

2020 AASP SOUTHEAST
REGIONAL CONFERENCE
Barry University Miami Shores, FL
February 21 & 22, 2020

Post Conference Report

Matthew Cologgi (Student Conference Chair)
Lauren Grove (Graduate Assistant)
Kimberly Shaffer, Ph.D., CMPC (Program Coordinator)
Suzanne Pottratz, Ph.D., CMPC (Faculty Conference Chair)

Finalized Itemized Budget

Reimbursements					
Name	Item	Cost	Paid?		
				Ticket Sales	\$ 3,300.00
K. Shaffer	Hotel Rooms	\$ 521.00	Y	AASP Grant	\$ 500.00
S. Pottratz	Business Banking Account	\$ 70.00	Y	Total \$ Available	\$ 3,800.00
C. Shaffer	Flights	\$ 263.29	Y		
L. Grove	Customized Water Bottles	\$ 150.00	Y	Expenses	\$ 2,908.49
Chartwells	Breakfast	\$ 226.00	Y		
Chartwells	Lunch	\$ 490.00	Y	Remaining Balance	\$ 891.51
J. Susser	Keynote Honorarium	\$ 300.00	Y		
S. Rogers	Keynote Honorarium	\$ 300.00	Y		
C. Shaffer	Keynote Honorarium	\$ 75.00	Y		
Barry U	Table Cloths	\$ 80.00	Y	Paid Back	Still Owed
Office Depot	Program Printing	\$ 281.20	Y	\$ 2,908.49	\$ -
	Snacks	\$ 152.00	Y		

We used (almost) the entire AASP Grant to pay for a catered lunch on day two of the conference. The remaining ten dollars that was left over was put towards the catered breakfast earlier that day. This grant allowed us to provide a delicious, hardy lunch for our attendees. Thank you for helping us enhance the overall experience of our conference!

Conference Attendance

Final Number of Conference Attendees: 91

Composition of Attendees:

Undergraduate - 1

Masters - 55

Doctoral - 8

Professional - 27

Schools/Universities Represented by Attendees:

- Barry University
- Florida State University
- Florida International University
- Jacksonville University
- Georgia Southern University
- University of North Carolina - Greensboro
- Edinboro University of Pennsylvania

One-page Conference Write-up

Keynotes

Cory Shaffer, Ph.D., CMPC

In this keynote, titled "Lessons from an Early Career Professional for an Early Career Professional," Dr. Cory Shaffer, CMPC shared his lessons learned from his first five years working in applied sport psychology, and the path he took to become a full-time applied performance consultant. Providing advice through the wisdom learned from his own experiences, Dr. Shaffer encouraged young professionals to: 1) Seek opportunities and experience, 2) adopt a growth mindset and continue learning, 3) practice what they preach, 4) be authentic in their work and to develop their own style, and 5) to be creative and think outside the box about how to provide value to their work

Scott Rogers, Ph.,D.

In this keynote, titled "Mindfulness in Law and Life: A Roadmap to Mindfulness and Mindful Practices," Dr. Scott Rogers, J.D. shared his experiences in finding mindfulness and how to implement it into a classroom of law students. He provided us with multiple practices of mindfulness meditation, and shared his knowledge of how the use of mindfulness can be transitioned to any aspect, in sports, the courtroom, personal lifestyle, etc.

Jenny Susser Ph.D., CMPC

In this keynote, titled "On the Court or in the Boardroom: How to Create a Performance Career in the Fortune 500 World," Dr. Jenny Susser, CMPC shared her knowledge and experience of how she successfully entered the business realm of performance psychology. Dr. Susser provided her guide to success through tips such as, "not letting fear allow yourself to turn down an opportunity when first entering this industry," or "know your worth and know your philosophy, stay true to yourself and be proud of what you practice."

Workshop

Coaching the Coach: Impact Through the Gatekeeper

Becca Thomas, M.S. & Brit Lee, M. Ed., CMPC – IMG Academy

The four objectives shared are; (1) gaining entry, including building rapport and a trusting relationship with the coach (Sharp & Hodge, 2013), (2) bridging the gap from power to empowerment and helping coaches realize the value of shared leadership (Fransen, Mertens, Cotterill, Broek, & Boen, 2019), (3) creating a common language with coach to enhance awareness and emotional support (Millar, Oldham, & Donovan, 2011), and (4) leveraging these objectives through an integrative approach for optimal results.

Social Networking Event

Tap42 – Midtown, Miami FL

Our networking opportunity was held for students and professionals to connect outside the classroom. Attendees were able to get food and beverages from the various servers provided too

us, while walking around the private party set up for the Southeastern Regional AASP Conference.