

2026

# CONQUER+CONNECT

## EVENT SCHEDULE

**APRIL 14, 2026 | 8:00AM - 4:00PM | SHERATON EATONTOWN**

**8:00AM - 9:00AM - REGISTRATION & TABLETOPS | BREAKFAST BUFFET**

**9:00AM - 9:15AM - OPENING REMARKS**

**9:15AM - 10:00AM - KEYNOTE PRESENTATION**



### **Lead Like You: Influence Without Intimidation**

Presented By: Shannon Clark Johnston

This keynote rethinks leadership presence, particularly for women, by shifting the focus away from performing or fitting a mold and toward authentic influence. Attendees walk away with a new lens on leadership - one rooted in contribution, trust, and leading boldly from wherever they are in their leadership journey.

**10:15AM - 11:00AM - MORNING BREAKOUT EDUCATION (2 TRACKS - TBD)**

**11:15AM - 12:00PM - INTERACTIVE LUNCH WORKSHOP**



### **Music, Movement & Mindfulness: Self-Regulation as a Tool to Reduce Burnout**

Presented By: Melissa Ramsey, CMCA, AMS, LSM, PCAM

Burnout in community association management doesn't happen all at once—it quietly builds through constant demands, emotional labor, competing priorities, and the expectation to always be “on.”

This engaging and energizing session reframes self-regulation as a skill you can practice, not just a concept you understand. Rooted in the emotional intelligence pillar of self-regulation, this session introduces Music, Movement, and Mindfulness as simple, accessible tools to help managers and leaders reset their nervous systems, manage stress in real time, and bring more intention into their daily interactions—without adding more to their to-do list.

Participants will explore how self-regulation supports thoughtful responses over reactive behaviors, helping them navigate challenging conversations with boards, residents, vendors, and colleagues with greater ease and confidence. By connecting

emotional awareness to everyday workplace moments, the session demonstrates how regulating thoughts, emotions, and energy can reduce escalation, improve clarity, and protect personal well-being. This session is designed to leave professionals feeling empowered, grounded, and re-energized, with tools they can use immediately. Because when leaders learn to regulate themselves first, they create healthier boundaries, stronger connections, and more sustainable success—for themselves and the communities they serve

**12:00PM - 1:00PM - LUNCH BUFFET & TABLETOPS**

**1:00PM - 1:45PM - AFTERNOON BREAKOUT EDUCATION (2 TRACKS - TBD)**

**2:00PM - 3:00PM - CLOSING KEYNOTE**



**Calmfidence® in Action: Managing Energy, Emotions & Confidence in the Midst of Chaos**

Presented By: Patricia Stark

The keynote introduces the Calmfidence® Method, a proprietary, science-informed framework integrating:

- Physiology: breathing, grounding, and nervous system regulation
- Psychology: mindset, emotional regulation, and self-talk
- Communication: presence, clarity, and confidence under pressure

Participants will experience guided techniques designed to interrupt stress in real time, build awareness, and respond intentionally during challenging moments.

**3:00PM - 3:30PM - CLOSING MESSAGE | DOOR PRIZES AND DESIGNER GIVEAWAY**



**FOR MORE INFORMATION- CONTACT [EVENTS@CAINJ.ORG](mailto:EVENTS@CAINJ.ORG) OR  
609-588-0030. REGISTER AT [WWW.CAINJ.ORG/CONQUER-CONNECT/](http://WWW.CAINJ.ORG/CONQUER-CONNECT/)**