

Momentum Mind Body Purpose



Friday, October 2, 2020

AGENDA

8:00 am: Portal Opens

8:25 am: Welcome

8:30-8:45am: Chair Yoga, Breath & Intention Setting

Kevin Karas

Enjoy a gentle opening practice to prepare the body, mind and spirit to be present during the conference and set your intention with the group.

Keynote Speaker:

8:45-9:30am: Navigating Life in Times of Extreme Change

Angela Gaffney

How is it that one person can seemingly float through extreme change, gliding freely from one situation to the next while others completely unravel into the darkness of stress, worry and overwhelm?

The difference lies in skill, practice and preparedness. It is possible to be resilient, healthy and productive through change, and come out of it even better than how you walked in. Angela will show you the way; you'll be inspired by her story and provided simple strategies to elevate every area of life.

In this program we will:

- Uncover three powerful skills to positively guide you through change
- Explore healthy boundaries and why they're a must
- Discover the power of stillness

9:30-9:40: Break

9:40- 10:10am: Good Sleep is Possible- Even During These Unprecedented Times

Nancy Rothstein, MBA

As we navigate the attendant stressors and challenges of the global Covid-19 pandemic and other crises in our midst, it can be difficult to get a good night's sleep. Yet, sufficient quality and quantity sleep are essential to function at our best during our waking hours. Nancy Rothstein, The Sleep Ambassador® and Director of Sleep Health at Resonea, will provide tips to help you set the stage for a good night's sleep now and going forward.

10:10-10:15am: Break

10:15am- 10:45am: Navigating the Changing Healthcare Landscape Health and Wellness Relevance to Population Health

Doug Ribley, MS, FMFA

We are constantly experiencing a changing healthcare landscape and the implications impacting the community health strategy. We will review the roles of how physical activity, nutrition and health education will play within the continuum of care. We'll explore the health and wellness models of success used to manage and prevent chronic disease and expand access.

10:45-10:50am- Break

10:50-11:20am: Sleep Technology Empowering Wellness and the "new normal"

Sherry Chapman

Before COVID, employers used to invest in wellness through ergonomics for the office and now they can do the same for their employees at home. Sherry will speak to the technology, data and benefits of the adjustable bed products: IOT integration, polysomnogram. Adjustable bases offer a non-intrusive way to record vitals such as heart rate variability and respiratory changes.

11:20-11:25am: Break

11:25-11:45am: Multicultural Resilience: Finding the Positive Within Cultural Stress

Dr. Joel Bennett

Dr. Bennett, CEO of Organizational Wellness & Learning Systems will describe some key ideas and tips for creating a mindset that embraces the strengths of different social groups (e.g., race, nationality, gender, gender identity) and how cultural humility, perspective taking, and interpersonal mindfulness are part of the wellness landscape.

11:45-11:50am: Break

11:50-12:20pm: Power of Food: Putting It Into Practice

Mary Franczek, MSN, RN, HTP

Dr. Anne Stein

Review the power of food in relation to disease risk. Current research-based information regarding the role of body metabolism in our modern world of processed food is analyzed. Discover practical information regarding food choices as well as preparation. Complete the Integrative Health Wellness Assessment Form to reveal the opportunity for attainable, unique goals. In order to create momentum towards a healthy mind and body purpose, we will:

- Identify role of food choices in relation to disease risk
- Chose three cruciferous vegetables to incorporate into weekly meal plan
- Select two ways to integrate beans into current nutritional habits
- **Complete the Integrative Health and Wellness Assessment Short Form and choose two goals to incorporate healthy changes**

12:20-12:45pm: Lunch

12:45-1:00pm: Chair Yoga, Breath & Gratitude Activity

Kevin Karas

Resume or start the afternoon sessions in the right state of mind-body with a gentle yoga, breathing and mindfulness activity to center your being on gratitude.

1:00-1:30pm: Simplicity for Professionals during a Pandemic

Rose Lounsbury

Busy professionals often feel stretched thin, even in the best of times. During a pandemic, however, maintaining work-life balance--along with a sense of mental wellbeing--becomes an even greater challenge. This talk shares how simplicity--the

age-old philosophy that less is more--can help professionals improve balance and mental wellbeing both now and after the crisis passes.

1:30-1:35pm: Break

1:35-2:05pm: Mindset Reset- How to Thrive in Stressful Times

Sonia Satra

Stress, anxiety, uncertainty and overwhelm have become the new norm in recent months. Yet these negative emotions are taking a toll on our relationships, careers and well being.

Fortunately, we have the power to change that. We have agency over our own choices, actions, and most importantly, our mindsets. Now more than ever, it's vital that we take steps to create a strong, positive, and empowered mindset, because that's what determines our thoughts, actions, and results that we get. By tapping the power of the mind, body and emotions, we have the ability not only to survive but to thrive.

Drawing on her success as a star of two popular soap operas, *Guiding Light* and *One Life to Live*, as well as her years as an NLP (Neurolinguistic Programming) practitioner and founder of the award winning wellness company Moticise, Sonia Satra has designed **Mindset Reset: How to Thrive in Stressful Times**- to help you claim your true power and conquer the stress and anxiety of today's uncertain times. In this fun, interactive, and high-content program, you'll:

- Learn actionable, science-backed ways to overcome stress, anxiety, and doubt
- Redirect our energy from negativity to creativity, confidence, and empowerment
- Walk away with an action plan so you can put these proven techniques into practice - anytime, anywhere

By the end of this presentation, you'll not only feel great - you'll have a whole toolkit that you can take with you to build up your mindset in any area of life.

2:05-2:10pm Break

2:10-2:40pm: Navigating Mental Health Wellness Programming During a Pandemic
Kim Farmer

During June 2020, 40% of U.S. adults reported considerably elevated adverse mental health conditions associated with COVID-19. The health, financial and social backgrounds of workers directly impact their effectiveness and engagement in the workplace. Fortunately, for organizations that seek to help workers manage stress levels, there are meaningful ways to provide support through creating community, written and verbal support, and of course a focus on engaging wellness initiatives. Come understand how to help employees manage stress levels through easy, practical and proven methods that create sustainable change.

2:40-2:45: Break

2:45-3:15pm: Movement of Thought: How Improvisation and Play Contribute to Our Overall Wellness

Sarah Rodenhouse

During this interactive and physically engaging creative movement workshop, we will use improvisational exercises and non-conventional prompts to move your body in an accessible, stimulating way. With a lot of fun, play, and humor, you will not only decompress and spark new relationships, but provoke creative thinking and engage in concepts that help you investigate your physical, emotional, and mental perspectives. Asking yourself...How can we challenge the parameters and structures placed upon us? How can improvisational techniques be applied to our daily lives? And in what way does play and creativity affect our holistic wellness?

3:15-3:30pm: Closing