



## MCA Annual Training Institute October 27-29, 2021 Grand View Lodge Nisswa, MN

**Conference Schedule** - A draft of the full conference schedule will be posted as soon as it is available. Here are a few of the sessions that will be offered:

- Competency Restoration Task Force: Working to Decriminalize Mental Illness
- Comprehensive Suicide Prevention Pilot Project at Northwestern Juvenile Facility
- Coordination, Collaboration and Connection in Rural Communities-Lessons Learned from becoming a Blueprint Community
- Freeze and Fawn - How Learning About Trauma Response Will Change Your World
- Mental Mindset
- Officer Resiliency
- Cultural Responsivity: A Tool for Treatment, Engagement, and Sustained Recovery
- Trafficking of Indigenous Youth: Risk and Resilience
- Verbal Commands, Training and De-escalation
- Voices from the Field – The Impact of Gender Responsive Services in Probation Supervision

### **Our Keynote Speakers:**

#### **"Who Hijacked My Fairy Tale?" - Kelly Swanson:**

An [award-winning storyteller](#), comedian, [motivational speaker](#), *Huffington Post* [Contributor](#), and cast member of *The Fashion Hero* television show airing on Amazon Prime. She is also author of *Who Hijacked My Fairy Tale*, *The Land of If Only*, [The Story Formula](#), and *The Gutsy Girls Pocket Guide to Public Speaking*. She was a featured entertainer for [Holland America Cruise Lines](#), keynote speaker for the International Toastmasters Convention, and has keynoted major conferences and corporate events from coast to coast.

Kelly's wacky wit and powerful stories have charmed hearts and tickled funny bones for over 15 years. In addition to her role as a funny motivational speaker, Kelly teaches people how she does it by sharing what she has learned about connecting and engaging to have more influence in business, through the use of one tool – strategic storytelling. Sharing her own powerful journey through story and the formula she discovered, you come to that magical place where the art of story meets the business of persuasion.

#### **"The Funny Thing About Stress" - Kay Frances:**

Known as "America's Funniest Stressbuster," Kay Frances has shared her message to "lighten up, stress less and take care of ourselves" in 38 states and Canada for over 25 years. She holds a Master's Degree in Business Administration, a degree in Physical Education and a 4th degree black belt in karate. She was also a family caregiver for 7 years.

Kay is the author of *The Funny Thing about Stress; A Seriously Humorous Guide to a Happier Life*.

When it comes to humor, Kay is the "real deal" having performed as a professional standup comedian for many years and appearing on a number of national television and radio programs including Lifetime Cable's *Girls Night Out* and NBC's *America's Funniest People*. She also lived and performed in New York City where she appeared at the nation's top comedy clubs such as "The Improvisation" and "Catch a Rising Star."

When it comes to managing stress, Kay learned the hard way by engaging in every unhealthy habit known to man before making her way back to good health and sanity. It was a long, winding, hilarious road!

**"Leading Imperfectly: The value of being authentic leaders, professionals, and human beings." - James Robilotta:**

James is an author, professional speaker, personal coach, and trained improv comedian. After nearly 15 years of building, training, supervising, and evaluating teams, James followed an entrepreneurial dream and built two successful businesses. One is an organization that incorporates freestyle rapping into improv comedy (a story for another day). The other is his speaking and coaching business (a story for today).

With years of research (and a few too many real-life case studies within his work), James learned everything he could about authenticity in the workplace and uses this insight to host conversations about communication, rapport building, engagement, feedback, retention, promoting memorability, life balance, increased productivity, and more.

James has been speaking professionally to willing and unwilling audiences for years and has found that quality humor is the secret to hosting powerful conversations that make a genuine impact. His attendees leave feeling recharged, introspective, and ready to get out of their own way.