



DKG Maryland Leadership Development Conference
May 14, 2022 8:00 am - 3:00 pm
Bowie Comfort Inn and Conference Center



The day will include training for Chapter Presidents. All chapter presidents (2022-2024) are requested to be in attendance. The day will concentrate on developing and training DKG leaders but it is open to all. Come and experience a day together with friends. The Leadership Development Committee invites you to join them in celebrating our first time in person meeting in 2 years.



Suzy Plaut, Alpha Gamma Chapter
Member of the Leadership Development Committee
for DKG Maryland

Workshop Presentation on the book: "The Energy Bus: 10 Rules to Fuel Your Life, Work, and Team with Positive Energy" by Jon Gordon

Ms. Plaut is a middle school mathematics teacher in Howard County.



Laurie Ellington, MA, LPC, BBC, MCC, RYT,
NBC-HWC Co-Founder CEO/CLO at Zero Point
Leadership (Zeropointleadership.com)
Leadership Consultant and Wellness Coach

Keynote Topic: "The Neuroscience of Mindful and Compassionate Leadership"

Workshop Presentation: "Brain-Based Leadership:
The Neuroscience of Creating a Culture of
Engagement and Trust"

Laurie Ellington is co-founder and chief executive officer of Zero Point Leadership, leading - edge neuroscience-based personal and leadership learning and development organization. Laurie is among the pioneers who recognize that we change the world by harnessing the power of the connection between the heart and the mind. Combining findings from neuroscience, mind body research, stress resilience, and flow she helps individuals, teams and organizations change the way they think, feel and show up in the world. She has more than 22 years of

experience in coaching, training, consulting, leadership, facilitation, and mind/body medicine. She believes that gaining a deeper understanding of human relationships plays a key role in shifting out of status quo to move positive change forward. Her philosophy is that change happens from the inside out versus the outside in, and that people have the solutions within them.

Laurie is a Professional Certified Coach and a Licensed Professional Counselor with expertise developing trauma-informed health and human service systems. Laurie is also a HeartMath Certified Trainer, where she teaches people the physiology of building stress resilience to prepare for and adapt in the face of change and adversity. Laurie is an Adjunct Faculty at several universities. Her work here includes providing Stress Resilience/Mindfulness programs for federal government leaders with various agencies across the U.S. Laurie also teaching meditation and coaching courses, psychology, ethics, and critical thinking courses. She is also a certified yoga instructor. Laurie enjoys writing, dancing and being in nature.

“The Neuroscience of Mindful and Compassionate Leadership” is a science-backed keynote presentation draws on breakthroughs in contemporary neuroscience, mindfulness, compassion, flow, and mind-body research to provide fresh insights into the links between mindfulness, compassion, and effective leadership. Recent discoveries in modern neuroscience and mind-body research indicate we are wired for compassion and without it engaging groups of people in a change process may not be possible, as the physiology of the human nervous system is not conducive to effective leadership when compassion is missing from human interactions.

“Brain-Based Leadership” workshop draws on breakthroughs in modern neuroscience, resilience, mind-body research, and Neuro Leadership to provide fresh insights into the deeply social nature of high-performance leadership. Participants learn a neuroscience-based framework for creating a climate of trust and collaboration, along with strategies for enhancing self-mastery, collective intelligence, and a sense of purpose critical for mobilizing positive change.



Cynthia Moore, Alberta State Organization,
Delta Kappa Gamma Society International,
Member-at-Large, 2020-2024

Morning Message: “Updates from DKG Society International”

Workshop Presentation: “Leading from the Heart”

Cynthia Moore was born in Saskatchewan, a resource-rich prairie province in western Canada, which is known for agriculture, mining, energy, and its Canadian Football League team, the Saskatchewan Roughriders. She has been married for 39 years and has two daughters, two sons and four grandchildren. Cynthia graduated from the University of Regina, with a Bachelor of

Education –Arts Education (Visual Art, English Literature). In 2004, she received a Master of Education in Educational Administration – Transformational Leadership, and the Graduate Student Award. In 1997, she received the Canadian Teachers’ Federation Roy C. Hill Award for Excellence in Education. Retired from Regina Public Schools, she has extensive experience in education for more than twenty-five years as an educator at all levels – primary, middle level, secondary and post-secondary.

Cynthia began teaching skiing lessons to children and adults at a ski resort in Saskatchewan and was also a member of the Canadian Ski Patrol. After this teaching experience, she enrolled in a newly created Arts Education Program and after graduating, began teaching visual art, drama and social studies in high school and continued as an elementary 8th grade teacher and, occasionally, acting principal. Cynthia says her first five years teaching at the technical/vocational high school provided an opportunity “to engage with students who were previously challenged in the educational system and who flourished in the creative atmosphere of Arts Education.”

As a DKG member, she was initiated in Regina Chapter, Saskatchewan State Organization, in 2004. She has served as chapter secretary, membership chair, program committee member, state organization treasurer, president, parliamentarian, and finance committee and conference planning committee chairs. She attended the DKG Leadership Management Seminar at University of Texas at Austin, McCombs School of Business, in 2012. And in 2017, Cynthia transferred her membership to Beta/Calgary chapter, Alberta State Organization, after moving to Kimberley, British Columbia.

Cynthia says, “Serving on International committees has been an opportunity to meet, work and share passions and ideas with DKG members throughout the Society.” She served on the International Membership Committee, the Educational Excellence Committee as both a member and as chair, and was a DKG International Speakers Fund Speaker (2018-2020). Currently she serves as International Member-at-Large 2020-2024, is on the Society Strategic Plan Committee, the International Speakers Fund Committee as chair, chair of the DKG Alberta Constitution – Bylaws/Rules Committee, and a member of the Beta/Calgary Chapter Membership Committee.

Cynthia is a Yoga Alliance Certified (2012) yoga teacher and Relax and Renew © Restorative Yoga Trainer (2014). She currently teaches yoga classes virtually from Kimberley, BC, and has taught yoga at corporate events in BC and Saskatchewan. In addition, she is a short-term instructor for the Rocky Mountain International Student Program in Kimberley, Cranbrook and Invermere, BC, and an English tutor for middle level, secondary, and post-secondary international students. She is involved in local organizations as a volunteer and enjoys skiing, hiking, kayaking, gardening, photography, and reading while living in a picturesque mountain town in the East Kootenays region of British Columbia, Canada.

Cynthia will present a message from International during the morning session. It will include updates on happenings in the Society in 2022. Her workshop presentation, “Leading from the Heart”. Leaders who lead from their hearts coach others to do their personal best and listen to colleagues’ views to direct their organization – revealing all members are critical to the organization’s success. Let’s talk about our leadership journeys and the equipment required- inspiration, wellness, and connections.