

Well Spouse Association	
2022 Annual Conference Program	
Friday, September 30, 2022	
4pm	Hotel Check-In
4-7pm	Conference Check-In
5-6pm	Support Group Leaders Meet and Greet
6-7pm	Welcome Happy Hour
7-10pm	Welcome Dinner
Saturday, October 1, 2022	
7-12pm	Conference Check-In
7-10:30am	Group Breakfast
8-9am	Morning Exercise
9-10:15am and 10:45-12pm	Workshops including:
	Cultivating Resilience as a Spousal Caregiver
	Joining Our Voices: Political Advocacy for Caregivers
12-6:30pm	Free Time
6:30-11pm	Dinner Banquet and Dance
Sunday, October 2, 2022	
7-10:30am	Group Breakfast
8-9am	Morning Exercise
10-11:30am	Small Group Sessions
	Younger Well Spouses
	Former Well Spouses
	Men's Group
	Women's Group
11:45-12pm	Closing Ceremony
12pm	Hotel Check-Out

As of 8/4/22. Subject to change or adjustment.

2022 Speakers and Workshops

Cultivating Vulnerability and Resilience as a Spousal Caregiver

Exhaustion, stress, anger, overwhelm, guilt, depression. We spousal caregivers experience enormous strain, pressure and a myriad of emotions in managing our day-to-day responsibilities. These emotions can lead to the stigmatizing feelings of shame, loneliness, and isolation, which are hard to dispel. This seminar, based on the research of Dr. Brené Brown, will explore the concepts of vulnerability, empathy and self-compassion as antidotes to shame. It will offer space and an approach to unpack the stories and narratives we tell ourselves and to understand the emotions we may experience – so that we can process them more quickly.

Facilitated by Kelli Kolling - Kelli supports the growth and development of leaders in corporations, non-profits, educational institutions and government through consulting, facilitation, and leadership coaching. She is passionate about helping clients live and lead authentically and wholeheartedly. Kelli received her undergraduate degree from Virginia Tech and has an MBA from Tulane University. Kelli is a graduate and current Adjunct Faculty Member of the Georgetown University Leadership Coaching Certificate Program, a member of the International Coach Federation, and a Professional Certified Coach (PCC). She has extended training in Team Coaching and Presence Based Leadership, and is certified in The Leadership Circle 360 Profile™. Kelli is also a qualified Myers-Briggs Administrator and is a Certified Daring Way™, Rising Strong™ and Dare to Lead™ Facilitator, based on the research of Dr. Brené Brown.

Joining our Voices Together - Political Advocacy for Caregivers

The wheels of change turn slowly but they can turn when we make our priorities known with a united voice. Bring your smartphones or laptops for this interactive session, where participants will dive into WSA's 2022 and 2023 legislative priorities and reach out to legislators on the spot, with a email-writing campaign, to share what spousal caregivers need from policymakers, politicians, and society.

Facilitated by Lawrence Bocchiere and Sheldon Friedman – Larry and Sheldon are co-chairs of WSA's Social Action Committee.

Larry is former Chairman and President Emeritus of WSA. Larry worked for the U.S. Postal Service for 33 years, as a postmaster in Goldens Bridge, Cos Cob, and Southport, CT. Early in his career, he established the Stamford CT Area Local American Postal Workers Union, AFL-CIO, bringing together smaller entities under the umbrella of a large labor organization. He was elected state president and pursued a policy of education and representation for smaller offices at the state level. He was asked to serve as chair of the APWU AFL-CIO's National President's Conference, serving over 70,000 members. He eventually served as Northeast regional coordinator.

Prior to retiring in 2017, Sheldon spent much of his career at the AFL-CIO, and he chaired the Federal Prevailing Rate Advisory Committee at OPM during the Obama administration. He has co-edited four books in the field of labor economics and industrial relations and authored or co-authored numerous publications.

Small Group Sessions

Meet with Well Spouses in smaller groups to discover and discuss shared experiences in caregiving:

Younger well spouses - for well spouses in their 20's to 50's who'd like to connect with others juggling things like careers, finances, relationships, and child raising as well spouses.

Former well spouses - for people who are no longer with their ill or disabled partner, due to their partner's death or divorce/separation

Men's group - for people who seek to meet other men to discuss the challenges and emotions of caregiving in a safe space.

Women's group - for women seeking to meet other women to discuss the journey in a single-gender atmosphere.