People - \$40 (max. capacity 16)

Jill Steiner, Trainer

8am-5pm (lunch on your own, water and snack provided)

YMCA of Springfield, YMCA Training Center, Lawrence Square Building 2, Springfield, IL 62704

[REGISTER](#)

AGENDA

THURSDAY, NOVEMBER 2, 2023

Thursday, November 2nd

1:00-2:00 pm Welcome/Opening General Session

Juliana Stratton, Lt. Governor, State of Illinois (invited)

2:15-3:15 pm Workshops Round 1

3:15-3:45 pm Snack and Networking Break

3:45-4:45 pm Workshops Round 2

5:30-7:00 pm Throwback Thursday Reception - Join us in the Retro Lounge Thursday evening for Throwback Thursday, a decade-themed party at the top of the Wyndham tower with spectacular views of the city. Come dressed to represent your favorite decade - we'll provide heavy hors d'oeuvres, music, fun and games.

FRIDAY, NOVEMBER 3, 2023

8:00-9:00 am Breakfast

9:15-10:45 am Panel Discussion facilitated by Ken Strawbridge, District VP, Gateway Region YMCA

10:30-11:30 am Closing General Session - Michael Devaul, National Executive Director, Boys and Young Men of Color, YMCA of Metropolitan Washington

GENERAL SESSION SPEAKERS

Lt. Governor Juliana Stratton (invited)

Lt. Governor Stratton will kick-off REMLE with a welcome to Springfield, the seat of our state government.

Juliana Stratton is a lawyer and politician, serving as the 48th lieutenant governor of Illinois since 2019. She previously served as a Democratic member of the Illinois House of Representatives from 2017 to 2019. She is the first African-American woman to become Illinois' lieutenant governor, and the state's fourth woman lieutenant governor overall. Stratton was born to a schoolteacher mother and doctor father, and raised in the South Side of Chicago, where she attended Kenwood Academy.[2] Stratton earned a Bachelor of Science from the University of Illinois, Urbana-Champaign and a Juris Doctor from DePaul University.[3] Juliana Stratton started her own consulting firm focused on alternative dispute resolution and served as a mediator, arbitrator and administrative law judge for several government agencies. Stratton previously served as the director for the Center for Public Safety and Justice at the University of Illinois at Chicago, Executive Director of the Cook County Justice Advisory Council, and as a Deputy Hearing Commissioner for the City of Chicago Department of Business Affairs & Consumer Protection, all with a focus on improving public safety and building stronger communities. She was also a founding board member of the Chicago's Children's Advocacy Center and served the Board of Directors of the Juvenile Protective Association.[4]

Michael Duval, Boys and Men of Color

Michael DeVaul serves as the National YMCA Executive Director for Boys and Young Men of Color which is a collaborative role with both the YMCA of Metropolitan Washington, DC and YMCA of the USA. He has served with the YMCA for 41 years and has been engaged in youth development from the start. Today, Michael serves as the YMCA National Executive Director for Boys and Young Men of Color, his focus is to drive the goal of re-imagining policies, practices, procedures across 100+ cities, serving 10,000 BYMOC to improve the outcomes, impact and economic mobility for BYMOC by 2025. He is an Alumni member of Pi Phi Chapter of Omega Psi Phi Fraternity, Inc.

PLANNING COMMITTEE

Courtney Stevenson, Chair.	Gateway Region YMCA	Monique Parsons	McGaw YMCA
Courtney Brame	Gateway Region YMCA	Keesiya Robertson	YMCA of Metro Chicago
Madeliene Brice	Gateway Region YMCA	Justin Shlensky	YMCA of Metro Chicago
Katrina Brown	YMCA of Metro Chicago	Ken Strawbridge	Gateway Region YMCA
Missy Contri	North Suburban YMCA	Deb Tallo	Gateway Region YMCA
Alicya Dennison	McGaw YMCA	L. Denise Turner	YMCA of Metro Chicago
Emmett Dingle	YMCA of Rock River Valley	Megan Vazquez	North Suburban YMCA
Jill Doerner	YMCA of Metro Chicago	Brian Watkins	YMCA of Rock River Valley
Tamica Fricks	YMCA of Rock River Valley	Nichole York	YMCA of Metro Chicago
Rebecca Graves	YMCA of Springfield		
Phillip Hatten	Gateway Region YMCA	<u>Alliance Staff:</u>	
Kemet Hetep	Gateway Region YMCA	Glenn Haley	CEO (Interim)
Nia Jeffrey	Gateway Region YMCA	Christy Filby	Executive Director
David McDaniel	Gateway Region YMCA	Wendy Bonilla	Director of Alliance Services
Taishiya Nix	McGaw YMCA		

WORKSHOP OPTIONS (you will have the opportunity to attend two workshops)



Anti-Racism in the Wellness Industry

Megan Vazquez, Senior Director of Sports & Wellness, North Suburban YMCA

As the Sr. Director of Wellness, Megan Vazquez, has spent her career “helping” others become fitter, lose weight, and prevent chronic disease. After the murder of George Floyd, the COVID-19 pandemic, and making a commitment to creating a YMCA that is multi-cultural and anti-racist, Megan needed to learn and unlearn the harmful effects and exclusionary practices the Wellness Industry has created. In this workshop we will explore the dimensions of wellness, the history of the BMI and body image to confront racism in the wellness industry and to truly live by the mission of making the YMCA a place for ALL.



Career Mapping

Jawanza Barial-Lumumba, Senior Manager, Networks and Engagement Global Diversity, Equity and Inclusion, YMCA of the USA

In order to explore the career you want to have in the Y, you have to know where you’re going, right? This Career Mapping workshop explores essential tools you need on your career journey in the Y, explore transferrable skills and programs that could further your advancement, and begin to explore the question: “what trajectory am I taking my career in?”



Shalom - Restorative Leadership Practices

Brent Petenburg, CEO and Audrey Kunert, Chief People and Culture Officer, YMCA of Rock River Valley

As a leader how do you break free from things that bind us to chaos?



Crucial Conversations

Monique Jones, Alliance Board Member and CEO of Forefront

Leading discussions can sometimes be influenced by past experiences and current perceptions that don’t blend well in a healthy work environment. Being able to engage in crucial conversations, where overcoming disagreements and negative interactions can shape significant change and progress is a skill and talent all leaders need to hone. Attendees will be able to practice using a healthy dose of acknowledgement, honesty and reframing to push past conflict.



Emotional Intelligence: Helping Others Feel Safe

Audrey Dewes, Director of Learning & Engagement, Gateway Region YMCA

Your legacy is what you leave behind. How you treat others and the impact you have on them is part of that legacy. One of the greatest ways you can affect other people is by giving them the space to be themselves. This workshop will help you see how emotional intelligence is necessary to create psychological safety in groups, especially at work. We will discuss how emotional intelligence and psychological safety relate before developing our own plans for creating safe spaces for others.

WORKSHOP OPTIONS (you will have the opportunity to attend two workshops)



How leading with emotional intelligence fosters a winning culture and positively impacts your organization's bottom line.

Andre Goode, Vice President of Community Well-Being, YMCA of Metro Chicago

Emotional intelligence is the ability to manage and understand your own emotions as well as recognize the emotions of those around you. This session explores the connection between an emotionally intelligent leader and employee satisfaction, employee motivation, and employee productivity.



Identifying & Leveraging Strengths for Success

Eric Werge, Executive Director, Community Schools Initiative, YMCA of Metro Chicago

During this fun and interactive session, you will learn about yourself by taking a personality and temperament assessment. You will explore ways to apply what you have learned to your personal and professional lives. You will gain a more complete sense of self while also acquiring a greater understanding of those around you. This will help you identify your own strengths and the strengths of others in your life. By doing so, you can become a more effective communicator, motivator, and leader at home and in the workplace.



Leaving Your Imprint Through Servant Leadership

Philip Hatten, Associate Executive Director, South City YMCA & Kemet Hetep, Executive Director, Bayer YMCA

Are you looking for ways to leave an imprint in your community, branch, and/or organization? In this workshop, we will discuss the difference between being an effective leader versus being a manager/supervisor. Join us to examine and collaborate on strategies around servant leadership to create a legacy for others to follow. Attendees will have the opportunity to engage in meaningful conversation, network with other professionals and gain insights that will help them professionally through their Y journey.



Using Your Voice/Self-Advocacy

Laila Kim, Senior Director of Health & Wellness, YMCA of Springfield

Self-advocacy is an important skill to master if you want others to see you for who you are, what you can do and what you wish to achieve. If you master how to advocate for yourself, you have a much better chance of reaching your professional and personal goals. During this hands-on workshop you will learn 5 basic skills so you can better advocate for yourself - self-awareness, self-regulation, motivation (internal/external), empathy and social skills.



When Your World Seems to Be on Fire – Meeting Your Responsibilities While Putting Out the Flames

Keesiya Robertson, Behavior Support Manager, YMCA of Metro Chicago

The world as we know it can change from day to day, minute to minute and even hour to hour. This change can be negative or positive. During times where it seems like everything around you is in a tizzy, it can seem like the world as you knew it is being engulfed in flames and no matter how hard you try, there is nothing you can do about it. This session will discuss how to find calm in the midst of the flames as well as various coping strategies to cope with building positive mental wellness while being accountable to life obligations (e.g. household, career, leisure, etc). We may have to go through the flames but we do not have to be burned up. Join me, as we learn how to become FIRE WALKERS!