

Learn. Lead. Transform.

Welcome to Training Days 2025 | Sept. 23-24

We're excited to gather on September 23–24 for two powerful days of growth, connection, and inspiration. This year's theme — Learn. Lead. Transform. —reflects our shared commitment to continuous learning, courageous leadership, and meaningful change.

Whether you're here to sharpen your skills, explore new ideas, or connect with peers across the organization, Training Days is your space to invest in yourself and your impact. Through dynamic virtual sessions and thought-provoking panel discussions, we'll explore what it means to lead with purpose and transform the way we work, collaborate, and grow. These live virtual events are open to all colleagues at every level.

Let's make these two days count. Let's learn boldly, lead bravely, and transform together.

Tuesday, Sept. 23



Keynote: Managing Stress + Sleep | The 21st Century Superpower

Brian Ferguson, Founder and CEO of Arena Labs

In this session, Brian Ferguson discusses why the world feels faster paced and more stressful but more importantly, simple and basic tools to feel grounded in sleep, stress management and recovery. Brian borrows from his time serving in military special operations, working alongside a variety of professional athletes and, most importantly, building a business that coaches frontline clinicians and clinical leaders.

You'll learn the basics of healthy sleep, how to intelligently use your weekends and downtime to rejuvenate, and where in your home and work environment you can build advantage or health!

Wednesday, Sept. 24



Keynote: Leadership via Technology: Sparking a TQ Revolution

Mike Song, CEO of Get Control!

True digital transformation doesn't start with tools—it starts with people. In this fast-paced and inspiring keynote, bestselling author and tech training expert Mike Song introduces a bold new idea: TQ—your Tech Quotient. It's not just about knowing tech—it's about continuous learning, sharing, and sparking innovation across your team.

Leadership via Technology is more than a keynote—it's a spark that drives success for you and the entire organization. Because when teams boost TQ together, transformation isn't just possible—it's unstoppable.



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