

**ILLINOIS COURT REPORTERS ASSOCIATION'S
"MARATHON" VIRTUAL SEMINAR**

April 22, 2023

7:15-7:30 a.m. Introductions and housekeeping items for today's seminars

**7:30-8:30 a.m. Seminar 1: Nancy Mullen, LCSW
Diversity, Equity, Inclusion, and Accessibility**

In a changing world, DEI&A is an area that is important to address, and this seminar will touch on points that many of us don't know the particulars about and how it impacts the workforce.

**8:30-9:30 a.m. Seminar 2: Brittan Bolin, ILCRA's Lobbyist
Legislative Update on CSR Sunset Bill and Legislative Challenges for
Reporters and Captioners in the Capital**

This seminar will go into the challenges to the current CSR Sunset bill and the process it takes to get it passed. We will talk about the players and the challenges to the system. This is a can't miss seminar.

**9:30-10:30 a.m. Seminar 3: Mark P. Douglass, Assistant Public Defender
It's All about the Record!**

What is a good and clean record from the end user's perspective? You will hear from an experienced attorney on how to write a record that is needed by those that count on it for their cases. Our perception of what is good vs. theirs might be totally different, so this seminar will help you get into the minds of those that use the record you produce.

**10:30-12:00 p.m. Seminar 4: Lisa Dennison, NCRA's A-Z Director
NCRA A to Z program**

Help the Next Generation Discover Steno: The National Court Reporters Association provides interested students with a free introductory course to discover if a career in steno is right for them. This session will discuss the history, purpose, and course design of the NCRA A to Z® Intro to Steno Machine Shorthand program. You will leave this session equipped with turnkey tools to teach your own program and simple ideas that you can use to promote the profession to help more students discover steno!

12:00-12:30 p.m. LUNCH on your own

**12:30-2:00 p.m. Seminar 5: Traci Mertens
Reporting in the US House of Representatives**

Learn about a day in the life of a Congressional reporter: What it takes to become one, what the benefits are of doing so, and what the differences and requirements are to work in a fast-paced, highly visible legislative environment.

2:00-3:00 p.m.

Seminar 6: Andrea James Jent
Techniques for Handling the Physical Stress of Your Job!

The day-to-day physical aspect of your job is grueling and takes a massive toll on your body. This seminar will teach you how to manage the physical and mental stress of your job.

3:00-4:00 p.m.

Seminar 7: Georgia Northway
Grassroots and You

Ever feel like you're helpless against the forces that are working against stenographic court reporting and captioning? Feeling isolated and powerless? Now is the time to take back your power!

Georgia Northway will present a seminar dedicated to teaching you about the small things you can do for yourself, for your community, region, and state in order to strengthen the profession and solidify its importance to the general public.

4:00-5:00 p.m.

Seminar 8: Denee Vadell, RPR, CCR-NJ
Living a Life of Purpose and Service

Work-life integration while managing a small steno business is a true challenge. Our speaker will give some tips and techniques on what it means to live a life of purpose and service. We will dive into how to be an influencer in both your work and personal lives and how that benefits your state and national association.

5:00-6:00 p.m.

Seminar 9: Keep It Brief!
Donna Urlaub, CSR, CRR, RPR, RMR

This presentation from the speed champion icon will help reporters and captioners "bridge" two- and three-word phrases with new and efficient briefs. This newest seminar by the NCRA speed and realtime champion will help reporter write better and cleaner. This is the can't miss seminar of the conference.

Total: 10.0 Illinois CSR Hours/ 1.0 NCRA CEU