**RTD MAX Week Breakout Sessions**

Each participant will choose 2 to attend: *\*\**

1.       **In the Grip** - Most people know their Myers-Briggs type (if you don't you need to find out before you come to Denver; more below). But, do you know there is a predictable way you react to stress based on your Myers-Briggs type? Learn about the psychology behind In the Grip and more importantly, be able to identify In the Grip behaviors so you know when you or others are In the Grip and can manage the situation from that approach.

*If you would like to attend In the Grip, please come to the breakout knowing your Myers-Briggs type. If you do not have the official report, here are two free Websites that do a pretty good job of providing a similar result to Myers-Briggs:* [*https://www.16personalities.com*](https://apc01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.16personalities.com&data=02%7C01%7C%7C88c95c183e98428ed95208d6aecfe510%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C636888605280043708&sdata=6SAAfZ7jpqkq23Tj4WEO0kXDRiUv%2BDc%2FV2ileNtvy64%3D&reserved=0) *or* [*http://www.humanmetrics.com/personality*](https://apc01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.humanmetrics.com%2Fpersonality&data=02%7C01%7C%7C88c95c183e98428ed95208d6aecfe510%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C636888605280053713&sdata=DLtCg%2BGMowNVaZaVmZhsmPaP%2BfypMP5d35XJiEU5AJc%3D&reserved=0)

2.       **Video Investigations/Safety & Security Video Technology** - RTD has a well-established video investigations team partnering within the District and with local law enforcement to locate and find video for a variety of reasons. Often the video pulled by that team is the reason criminals are caught and/or convicted. In order to support this investigation team, RTD has invested in a variety of video technologies that are used all day every day in our security command centers. This session will cover both sides of our video technology.

3.       **Budget Planning** - Many managers manage budgets without any formal business training as to how to build and request the resources they need. In an effort to shift budget planning from a flat percentage increase across the board to an actual request that more accurately reflects needs, RTD is training all managers with a new program of three courses to address budgetary planning and management. This session will provide an overview.

*\*\*detailed agendas subject to slight changes*