

Recharge & Reset

This motivation is about honoring the human side of learning.

Are you navigating burnout, attending your first large conference, or simply needing space to reflect within a packed schedule? Recharge & Reset helps you design a conference experience that supports your energy, well-being, and focus—so you leave feeling grounded, not depleted. This motivation invites you to slow down, create breathing room in your schedule, and reconnect with what fuels you.

By following this motivation, you'll leave with:

- A deeper reflection on your work, your goals, and what matters most right now.
- A sense of renewed energy—without feeling overextended.

Before You Arrive

- Be honest about your energy and build a schedule that includes breaks. Download our [Guide for Building Your Schedule](#) to learn more.
- Identify one or two wellness or reflection experiences you want to prioritize.
- Give yourself permission to step away when you need it.
- Use the filter “Recharge & Reset” to easily find sessions we’ve specifically curated to help you maximize this motivation.

During the Event

- Use quiet spaces, wellness activities, or solo moments to recharge.
- Balance high-energy sessions with lower-key experiences.
- Notice what feels energizing—and what doesn’t—and adjust your schedule accordingly.
- Visit our TD For Good station to help The Giving Spirit assemble Sweet Cases for children entering foster care.
- Stop at a Bark Break in the EXPO to take a moment to unwind while enjoying the therapeutic benefits of animal interaction.
- Attend the Keynote featuring Freestyle+, who will help attendees become more adaptable, joyful, and connected in all areas of life.

After You Leave

- Reflect on what helped you feel most focused and grounded.
- Consider how you can build similar moments of pause into your daily work.

- Commit to one small habit or practice that supports your well-being.