



# HRESILIENT 2025 · CONFERENCE

*Lead. Adapt. Shape the Future.*

(866) 440-0302 | [letscatapult.org](https://letscatapult.org)

Greetings,

Welcome to the Catapult Employers Association 2025 HResilient Conference. Every year, hundreds of HR professionals, executives, and leaders gather to share knowledge, grow their network, and hear from industry leaders.

You are here to explore the essential role HR plays in driving adaptability, fostering leadership, and enhancing well-being in times of disruption. Learn how to cultivate teams that thrive in change, build an inclusive and supportive culture, and harness cutting-edge digital tools to create a future-ready workforce.

This is the time to connect with like-minded peers, share strategies, and walk away with actionable insights that will drive your long-term success. Thank you for joining us at HResilient 2025, and together let's shape the future.



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Tuesday, April 22, 2025

**8:30-9:15**

**Breakfast, Registration and Networking**

**9:15-9:30**

**Welcome**

Cheryl Richards, PhD, CEO & President, Catapult Employers Association

**9:30-10:45**

**Curing Adulthood: Your Prescription for Less Stress and More Success**

Jason Kotecki, Co-founder, Escape Adulthood



Adulthood is an epidemic that can infiltrate even the best working environments, producing stress and instigating burnout. Left unchecked, Adulthood will eat your productivity, teamwork, and morale alive. Surrendering need not be an option, however. In this light-hearted but hard-hitting program, Jason will arm you with the fresh perspective you need to revitalize your passion for your work amidst the burden of doing more with less. He provides witty observations, humorous anecdotes, and real-world techniques that will entertain and inspire you to create a better harmony between work and home. You'll learn easy, practical tips for bringing more fun and less stress to the job at hand, contributing to a more positive, enjoyable, and engaging workplace for yourself AND your team. Adulthood may be a formidable foe, but Jason can help you annihilate it.

**10:45-11:15**

**Break**



**Keynote**



**Virtual Option**

**11:15-12:15**

**Breakouts (Choose one)**

**A Chance of Awesome: How Changing the Way You See Changes Everything**

Jason Kotecki, Co-founder, Escape Adulthood



**Creating Inclusive Workplaces for Individuals with Intellectual and Developmental Disabilities (IDD)**

Jackie Esposito, Compensation Advisor, Catapult



**Controlling Emerging Workplace Risks in 2025**

Tatiana Terry, Ogletree Deakins



**12:15-1:15**

**Lunch**

**1:15-2:15**

**Breakouts (Choose one)**

**Managing the Unmanageable: HR Nightmares and How to Overcome Them**

Stephanie Dillon, Lead HR Advisor and Linda Hunter, HR Advisor, Catapult Employers Association



**Crisis Management**

Vanessa Vaughn Mathews, CBCP, MBA, Founder and Chief Resilience Officer, Asfalit Advisors



**Optimizing Natural Mentor Styles to Foster Resilience and Transform Workplace Culture**

Stacy Cassio, Founder, Pink Mentor Network



2:15-2:45

Break

2:45-4:00

### **The Future of Work is Here**

Crystal Washington, Technology Trends Expert and One of Forbes' 50 Leading Female Futurists



Constant tech innovations, Gen Z entering the ranks, and a changing global marketplace were already radically redefining the face of the workplace. Then 2020 came to town and flipped the script upside-down. Technology strategist and futurist Crystal Washington shows leaders how they can keep an eye on the horizon, enabling them to not only survive, but thrive, as waves of change approach.

In this session, you will:

- Identify the significant ways in which technology is re-programming us all.
- Discover the Top Ten Trends that will impact you, your workplace, and your industry.
- Uncover tips and tactics for increasing efficiency while improving performance...even when talent is lacking, and supply chains are slacking.

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**Unbreakable: Building and Leading Resilient Teams**

Dr. Bradley Kirkman, Professor, NC State



Join Dr. Bradley Kirkman, co-author of *Unbreakable: Building and Leading Resilient Teams*—recognized as *Forbes'* #1 Team Leadership Book in 2023 and a Top 5 Leadership Book in 2024—for an impactful session on fostering resilience in the workplace.

Dr. Kirkman will share actionable strategies for helping teams thrive amidst the challenges of global economic shifts, technological disruptions, and increasing competition. Learn how to build essential team resources like confidence, psychological safety, improvisational capacity, and teamwork roadmaps. Whether you're managing front-line response teams, guiding hybrid workforces, or supporting leaders in dynamic environments, this session is packed with relatable insights, real-world examples, and practical guidance to help you manage with confidence.

Wednesday, April 23, 2025

**10:45–11:15**

**Break**

**11:15-12:15**

**Breakouts (Choose one)**

**Building Resilient Teams Workshop**

Dr. Bradley Kirkman, Professor, NC State University



**Growing Your Managerial Courage**

Shane McKenzie, Executive Coach, Relevant Leadership Solutions, LLC



**Data Driven Decisions: People Analytics**

Kent Pritchett, VP of People Experience, Red Hat



**12:15-1:15**

**Lunch**

**1:15-2:15**

**Breakouts (Choose one)**

**HR Survival Guide 2025: Panel Discussion**

Sarah Levitt, CEO and Executive Coaching



**Adaptive and Inclusive Leadership**

Nelson Santiago, Learning Partner, Catapult Employers Association



**Employee Engagement 2.0**

Jill Feldman, Director, Strategic HR Solutions, Catapult Employers Association



Wednesday, April 23, 2025

2:15-2:45

Break

2:45-4:00

### **Magnificent Leadership: Keys to Success**

Sarah Levitt, Trusted Guide to the C-Suite and Author



Join us for an inspiring and actionable session led by Sarah Levitt, renowned CEO, executive coach, and leadership expert, as she unpacks the secrets to exceptional leadership. Whether you're leading a small team or steering a large organization, this session will equip you with actionable tools to:

- Strengthen your leadership presence.
- Enhance decision-making under pressure.
- Inspire innovation and collaboration within your organization.
- Position yourself and your team to excel in an unpredictable world.

In today's fast-paced and unpredictable business environment, leadership excellence is more critical than ever. This session is designed for leaders at all levels who want to elevate their impact, inspire their teams, and drive results—regardless of the challenges they face.

