



The Ascent 2026 Agenda

Orlando, Florida | Military Family Institute

General Session /
Keynote

Workshops

Meals & Breaks

Special Events

Monday, 10 August — Day 1

Time	Session Details
8:00 AM - 12:00 PM	Registration - Ballroom: Florida 1 & 2 Registration desk open — check in and pick up event materials.
12:00 PM - 1:00 PM	Welcome Reception / Networking Ballroom: Florida 1 & 2 Kick off The Ascent with light refreshments and networking.
1:00 PM – 1:15 PM	Opening Remarks - Welcome to the Ascent Ballroom: Florida 1 & 2 Yolanda Easton - CEO Military Family Institute
1:30 PM - 2:15 PM	Gen Lamontagne Keynote Vice Chief of Staff of the Air Force Ballroom: Orlando
2:30 PM - 3:30 PM	Fireside Chat Ballroom: Florida 1 & 2 With Doniel Wolfe and Yolanda Easton.
3:40 PM - 4:40 PM	Purpose - Explore the powerful Ikigai framework to identify the unique combination of your passions, talents, and calling, and discover how to live with greater purpose, fulfillment, and impact. Ballroom: Florida 1 & 2
4:40 PM - 4:50 PM	End of day recap Ballroom: Florida 1 & 2 Yolanda Easton - CEO Military Family Institute

Tuesday, 11 August — Day 2

Time	Session Details
8:00 AM - 10:30 AM	Discover Your Leadership Voice - Identify your natural leadership style. Learn how your voice impacts others and why some voices feel misunderstood and unheard. Ballroom: Florida 1 & 2
10:30 AM - 11:00 AM	CMSAF Wolfe — One-on-One time with Ascent attendees Ballroom: Florida 1 & 2
11:10 AM - 12:15 PM	70:30 Principle - Discover a simple yet powerful framework for helping you focus on what energizes you, reduce burnout, and thrive through every season of military life. Ballroom: Florida 1 & 2
12:15 PM - 1:45 PM	Lunch With guest speaker — Dr. McAulay Turning Chaos into Calm Ballroom: Key West Presentations by Columbia Southern University and Telemynd
1:55 PM - 3:15 PM	Peace Index - Assess your current personal peace levels across five life areas. Learn what disrupts peace and how to restore it intentionally. Ballroom: Florida 1 & 2
3:30 PM - 4:30 PM	CMSAF Wolfe Keynote Ballroom: Orlando

Wednesday, 12 August — Day 3

Time	Session Details
8:00 AM - 8:45 AM	It Starts at Home - Quality of Life & Service Panel - Explore roles of sponsorship, support structures and resource management for modern families in high-tempo situations. Include stories on unsung heroes on the homefront Ballroom: Orlando
9:00 AM - 11:00 AM	5 Gears - Ballroom: Florida 1 & 2 Understand the rhythms of work, rest, and connection. Practice being fully present in relationships and tasks.
11:00 AM - 11:30 AM	Application
11:30 AM - 12:00 PM	Closing Keynote Ballroom: Florida 1 & 2 Yolanda Easton - CEO I Military Family Institute
12:00 PM - 1:00 PM	Lunch On your own.
1:00 PM - 3:45 PM	Podcast Launch (optional) Ballroom: Florida 1 & 2 & Advisory Council Meetup (By invitation Only)