

# Next Practices in Worksite Wellness

Wednesday, April 10, 2019



Time	Event/Topic	Speaker
8:30-8:45am	<i>Welcome!</i>	Debra Wein, MS, RDN, CWPD CEO, Wellness Workdays
8:45 -9:45am	<i>Keynote: Constantly Connected: Smartphones, Wearables and Our New Relationship with Food</i>	David Donnan Partner Emeritus, A.T. Kearney Public Member, Academy of Nutrition and Dietetics
9:45-10:30am	<i>Future of Healthcare and Where Wellness Fits</i>	Joel Allumbaugh President and CEO, The Allumbaugh Agency
10:30–10:45am	<i>Break</i>	
10:45–11:30am	<i>Making Wellness a Must-Do</i>	Jill Rainford Wellness Manager Orlando Utilities Commission
11:30-12:15pm	<i>Engaging Your Hourly Workforce in Wellness: Lessons From The Granite Group</i>	Tracie Sponenberg Sr. VP, Human Resources The Granite Group
12:15–1:15pm	<i>Lunch</i>	
1:15-1:45pm	<i>Evolution of Successful Workplace Health Interventions: One Physician's Perspective</i>	<i>Dr. Larry Catlett</i> <i>OMC Medical Director</i>
1:45 –2:00pm	<i>Wellness Workdays – Special Announcements</i>	
2:00-2:45pm	<i>Creating Sustainable Wellness Programs</i>	Martha Gagnon Employee Benefits & Wellness Specialist, AIM Mutual
2:45-3:30pm	<i>Thinking Outside the Box: Designing Engaging Wellness Programs on a Dime</i>	Baillie Troskot, RDN, LD VP, Well-Being & Nutrition Services Focused Post Acute Care Partners
3:30-3:45pm	<i>Break</i>	
3:45–5:15pm	<i>Celebrating Healthy Workplaces: Tips for Success from Best Wellness Employers - Panel</i>	Debra Wein, MS, RDN, CWPD CEO, Wellness Workdays Moderator
5:15pm	<i>Wrap Up</i>	Debra Wein, MS, RDN, CWPD CEO, Wellness Workdays

# Emerging Trends in Leadership

Thursday, April 11, 2019



Time	Event/Topic	Speaker
8:30-8:45am	<i>Welcome!</i>	Debra Wein, MS, RDN, CWPD CEO, Wellness Workdays
8:45 – 9:45am	<i>“Leader of One” – Oneself, One Another, One World</i>	Dr. Jon Porman Pain & Performance Holistic Doctor, SportsDocs
9:45 -10:30am	<i>Enhancing Communications: Confronting Issues Effectively</i>	Kristina Hallett, PhD, ABPP
10:30-10:45am	<i>Break</i>	
10:45-11:30am	<i>Learned Leadership: Five Qualities and Five Lessons</i>	Debra Wein, MS, RDN, CWPD CEO, Wellness Workdays
11:30-12:30pm	<i>Emotional Intelligence: Identifying EQ Skills &amp; Strategies</i>	Pam Yudko Transformational Life Coach Purely Authentic Mission
12:30-1:30pm	<i>Lunch</i>	
1:30-2:30pm	<i>Dream Manager: Helping Your Employees Become The Best Version of Themselves</i>	Amy Marzluff Certified Dream Manager & Holistic Health Coach
2:30-3:15pm	<i>Embrace Growth: How Having A Growth Mindset Can Make All the Difference</i>	Allison Thummel, MPH, RDN, LDN Wellness Workdays
3:15pm – 3:30pm	<i>Break</i>	
3:30-4:30pm	<i>Accountability: The Cornerstone of Successful Wellness Organizations</i>	Michael Flippin KWELI Group
4:30pm	<i>Wrap Up</i>	Debra Wein, MS, RDN, CWPD CEO, Wellness Workdays