

**BIG I** | WESTCHESTER

**EDAY** *presents*

**"Resilience and Well-being"**

*A deep dive into understanding  
our modern day stressors*

**September 26, 2024**

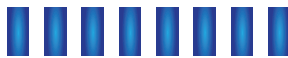
**The Opus Westchester**  
3 Renaissance Square  
WhitePlains, NY 10601

Keynote Speaker

**ALLY MEYERS**

Executive Coach, Speaker,  
Trainer and Mindset Shifter





Dear Members and Friends:

Please join us on Thursday, September 26, 2024 for our **58th Annual Education Day** at The Opus Westchester. We look forward to both an educational and fun day, comprised of great speakers, networking, exhibitors and of course, George Goodman's "2023 Top Ten."

**CE Instructor:**

**Mishell K. Magnusson**, CIC, CISR, AAI, CPIA, FIPC  
KJM Consulting & Training, Inc.

**WORKERS COMPENSATION-MORE THAN THE BASICS**

(3 CREDITS)

During this 3-hour program, participants will be led through the basics of workers' compensation in preparation for more detail. A history of the system is given along with defining the different coverages and how each works. Exposures are addressed along with the many different certificate of insurance forms being used and requested.

**KEYNOTE SPEAKER**

This year we are excited to announce **Ally Meyers**, executive and positive coach and speaker, who will present "The Five to Thrive."

In our fast-paced world of constant communication, notifications, and work-life overlap, the small stressors compound, leading to chronic stress, burnout and disengagement. The way in which we are integrating work and life is not sustainable.

The Five to Thrive presentation teaches the five key building blocks of happiness and resilience and equips attendees with essential tools and strategies to help lower chronic stress, increase well-being, and create a happier and more engaged workplace. Building these skills empowers employees to better manage both the micro-stressors of our modern world, as well as prepare for the inevitable unknowns.

The building blocks include mindfulness, managing negative emotions, cultivating positive emotions and experiences, the benefits of social connection, and the value of purposeful goal setting.

**UPDATE FROM THE BIG I NY**

Please join us in welcoming David Bodenstein, Big I New York Chair of the Board. David will provide an update on behalf of the Big I to our members.

**FREDERICK H. DAYTON AWARD WINNER**

Our Frederick H. Dayton Award Winner will be announced on July 15th.

**TOP PARTNERS**

Each year our Top Partner awards are presented to insurance companies represented in Westchester, Putnam and Rockland Counties who have demonstrated their commitment and support of Independent Agents and Brokers. Our Top Partners will be announced on July 15th

Please register early as we sold out in 2023. We look forward to welcoming you to EDay 2024!

Sincerely,

Adam Antoinette  
Big I Westchester  
President

Ken Furst and Janine Andros  
E-Day Committee Co-Chairs

**8:30 A.M.**  
**CE SEMINAR REGISTRATION**

Coffee & Danish

**9:00 A.M.**  
**CE SEMINAR**

Workers Compensation - More Than Basics

**11:30 - 12:30 P.M.**  
**REGISTRATION**

**12:30 P.M.**  
**Luncheon & Greetings**

Adam Antoinette  
President of Big I Westchester

**GEORGE GOODMAN'S 2023  
INSURANCE TOP TEN**

**Introduction of Keynote Speaker:**

Adam Antoinette  
President, Big I Westchester

**KEYNOTE SPEAKER:**

Ally Meyers, Executive Coach

**PRESENTATION OF AWARDS**

**Top Partner Awards Presented By:**

Brian Eifert, CPCU, AAI, RMPE

President

Eifert, French & Ketchum

*Recipients to be announced on July 10th.*

**FREDERICK H. DAYTON AWARD**

**Presented By:**

Rhonda Jacobius

Personal Lines Manager

Rosen & Company, Inc.

*Recipient to be announced on July 15th.*

**UPDATE FROM BIG I NY**

David Bodenstein

Chair of the Board, Big I NY

**INSTALLATION OF OFFICERS &  
DIRECTORS**

**CLOSING REMARKS**

**AND GRAND PRIZE DRAWING**

Adam Antoinette

President, Big I Westchester

**2:45 - 4:00 P.M.**

**EXHIBIT HALL OPEN WITH COCKTAIL  
HOUR AND NETWORKING**

**EDUCATION DAY 2024 SPONSORED BY BIG I WESTCHESTER**

**Registration Fee:**

\$180 per person for Agents/Brokers, Sponsors and Exhibitors who register and pay before August 1, 2024. \$200 per person after that date.

\$225 for non-members/non-sponsors before August 1, 2024.

\$250 after that date. CE Class only: \$75.

**Registration Fee Includes:**

CE Class, luncheon, exhibit hall, cocktail reception in exhibit hall, awards ceremony, parking and afternoon program.

For more information about registering for E-Day, exhibiting, sponsoring, or advertising in our E-Day Journal, please contact The Beaumont Group at 973-941-6024, or [scb@thebeaumontgroup.com](mailto:scb@thebeaumontgroup.com).

**Please pay tribute to our Dayton Award Recipient  
and our Top Partners.**

**PLEASE VISIT THE ASSOCIATION'S  
WEBSITE AT [IIAWESTCHESTER.ORG](http://IIAWESTCHESTER.ORG)**



Ally Meyers, Keynote speaker

