

MCA Texas 2022 Conference Education and Entertainment Programs

Mechanical Contractors Association of America

Meet the newly elected president and hear of the latest efforts and initiatives from your National Association. We will be joined by Robert Bolton, the President of MCAA for 2022. Robert is the CEO and President of Arden Building Companies, LLC, a full-service mechanical, sheet metal and electrical contractor offering engineering design, construction and maintenance services. The company is located in Pawtucket, RI, with offices serving the greater Boston, MA, and Hartford, CT, markets.



" Thank Your Lucky Stars That You're in Texas: Economic Outlook For Texas and the Nation"

There are a lot of things happening in Texas. Alan will look at construction trends in Texas and the region, labor issues, interest rates and construction price index. He will also look at US and global economic trends that will impact Texas. Thinking and planning for the changes before they are on your doorstep is key to being successful as we go through the business cycle. Attend and learn what the leading indicators are telling us and what it all means for budgets and cash planning, and what we can do about it. We'll also take a closer look at the 2020s, and what opportunities and potential problems await us there.

Dr. Alan Beaulieu, is the President and a Principle at the Institute for Trend Research (ITR). ITR Economics is First in Forecasts Worldwide because of its reputation for reliable forecasts and actionable content. Additionally, Alan co-authored three books, including a children's book, *But I Want It*, to shape young minds in a way that will prepare them for prospering in the future.

The Mindset of a Champion: Reaching Your Potential in a World of Constant Change and Adversity

David Cook is a speaker, consultant, peak performance coach, author, and film-maker in the field of Sport and Performance Psychology. He served as "Mental Training Coach" for the San Antonio Spurs from 1996 – 2004 that included two World Championships. He is currently Director of the new Peak Performance Center at Baylor University. Golf Digest (2013) named him one of the "Top 10 Mental Game Experts" in the world of golf. He is currently coaching several of the Tour's top players. As past president of the National Sport Psychology Academy he is known as a leading authority in the science of Peak Performance. He has coached performers from the PGA (over 100 players), NBA (two NBA MVP's, David Robinson and Tim Duncan), NFL, MLB, Olympics, and collegiate national championship ranks. His business clients have included The PGA of America, Exxon Mobil, Sprint, HP/Compaq, USAA, Heinz, Raytheon, Frito Lay, American Express, Bristol-Myers Squibb, Texas Instruments, Bayer, Interstate Battery, StorageTek, Pitney Bowes, US Filter, State Farm Insurance, Robert Half International, Key Bank, Conoco/Phillips, and many others.

In 2006 he released his first performance novel, *Golf's Sacred Journey: Seven Days at the Links of Utopia* that was featured in the USA Today Life Section in the fall of 2009.



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This book was made into a movie, *Seven Days in Utopia*, with academy award winners Robert Duvall and Melissa Leo. This movie was built around the performance principles he speaks about in his keynotes. He served as Executive Producer on this project and President and Chairman of the Board of Utopia Films, the Production Company. The book sequel, *Johnny's U.S. Open: Golf's Sacred Journey 2*, was released fall of 2013. His latest book: *The Psychology of Tournament Golf: Playing Your Best When it Means the Most* was released Christmas 2014.

David received his undergraduate degree from Baylor University in 1980. He completed his Ph.D. in Applied Sport and Performance Psychology from the University of Virginia in 1984. He is married to Karen and has two daughters. They live in the Hill Country of Texas.

Texas Construction Law Trends / Ask the Attorney

Ben Westcott is Co-Managing Shareholder of Andrews Myers, PC. The firm is recognized widely as one of Texas' preeminent construction law firms. Chris Love will join him, and together they will address the current trends in construction law in Texas. As well, they will offer their observations to the recently enacted legislation from the 2021 Texas Legislative Session. In addition, Ben will take your questions in advance for an "Ask the Attorney" portion of the presentation.



Maximizing Health and Vitality Through Personalized Medicine



Mary Caire MD is a ground-breaking functional medicine physician, lecturer, and leader in DNA-informed precision medicine. Her message is powerful: optimal health and vitality is within our control. We can positively influence our short and long-term health by understanding our unique DNA and the science of epigenetics. Dr. Caire graduated from LSU School of Medicine in 1997 and in 2002, completed a 5-year double residency in the Physical Medicine and Rehabilitation (PM&R) and Internal Medicine programs, serving as chief resident her final year. Dr. Caire is board certified in PM&R.

Dr. Caire later completed a Fellowship in Metabolic Medicine and Anti-Aging and Regenerative Medicine and is board certified through the Metabolic Medical Institute at George Washington University School of Medicine. Dr. Caire also served as President of the Wise County Medical Society and on the Texas State Medical Board Political Action Committee.

Dr. Caire is a published author and has lectured across the country on topics related to precision medicine, addiction recovery, pain management, the use of big data in medicine, DNA-informed medicine, and the future of medical care. Her article, "Finding Purpose in The Future of Medicine", shares her path to practicing integrative medicine and some of the advancements that are revolutionizing health care today -

<https://marycairemd.com/a4m-finding-purpose-future-medicine/>

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Extreme Leadership

Listed as one of **Inc.'s global Top 50 Leadership and Management Experts**, Steve Farber is a Leadership Pioneer, Strategist and Bestselling Author. Huffington Post has named Steve Farber as the **#1 Business Speaker to See**. Steve's expertise is in creating organizational cultures where leadership is not just an opportunity and obligation for those in authority, but for everyone at all levels.

Former Vice President of the Tom Peters Company, Steve is the President of Extreme Leadership, Inc, and the founder of The Extreme Leadership Institute, organizations devoted to the cultivation and development of Extreme Leaders around the world. His accessible, deeply inspirational, and eminently practical Radical LEAP framework is widely used across the business, non-profit and education spectrum. Farber has been credited with redefining leadership in deeply personal yet practical terms and re-energizing thousands of people to make a significant difference in their businesses, lives, and the world around them.

Steve is the author of the new book *Love is Just Damn Good Business*. His third book, *Greater Than Yourself*, was a Wall Street Journal® and USA Today® bestseller. His second book, *The Radical Edge*, was hailed as "a playbook for harnessing the power of the human spirit." And his first book, *The Radical Leap*, is already considered a classic in the leadership field. It received Fast Company Magazine's Readers' Choice Award and was recently named one of the 100 Best Business Books of All Time.



Project/Service Managers Education Series for 2022



Correspondence Do's and Don'ts

Communication is at the heart of being a mechanical contractor, and a project manager will have correspondence with various project participants such as the General Contractor, the Architect, the Owner, and suppliers. There are many different forms of communication and several different types of media that can be used effectively. This session looks at when written communication is more effective than oral communication, and strategies for proper correspondence etiquette will be discussed. Several real-world examples will be analyzed to help participants be more effective in their roles and ensure their projects are successful.

Managing Different Generations

The construction world is constantly changing, more so with the changing dynamics of the people in the workforce. Most contracting firms have a workforce with a wide variety of ages of their employees. This session looks at the differences between Baby Boomers, Generation X, Generation Y and now Generation Z, and how that can affect management decisions in order to make a more efficient and motivated staff. Examples and exercises will be used to help illustrate the different attitudes and motivations of a multi-generational team to help managers get the most from their people.

Blake Wentz, PhD, CPC, LEED® AP, California State University, Chico. Dr. Wentz has a Bachelor's degree in Finance and a Master's degree in Engineering from the University of Nebraska, and a PhD from Indiana State University. He owned and operated his family's mechanical contracting business, Wentz Plumbing and Heating, in Lincoln, NE for five years before becoming a college professor. He was a professor at the Milwaukee School of Engineering for 15 years, serving as Program Director of the Construction Management Program from 2008 to 2013, and Department Chair of the Civil, Architectural Engineering and Construction Management Department from 2013 to 2020. Dr. Wentz was named the Dean of the College of Engineering, Computer Science & Construction Management at California State University, Chico in July 2020 and is currently serving in that role. He was the faculty advisor for the Mechanical Contractors Association of America (MCAA) Student Chapter, whose competition teams have qualified for the National Finals nine times, winning the National Title in 2011, 2013 and 2019. Dr. Wentz was named National Educator of the Year for the MCAA in 2011, 2012, 2015 and 2018.

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MCA Texas Golf Tournament

Our location for the 2022 Tournament is The Resort Course La Cantera, La Cantera Resort & Spa, San Antonio, TX.

We'll begin the Tournament with a shotgun start at 8:00 am.

Your entry fee will include breakfast, all on course food & beverages, and all golf course fees. We will award prizes in the form of Gift Cards to each of the First, Second and Third place teams, and to the Closest-to-the-Pin, Longest Drive and Straightest Drive winners. There will be a limit of one award per participant.



2022 Annual Meeting Featured Entertainer Tom Pesce



Tom Pesce is one of the country's most sought after corporate and motivational entertainers. His long client list includes companies such as Duracell, Asia Bank, Deloitte, Morgan Stanley, Nasdaq, Neuberger Berman, First Trust Portfolios, and more. Tom has toured the country as a headliner for Princess Cruises and regularly performs for some of the most prestigious resorts, theaters, and Fortune 500 companies in the world.

Known for combining his unique brand of fast-paced "high-octane" magic with his genuine ability to connect deeply with any audience, Tom has created a visual performance and speaking style that will leave your clients and guests talking about him for years to come.

Whether he's entertaining an audience on stage, dazzling guests at an intimate dinner event, or hosting a convention for thousands, Tom creates an experience that is totally unique and absolutely unforgettable.