



All members are invited!

Primal Safety: Mental, Physical and Emotional Well-Being

During this professional development program, we'll look at what contributes to your wellness and peak performance and more importantly - how you can incorporate specific practices into your day-to-day life on both a personal and professional level.

Our speaker and your fellow AGC Georgia member, Brent Darnell, will offer tips and best practices to help you learn to cultivate resilience in the face of stress while recognizing burnout in ourselves and others. He'll provide meaningful examples of how you can take steps to support efforts to bring wellness, peak-performance and longevity into your life and to those around you at home and in the workplace.

For the contractor professionals in attendance, you'll be inspired implement lessons learned with top project leadership all the way through the trades with Brent's program called Primal Safety.



Brent Darnell is the pioneer in bringing emotional intelligence to the construction industry. He began teaching it in 1999 before the AEC industry knew they needed it. In 2012, he was awarded *Engineering News Record's* top 25 newsmaker's award for his record-breaking program that "transforms Alpha males into service focused leaders." In 2017, he won the volunteer of the year award for AGC Georgia for his work in training and development.

He is a third-generation construction guy. Brent grew up walking projects like the Plaza Tower in New Orleans with his Dad. He graduated with a mechanical engineering degree from Georgia Tech in 1981 and spent 18 years managing projects such as the Brooke Army Medical Center and housing for athletes in the Olympic Village in Atlanta.

Brent has recently developed the world's first online e-learning courses on emotional intelligence and soft skills for the AEC industry. He is a true Renaissance man. He is a mechanical engineer, actor, playwright, musician, poet, yoga instructor, and book publisher.

 **YOUNG LEADERSHIP PROGRAM**



- ▶ **Wed., March 22, 2023**
- ▶ **11:30 am - 1:30 pm**
- ▶ **AGC Georgia Training Center**
1940 The Exchange
Atlanta 30339

Registration Information

Wednesday, March 22, 2023

AGC Georgia Training Center
1940 The Exchange, Atlanta 30339
Lunch is included with pre-registration

- 11:30 am – Registration Opens/Lunch Served
- Noon – 1:30 pm – Program with Brent Darnell

Online preferred pricing is available by visiting www.agcga.org and clicking on *Calendar/Register*.

Member representatives enrolled in Young Leadership Program:

- Register **ONLINE** on or before March 8 – free
- Register with this form on or before March 8 – \$20
- Register **ONLINE** on or after March 8 – \$20
- Register with this form on or after March 8 – \$30

ALERT: Young Leadership Program members who cancel after March 15, 2023 or register and fail to attend will be charged \$50.

Representatives of AGC Georgia firms who are not enrolled as a member of the Young Leadership Program:

- Register **ONLINE** on or before March 8 – \$70
- Register with this form on or before March 8 – \$80
- Register **ONLINE** on or after March 8 – \$80
- Register with this form on or after March 8 – \$90

ALERT: No cancellations after March 15, 2023. Substitutions are encouraged.

*******If you are choosing to forego the online registration discount, please complete the form below.**

Name: _____ Company: _____

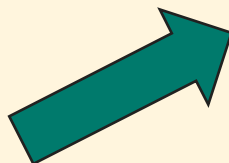
Email: _____ Title: _____ **Total Due: \$** _____

Check: Mail form & check (payable to AGC Georgia) to: Wells Fargo/AGC Georgia; P.O. Box 934023; Atlanta, GA 31193-4023

Charge My: AmEx MC Visa Discover

Name on Card: _____ CC# _____ Exp. Date: _____

For questions, contact
Machell Harper,
Director, Member Services
and liaison to YLP at
678.298.4108 or
harper@agcga.org.



Regardless of whether a payment is due, please use one of the methods below to return this form.

- **Electronically:** Use “Click to Submit” button to attach to an automated email (This does not work on all systems.)
- **Fax:** 678-298-4101
- **Email:** (After manually filling out form):
registration@agcga.org