



2021 “*Make Your Mark*” VIRTUAL CONFERENCE
JANUARY 23, 2021



TARA BREMER

*Founder/Owner of House Peace
Helena, AL 35080
housepeace.net*

BIO: House Peace is led by founder Tara Bremer, who has been bringing peace into homes for over six years. She holds a BA in Psychology from Purdue University and a Masters in Counseling from Moravian Theological Seminary. She brings this knowledge of the human condition, behavioral psychologies, and habit formations to every home she visits, all with a judgment-free mentality. Whether she’s helping you formulate a plan to maximize closet space or cleaning out your laundry room, Tara and her team love every aspect of the brain puzzle that is organizing and simplifying a home.

In addition to being Birmingham’s most trusted and respected home simplifier, Tara puts her experience to the test every day with her own family as a wife and mother of three.

SESSION DESCRIPTION:

SESSION #1 – 1.0 CEU

Our Relationship to Our Possessions and How That Impacts Stress – 1 Hour

This session will empower you to be the boss of your possessions, not the other way around. Many people experience stress and increased levels of cortisol in their bodies as a result of clutter in their lives. We often feel trapped by obligation (“Someone gave me this thing.”) or parent-guilt (“I have to make sure my kids don’t lack for anything.”) or even a scarcity mentality (“What if I need this thing in the future?”). This session will dive



in a little deeper about these beliefs and how to change them in order to reduce clutter stress at home and in the office. Working at home is more of a reality now more than ever with COVID-19 affecting all of us. We will analyze some before and after photos to talk more specifically about how to simplify and organize for a less stressful home office environment.



LEE WALKER

Stenography Consultant/Software Trainer

Boca Raton, FLA

stenolytics@gmail.com

BIO: Ms. Walker has been a freelance stenographer in the South Florida area for 25 years. Before completing her court reporting studies at the Cooper Academy of Court Reporting, she worked as a legal assistant to the managing partner of a national law firm. During her seven-year tenure, she gained a vast knowledge of how the local legal system operates, legal terminology, research, and procedure, which has been an immense asset to her success as a freelance stenographer.

Ms. Walker currently freelances, trains her colleagues on Case CATalyst software, is a stenographic growth consultant through her company Stenolytics, and is an author of the book “Words That Make You Go, Hmm...” She enjoys spending time with her 24-year-old daughter, coloring intricate designs, pampering herself, tai chi, goal-setting, and helping others in any way she can through her various Facebook groups. Supporting stenographers, stenography students, and Case CATalyst users is her main focus.



SESSION DESCRIPTION:

SESSION #2 – 1.0 CEU

How to Identify Your Mark

Lee will teach us how to analyze our stenographic writing and providing feedback on what will improve our translation rate. By doing this, we will be able to maximize our time working on transcripts. Lee will teach us that the more you do on the front end saves so much time in editing and producing our transcripts. This means different things for different reporters. Lee will identify different methods and how to find the best method for you in order to identify your “mark” and be a more productive reporter.



MEREDITH A. BONN **RPR, CRR, CSR, NYRCR**

NCRA Vice-President | Official Court Reporter
Webster, New York
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BIO: Meredith Bonn graduated from Alfred State College in 1990 and has been a working court reporter ever since. Meredith began her career as a freelance court reporter at which she worked from 1990 to 2000. From 2000 to 2007 Meredith worked as an official court reporter in the Family and City Courts of the Seventh Judicial District. From 2007 to present Meredith has been employed as a senior court reporter for the County and Supreme Courts of the Seventh Judicial District.

Meredith Bonn serves as a member of the Board of Directors of the National Court Reporters Association. Meredith is a member of the New York State Court Reporters Association and has in the past served as a Director, President-Elect, President and Immediate Past President of that Association. She is also a member of the StenoCat Users Group.

Meredith Bonn holds the certifications of Registered Professional Reporter, Certified Realtime Reporter, Certified Shorthand Reporter in the State of New York and the New York Realtime Court Reporter.



Meredith's public speaking engagements include presentations on the topics of motivation and a positive attitude entitled "The Power of the Positive Attitude and the Effect of Motivation," which has been presented at NCRA Conventions, State Court Reporting Association conventions, New York State court system trainings and at court reporting software users groups.

Meredith Bonn is the leader and coordinator of the NCRA Steno A to Z program in the Rochester, New York area. In coordination with the NCRA Steno A to Z program, Meredith has mentored more than 13 participants who have gone on from NCRA Steno A to Z to college programs to become court reporters.

Meredith Bonn previously served a three-year term as a Director on the National Court Reporter Association's Board of Directors. From 2020 to 2021 Meredith is serving as the Vice President of the NCRA Board of Directors.

SESSION DESCRIPTION:

SESSION #3 – 1.0 CEU

NCRA STRONG – 1 Hour

The NCRA STRONG Committee provides strategies to promote stenographic captioning and reporting as the best means of securing the record and outlines tactics to combat false proclamations that digital and automatic speech recognition (ASR) are equal to or superior to stenographic means.



ALAN PEACOCK, FAPR, RDR, CRC, CRR

Freelance Reporter/Captioner

Mobile, Alabama

peacock63@gmail.com

BIO: Alan Peacock began his reporting career in 1987 after he attended Biggers College of Court Reporting in New Orleans. In 1991, when captioning was in its infancy, Alan moved to



Atlanta, Georgia, to work with Judy and Mike Brentano to provide live captioning on site at WXIA, one of the first stations to provide realtime captioning.

While in Atlanta, Alan also training as a CART provider, even using a 286 DOS computer. He also was one of the first reporters to provide realtime CAT in the deposition setting in Atlanta.

Since that time, Alan has continued to stay focused in all three disciplines of stenography – captioning, CART captioning, and realtime reporting.

He is past president of the Alabama Court Reporters Association and currently serving on the Alabama Board of Court Reporters, the governmental licensing body in Alabama, as well as Chair of the Technology Committee for NCRA.

Alan is a Fellow in the NCRA Academy of Professional Reporters, or FAPR. He has also earned the RDR, CRR, and CRC certifications as well.

SESSION DESCRIPTION:

SESSION #4 – 1.0 CEU

Reporting for Zoom Depositions 101 – 1 Hour

In this informative seminar, Alan will provide all of the information you need to know in order to report proceedings in a Zoom deposition and/or hearing. Alan will touch on other formats of webstreaming as well, but Zoom will be the main focus in this seminar. Alan will demonstrate best practices and information on how to avoid embarrassing gaffes. If you are interested in learning more about Zoom reporting, from the technical aspects to camera tricks, this is the seminar for you.



BRENT COSBY, MS

*Psychologist/Counselor
Dothan, Alabama*

counselor1012003@yahoo.com

BIO: Brent Cosby, M.S. is a graduate from Troy State University with a Master's Degree in Psychology and Counseling. He is currently employed with Laurel Oaks Behavioral Health Center in Dothan, Alabama in the Marketing and Community Education Department. In this position, he has developed parenting programs, professional education workshops, school-based prevention programs for at-risk youth and customer relations training for the business community. He also owns a private counseling practice located in Andalusia and Flomaton, Alabama. Mr. Cosby is a nationally recognized speaker for his expertise in developing and operating programs in the areas of child/family mental health, juvenile justice and child welfare. Mr. Cosby lives in Andalusia, Alabama with his wife Dr. Emma Cosby and has 4 boys, Cadyn, Caylor, Hank and Justin of whom he credits for his motivation to save the youth of today.

SESSION DESCRIPTION:

SESSION #5 – 1.0 CEU

It's all about Me, We, and Us: A Guide to a Better Well Being – 1 Hour

This program outlines how to be more mentally healthy throughout trying times. We will take a look at the responsibilities we have to ourselves, those closest to us, and the ones we interact with less frequently. Intervention strategies are discussed throughout the presentation.