

LEADERSHIP

TECH VALLEY

a shared initiative of the **Albany-Colonie Regional Chamber**
& **The Chamber of Schenectady County**

Quality of Life Day

AGENDA

Friday, May 14, 2010

Locations:

AM Session

Rudy A. Ciccotti Family Recreation Center
30 Aviation Road
Colonie, NY 12205
www.coloniyouthcenter.org

PM Session

Proctor's Theatre
432 State Street
Schenectady, NY 12305
www.proctors.org

Attire: *Business Picnic Casual*; please no abbreviated wear; you may want to bring change of clothes and sneakers for the “**A Healthy Mind Needs a Healthy Body**” activities. Also, there are showers available at the Ciccotti Center.

Leadership Skill: Listening, Balancing Life, Mindfulness, and Leadership

Session Objectives:

- Understanding the “balance basket”
- Focus on finding ways to add quality of life by balancing the various components of the busy lives of business leaders (not all components can be fit into one day):
 - Physical Body/Health
 - Emotional State
 - Relationships
 - Finances
 - Work/Career
 - Organization/Time
 - Fun/Entertainment
 - Spiritual Life/Contribution
- Spotlight contributions of culture, food, entertainment, sports and recreation in the Capital Region to quality of life

We would like to thank our sponsors for making this day possible:




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8:00 am	Continental Breakfast <i>Sponsored by:</i> 	<u>Balanced Basket</u> Physical
8:15 am	Welcome & Introductions George Alston 109 th Airlift Wing, NYANG Kevin Clancy LTV '08 Clancy Real Estate Janet Mattis Schenectady Inner City Ministry	Relationships Nikki Caruso Colonie Youth Center Elissa Kane Albany Public Library
8:30 am	Icebreaker Amy Earing Trish Marks Jen Sunderlin Vincent Polsinelli	
9:00 am	Circle of Balance Kevin Clancy Clancy Real Estate	Relationships
9:30 am	Leadership: Communicate, Motivate and Problem Solve Kat Koppett Koppett + Company The Mop & Bucket Theatre Company	Communication/Relationships




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Balanced Basket

10:30 am	Break	Relationships
10:45 am	Tour of Ciccotti Center	Relationships
11:00 am to 11:50 am	A Healthy Mind Needs a Healthy Body	Physical/Health
12:00 pm	Lunch	Physical/Health
1:00 pm	Travel to Proctors	
1:30 pm	Career Coach: Happiness Is...Quality of Life	Work/Career
	Tom Denham Careers In Transition, LLC	
		
2:30 pm	Break: <i>Walk to Villa Italia</i>	Physical/Emotional
2:45 pm	Tour of Proctor's Theatre	Fun/Entertainment
	Philip Morris CEO Proctor's Theatre	
4:30 pm	Wrap-up <i>Steering Committee: Kevin, Elissa and Janet</i> <i>Final Remarks: George and Nikki</i>	
5:00 pm	Networking <i>After-school program</i>	Emotional/ Relationships/Spiritual

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Directions to AM Location:

To the Rudy A. Ciccotti Family Recreation Center

30 Aviation Road
Colonie, NY 12205

NOTE: The entrance to the Rudy A. Ciccotti Family Recreation Center is located on Aviation Road in Colonie.

From the South

Take I-87 to the Wolf Road exit. Go straight through the light o to Wolf Road. You will pass through several traffic lights, including the intersection of Wolf Road and Sand Creek Road. Take a right at the light at Metro Park Drive (Macaroni Grill will be on your right). Follow Metro Park Drive to the end. BEFORE entering the Crossings Park, take a right onto Aviation Road. The entrance to the Rudy A. Ciccotti Family Recreation Center will be on your left.

From the North

Take I-87 to exit 4 (Albany International Airport/Wolf Road). Take a left at the light at the end of the exit ramp. Take a left at the light onto Albany Shaker Road, then turn right at the next light onto Wolfe Road. Turn left at the light onto Metro Park Drive (Macaroni Grill on your left). Follow Metro Park Drive to the end. BEFORE entering the Crossings Park, take a right on to Aviation Road. The entrance to the Rudy A. Ciccotti Family Recreation Center will be on your left.

Directions to PM Location:

Proctor's Theatre

432 State Street
Schenectady, NY 12305

From the Ciccotti Center to Schenectady Municipal Parking Garage, Broadway, Schenectady

- Take Aviation Rd toward Metro Park Rd
- Take a right at Metro Park Rd to Wolf Rd, turn right onto Wolf to Albany Shaker Road
- Take a left onto Albany Shaker Road
- At the first light, take a left to merge onto I-87 S
- Take exit 1 for I-90 West/NYS Thruway (go thru toll booth)
- Merge onto I-90 West/NYS Thruway
- Take exit 25 to merge onto I-890 West toward Schenectady
- Take exit 5 for Broadway
- Turn right onto Broadway
- Travel approximately .6 miles; the parking garage will be on the left.
- Cross Broadway, take the brick path to the back entrance for Proctors Theatre.