BLOOM

Professional Development Day 2026

UNBOTHERED & UNSTOPPABLE

Mastering Your Energy, Environment & Elevation

OPENING REFLECTION

What are you no longer willing to carry professionally?

Keep this question with you throughout the day. Notice what becomes clearer as you listen, reflect, and connect.

AGENDA

9:00–9:15 AM	**Welcome and Opening Remarks** *Mischa Harris*
9:15–10:00 AM	**Read the Room, Don't Absorb It** *Orlando Bishop*
10:00–10:45 AM	**Level Up: Your Next Move Starts Here** *Kimako Desvignes, DNP; Millicent DeJesus, PhD; Margo Minissian, PhD; Jeannette Pugh, PhD; Francis Escutinshaw; Nancy Figueroa; Dilara Uskup, PhD*
10:45–11:00 AM	**Break**
11:00–11:45 AM	**Protecting Your Peace Without Losing Your Professionalism: Navigating Emotional Labor in the Workplace** *Donovan Donnell, ACC*
11:45 AM–12:45 PM	**Real Talk: Lessons We Wish Someone Had Told Us Earlier** *Facilitator: Gena Smith-Woods, MSN, RN, BSN | Panelists: Herson Portillo, BSN, RN, BMT/CN; Chatika Britton; Julian Dumas, CMIP*
12:45–1:45 PM	**Beyond the Paycheck: Building Wealth, Living Well & Leading Impact** *Monica Carter – Soaris, MBA*
1:45–2:00 PM	**Closing Reflection and Action Planning** *Mischa Harris*

Use this packet as a working resource today — and as a reference for what you choose to carry forward.

Energy & Elevation

Capture what matters. Note the ideas, questions, and practical strategies you want to revisit after today.

9:15–10:00 AM

Read the Room, Don't Absorb It

Presented by Orlando Bishop

MY NOTES / APPLICATION

10:00–10:45 AM

Level Up: Your Next Move Starts Here

Presented by Kimako Desvignes, DNP; Millicent DeJesus, PhD; Margo Minissian, PhD; Jeannette Pugh, PhD; Francis Escutinshaw; Nancy Figueroa; Dilara Uskup, PhD

PRESENTER KEY TAKEAWAYS

- **BNI** offers support for school, research, quality improvement, and career growth.
- Employees can pursue degrees from master's through doctoral and APRN programs.
- Tuition assistance may help reduce the cost of education.
- Before choosing a program, consider Cedars-Sinai's academic partnerships and your career goals, and discuss options with mentors and leaders.
- Professional development opportunities include continuing education, certifications, mentorship, research, and innovation programs.

See attachment for BOOST and Health Sciences University Key Takeaways

MY NOTES / APPLICATION

Environment & Elevation in Action

Listen for the difference between what you can control, what you can influence, and what you may need to release.

11:00–11:45 AM

Protecting Your Peace Without Losing Your Professionalism: Navigating Emotional Labor in the Workplace

Presented by Donovan Donnell, ACC

PRESENTER KEY TAKEAWAYS

Recognize what the work is costing you emotionally.
Being good at handling pressure doesn't mean you have unlimited capacity. Notice when you need recovery or support before frustration starts shaping your behavior.

Communicate your limits while honoring your responsibilities.
You can care deeply without carrying everything. Make your capacity clear, ask for priorities, and practice saying what you need respectfully.

Take responsibility for the environment you help create.
Your words, tone, and habits influence your mood, your relationships, and your professional opportunities. Continually ask: ***"Is what I'm contributing helping create what I keep saying I need?"***

Notice your needs. Communicate your limits. Own your contribution.

MY NOTES / APPLICATION

11:45 AM–12:45 PM

Real Talk: Lessons We Wish Someone Had Told Us Earlier

Facilitated by Gena Smith-Woods, MSN, RN, BSN | Panelists: Herson Portillo, BSN, RN, BMT/CN; Chatika Britton; Julian Dumas, CMIP

MY NOTES / APPLICATION

Legacy

Think beyond the next task or title. What are you building — professionally, personally, and financially?

12:45–1:45 PM

Beyond the Paycheck: Building Wealth, Living Well & Leading Impact

Presented by Dr. Monica Carter – Soaris, MBA

PRESENTER KEY TAKEAWAYS

EARN - List Every income stream you have today: then name one new stream to add.
PROTECT - Check your safety net, emergency fund, cash value life insurance, living benefits, disability coverage, estate planning and your beneficiaries
GROW - Diversify retirement account types(pre-tax, tax free, guaranteed lifetime income, downside protection, stock market risk takers) build generational wealth and start one ownership asset.
INFLUENCE - Pick one topic and one platform. Speak, teach or publish once.
LEAD - Mentor, sponsor one person, share what you've learned about money.

MY NOTES / APPLICATION

Closing Reflection & Action Plan

Return to the question from the start of the day. What has changed in how you answer it now?

1. RELEASE — WHAT AM I NO LONGER WILLING TO CARRY?

A limiting belief, unnecessary burden, someone else's opinion, workplace habit, fear, or pressure I am ready to release: _____ _____ _____

2. REDIRECT — WHERE WILL I PUT THAT ENERGY?

PROTECT	**A boundary, practice, or response that will protect my energy:** _____
PRACTICE	**A communication or professional behavior I will practice:** _____
PURSUE	**A career, learning, or leadership opportunity I will explore:** _____
BUILD	**A financial, personal, or professional goal I will move forward:** _____
CONNECT	**A person, mentor, resource, or relationship I will intentionally engage:** _____

3. COMMIT — MY NEXT MOVE

Within 48 hours, I will...	
Within 30 days, I will...	
I will know I am making progress when...	

What are you building? What are you pursuing? What will you say yes to now?

Keep this page. Revisit it in 30 days.