

2026 GREEA Instructor Workshop



2026 GREC/GREAB Annual School Meeting

Take Care of Yourself So You Can Take Care of Them

Pre-Conference Bonus - Wednesday, December 2

Noon - 6:00 pm	Headshots	Pre-Function Area A
3:00 pm – 4:30 pm	What is Your Role as a School Director? Led by Vickie Rogers, GREC & Christy Slaton, GREEA Instructor Academy	White Oak Ballroom 4,5,6
4:45 pm – 5:45 pm	GREEA New Member On-Boarding	White Oak Ballroom 3
7:00 pm - 8:30 pm	Meet and Greet for School Directors and Instructors	White Oak Ballroom 4,5,6
8:30 pm - 10:00 pm	Game Night	White Oak Ballroom 3

GREEA Instructor Workshop – Thursday, December 3

7:00 am - 8:45 am	Breakfast	White Oak Ballroom 3
7:30 am – 9:00 am	Registration Open GREEA Information Table	Registration Desk Registration Desk
8:00 am – 5:00 pm	Partner Tables Open	Pre-Function Area B
9:00 am – 12:00 pm	The Voice Behind Effective Teaching Instructor: Kathryn Woods	White Oak Ballroom 4,5,6
10:30 am – 10:45 am	Break	Pre-Function Area B
12:00 pm – 1:00 pm	LUNCH	White Oak Ballroom 3
1:00 pm – 1:15 pm	GREEA Committee Reports	White Oak Ballroom 4,5,6
1:15 pm – 4:15 pm	Why Standing Hurts, Bodies Decline, & Pain Persists – The Causes No One Checks, Part 1 Instructor: Eileen Kopsaftis	White Oak Ballroom 4,5,6
2:45 pm to 3:00 pm	Break	Pre-Function Area B
6:00 pm - 6:30 pm	GREEA Cocktail Reception	Pre-Function Area B
6:30 pm – 8:00 pm	GREEA Dinner & Annual Business Meeting	White Oak Ballroom 3
8:00 pm - 10:00 pm	Move Your Body After Party with Cash Bar	White Oak Ballroom 3

GREC Annual School Meeting – Friday, December 4

7:00 am - 8:30 am	Breakfast	White Oak Ballroom 3
7:30 am – 8:30 am	Registration Open GREEA Information Table	Registration Desk Registration Desk
8:00 am – 3:00 pm	Partner Tables Open	Pre-Function Area B
8:30 am – 8:40 am	Welcome Vickie Rogers, 2026 GREEA President	White Oak Ballroom 4,5,6
8:45 am – 11:45 pm	Why Standing Hurts, Bodies Decline, & Pain Persists – The Causes No One Checks, Part 2 Instructor: Eileen Kopsaftis	White Oak Ballroom 4,5,6
10:15 am – 10:30 am	Break	Pre-Function Area B
11:55 am - 1:00 pm	GREC/GREAB Update Lynn Dempsey, Commissioner Kim Yarrington, Deputy Commissioner	White Oak Ballroom 4,5,6

1:00 pm – 1:45 pm
1:45 pm – 4:45 pm

3:15 pm – 3:30 pm
4:45 pm – 5:00 pm

Lunch

Now What Do I Do?

Instructors: Joi Bostic and Chris Burell

Break

Closing Session

Vickie Rogers, 2026 GREEA President

White Oak Ballroom 3

White Oak Ballroom 4,5,6

Pre-Function Area B

White Oak Ballroom 4,5,6

