



## **Annual Legislative Training Assembly (ALTA) I**

Wednesday, July 17, 2019

2:30 PM – 4:30 PM

Cheyenne

**Host:** **Senator Kaiuli'i Kahele**  
Hawai'i State Senate  
Western Legislative Academy Class President

2:30 **Creating a Culture of Excellence: How to Identify and Manage Stress**  
Scott Raecker, The Robert D. and Billie Ray Center

2:35 **Icebreaker**

2:50 **Compact for Excellence**

3:00 **Stress Management Plan**

4:15 **Leading for Optimal Performance**

4:25 **Closing Remarks**