



2019 Live Yes! Conference of Champions

ATLANTA, GEORGIA • SEPTEMBER 13-15, 2019

Laurie Stewart  
Chair, Arthritis Foundation  
Board of Directors



**Live Yes!**

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# Live Yes! Conference of Champions Steering Committee

## Live Yes! Conference of Champions Content Planning Teams

- Volunteer Leadership Track
- Facilitator Track
- Warrior Track

Thank You to All of Our Presenters!

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Thank You to All of Our Volunteers!

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# Motivation Moment



# Dr. Lisa Patierne Rising to Greatness



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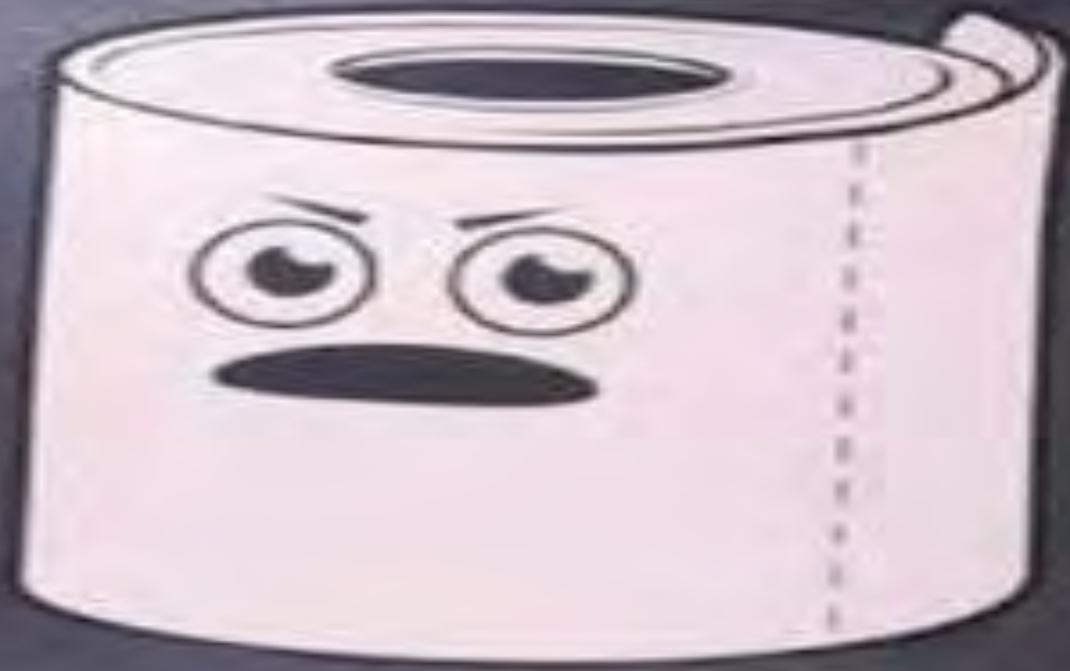
# Tying it All Together

Presented by Dr. Lisa Patierne  
Rising to Greatness

I HATE MY JOB



OH PLEASE!



300-574-1100

# Attitude of Gratitude

Gratitude is the best  
medicine. It heals your mind,  
your body and your spirit.  
And attracts more things to  
be grateful for.



# Attitude of Gratitude



- Greater life satisfaction and optimism.
- Better progress towards goals.
- Reduced levels of stress.
- More prosocial behavior.
- Positive moods.
- Greater sense of feeling connected to others.

# Think of 3 things



*“I’m happy and grateful for....”*

# Share



**“I’m happy and grateful for...”  
with the person  
next to you.**

**What is one of the oldest  
living organisms on the  
planet?**



## California Redwood Trees

- **On Earth for over 100 million years**
- **Tallest trees--350 ft. high**
- **Live upward of 2000 years**
- **Very shallow root system**
- **Release 500 gallons of water each day**
- **Intertwine with roots of other trees**



“The roots remind me that we are all “rooted” together and I live in NYS and no matter what the ‘season’ the Pine Tree stands tall.”

## Comfort Zone





The Trail of the Fallen  
RLTC John Nawoichyk  
Assistant Athletic Director  
West Point



The Trail of the Fallen  
West Point



The Trail of the Fallen  
West Point



The Trail of the Fallen  
West Point

# RESPONSIVE Leadership



Dr. Lisa Patierne

Lieutenant Colonel (US Army Retired) John Nawoichyk

# Future Growth





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# Ann M. Palmer

President & CEO  
Arthritis Foundation





The Live Yes! Network is our future.



We have an immediate opportunity in front of us.



As the Live Yes! Network grows, so does our capacity for the future.



Now is the time to seize the opportunity in front of us.

Support has  
evolved:

Three Domains

Peer Model

Expert Advice

24/7 Personal  
Connections



People  
have better  
outcomes  
when they  
engage  
with the  
Arthritis  
Foundation.



And now,  
we have a  
personalized,  
scalable  
approach.





We have laid  
the tracks:

Creating the Live Yes!  
Arthritis Network Promise

Spreading Our Message

Perfecting Assessments  
and Tools

Training Facilitators

“The key is not the will to win... everybody has that. It is the will to prepare to win that is important.”

- Bobby Knight

As more people  
share their  
INSIGHTS, the  
movement  
grows:

Help More People,  
Faster

Increase Our Power

Create a National  
Agenda





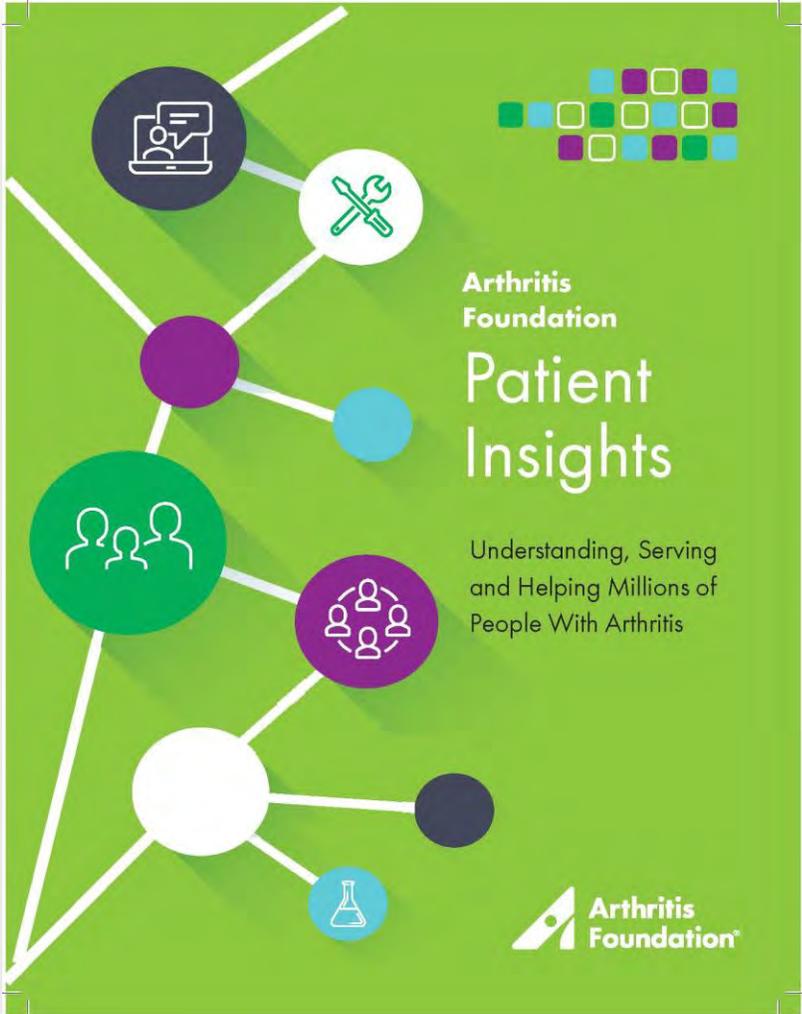
We have developed a more evolved meaning of support and know that those we reach have better outcomes.

Our support is now truly personalized, and the tracks have been laid to make it scalable.

As more participate in INSIGHTS, the movement grows and becomes more powerful.

Now we can help more people, better and faster.

Our INSIGHTS and reports are opportunities to be heard, shape our agenda and grow the Live Yes! Arthritis Network.



“Small opportunities are often the beginning of great enterprises.”

- Demosthenes



People with arthritis can't wait. Neither can we.



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