

WACCC's Agenda
May 3-4, 2018
Island County - Whidbey Island
Thursday May 3, 2018

Meeting Location: Board of County Commissioners Hearing Room (Room 102B Basement, Island County Annex Building, 1 NE 6th Street, Coupeville)

8:00 a.m. Welcome from Island County Board of Commissioners and Introductions

WACCC's General Business Meeting

Call to Order
Roll Call
Approval of the Agenda
Minutes from April 2017 Annual Meeting
Announcement of Scholarship Recipients
Treasurer's Report
Committee Reports

9:00 a.m. Eric Johnson/Derek Anderson

Washington State Association of Counties (WSAC)

- 1) 2018 New Commissioner Training – December 10-13, 2018
- 2) WSAC 2018 Fall Conference – November 12 – 16, 2018 in Tacoma, WA
- 3) WSAC – Update on Website/Contacts/New Faces
- 4) Legislative Update

**9:30 a.m. –
12:00 Noon
Break @ 10:45**

Education Session: Amy Leneker

StrengthsFinder Introduction:

Identify your Strengths to Meet Your Goals and Increase Effectiveness

StrengthsFinder: How to Identify your Strengths and Meet Your Goals will help you identify your top strengths and develop strategies for meeting your goals using those strengths. As part of the course, you will take the Clifton Strengths Assessment (formally known as StrengthsFinder), which has been used by over 17 million individuals around the world as a resource to help meet goals and increase effectiveness. You will leave the course with a personalized action plan to help you apply your strengths at work and beyond.

12:00 Noon

Lunch out

**1:30 p.m. –
4:00 p.m.
Break @ 2:45**

Education Session: Jose Briones, Island County Jail Administrator

Defusing Hostile Situations

This interactive class is for anyone who works with the public on a regular basis. Participants will learn strategies and tactics to use when dealing with potentially hostile situations. Chief Briones will talk about possible scenarios and teach participants tried and true techniques to help de-escalate and avoid potentially dangerous situations. The class will also explore the warning signs of escalation, "fight-or-flight" situations, and offer other tools to recognize and manage potential danger in the workplace.

4:00 p.m.

Adjourn

Friday May 4, 2018

Meeting Location: Board of County Commissioners Hearing Room (Room 102B Basement, Island County Annex Building, 1 NE 6th Street, Coupeville)

8:00 a.m.

Continued WACCC's General Business Meeting

Unfinished Business
New Business
Election of New Officers
Committee Appointments
2019 Conference Site

9:00 a.m. -

10:00 a.m.

Break @ 10:00

Education Session: Melanie Bacon, Island County Human Resources Director Mindfulness

"Mindfulness" is an approach to life in which the practitioner focuses their attention on the purposeful present moment, rather than the unchangeable past or the illusory future. Mindfulness can help relieve stress, depression and anxiety, and contributes to self-knowledge, wisdom, acceptance and a non-judgmental view of the world. This session will combine lecture, humor and exercises to help you understand why you might find value in furthering your own mindfulness practice.

10:15 a.m.

Roundtable Topics:

- 1) Participation of Clerk's
- 2) Ideas for 2019 Education Series and Location
- 3) Executive Board – Expenses Paid

11:30 a.m.

Tour of Island County Campus – *if time allows*

12:00 p.m.

Adjourn – Have a Safe Trip Home!