



#### CONFERENCE PARTNERS



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### REACH PROGRAM CONFERENCE SCHEDULE

9:30-10:00 **Check in / Midmorning Snack**

10:00-10:05 **Welcome**

10:05-10:55 **Just Look Up: A Radical Student-Experiment in Human Connection**

Joe Beckman, Till360

We're more connected than ever—but somehow, more alone. In this powerful, no-fluff keynote, best-selling author and keynote speaker Joe Beckman issues a bold challenge to students: what if real courage today isn't found in clicks, likes, or followers... but in actually looking up? Blending raw stories, live music, and honest moments that cut through the noise, Joe invites students into something bigger than a screen—each other. Just Look Up isn't just a talk. It's a call to wake up, show up, and fight for the kind of connection we're all starving for.

10:55-11:00 **Stretch Break**

11:00-11:30 **Living Untangled: Reclaiming Your Identity Beyond Struggle**

Alexa Marquette (Doerr), Co-Author of Grapevine: A Mother and Daughter's Tangled Journey Through an Eating Disorder

In this honest and uplifting session, Alexa Marquette (Doerr) shares her journey of healing from an eating disorder and the life-changing lessons she's learned about identity, strength, and self-worth. With candor and compassion, Alexa offers tools and insights to help teens and young adults untangle who they are from what they've been through—and reclaim their confidence and voice. This empowering presentation is ideal for schools, youth organizations, and student groups looking to create supportive spaces for growth and self-discovery.

11:30-11:35 **Stretch Break**

11:35-12:15 **Fetchin' into the Future 2.0: Role of Therapy Dogs in our Nation's Mental Health Crisis**

Amy Walz, You're Not Alone Executive Director

Discover the transformative power of the human-animal bond in this inspiring story of one family's journey from dysfunction to connection. Hear how the unconditional love of a puppy helped mend emotional wounds, rebuild relationships, and restore mental health and wellbeing. This presentation explores the profound impact pets can have when

integrated into our mental health toolbox—offering comfort, connection, healing - ultimately, the therapeutic role animals can play in creating healthier, happier lives.

12:15-1:00 **Lunch Break/ Vendor Fair / Wall Climbing Activity**

1:00-1:55 **Unshakeable: Lead with Values, Not Vibes**  
**Joe Beckman, Till360**

Confidence isn't about hype—it's about being clear on what matters. In this bold, hands-on session, you'll uncover your top 3 personal values and create your own Values Card to carry with you. This isn't just an activity—it's a mindset shift. When you know what you stand for, decisions get easier, leadership gets clearer, and self-respect becomes non-negotiable.

1:55-2:00pm **Closing/Evaluation**

### **REACH CONFERENCE LEARNING OBJECTIVES:**

Learners will:

1. Explore the impact of screen overuse on mental health, relationships, and real-world connections.
2. Engage in a mindset shift that redefines courage as showing up authentically and connecting face-to-face.
3. Commit to small, meaningful actions that foster stronger peer relationships and a more connected school culture.
4. Learn how to use the *Venn Diagram of Self* to separate identity from struggle and highlight inner strengths.
5. Gain tools to help young people recognize their worth, build resilience, and release shame.
6. Discover how personal stories can spark healing, hope, and authentic self-expression.
7. Gain knowledge of animals and the chemical reactions the human brain experiences when seeing a pet and being able to pet an animal.
8. Gain understanding of therapy animals and the healing power they can provide in school
9. Gain knowledge of the effect of having therapy animals in schools and the outcomes these animals provide.
10. Identify personal top three core values through guided reflection and peer interaction.
11. Create a personalized Values Card as a tangible tool for everyday leadership and decision-making.
12. Develop confidence to lead authentically by aligning actions with personal values, even in high-pressure situations



**SCAN TO COMPLETE THE  
CONFERENCE EVALUATION**