



2017 Oregon School Employee Wellness Conference **Together Everyone Achieves More: The Power of US!** Agenda at a Glance

Conference tracks

Individual Well-being: builds personal awareness and skills to improve overall health

School Environment and Climate: school-wide approach to creating a healthy environment for staff and students to learn, work and play

Partners in Health: developing community partnerships to leverage resources and achieve shared goals that promote the health and well-being of school employees, students and communities

School Employee Wellness 101: The Basics: learn the building blocks for starting and implementing a successful school employee wellness program

School Employee Wellness 201: Sustaining It: enhance your school employee wellness program, focusing on proven strategies for maintaining engagement and planning for program sustainability

Sunday, March 26th

5:00-6:00 pm **Registration open at the Convention Center Lobby**

6:00-8:00 pm **Welcoming Reception:** Live music by *Parlour*, hors d'oeuvres, no host bar, wellness exhibitors, and chair massages

Monday, March 27th

6:30 am **Wellness activities**

- Walk led by Mitch Hurley, Moda Health
- Run led by Jessica Culver, Moda Health
- Yoga led by Karen Eddy, Blue Mountain Community College

7:30 am **Registration opens at the Convention Center Lobby**

8:30 am **Opening Session/Keynote Presentation:** *Trauma Informed Stewardship*, Laura van Dernoot Lipsky

10:15 am **Breakout Sessions**

- Evidence-Based Tools to Increase Feelings of Well-Being at Work or Wherever You Are**
- Supporting the Social & Emotional Health of School Employees through Implementation of a Trauma-Informed System**
- Energize, Focus & Achieve: The Power of Staff and Student Wellness Working Together**
- All Are Welcome: Planning an Effective Wellness Program for All School Staff**
- CSI: Cultural Scene Investigations**

11:45 am **Lunch**

- School Employee Wellness Program Lunch and Learn
- Wellness exhibits

1:15 pm **Breakout Sessions**

- Creating Mindful Relationships: Integrating the Science of Mind, Body & Brain**
- Healthy You, Healthy Youth: A Whole School, Whole Community, Whole Child Approach to Student & Staff Success**
- Putting School Employee Wellness into Policy**
- Key to Sustainability: Wellness Committees**
- Turning Ideas into Action: World Café**

3:00-4:00 pm **Rejuvenation Activities**

- Flash Mob Dance! led by Mitch Hurley, Moda Health
- Zumba led by Sarah Thompson, Corvallis School District and Thomas Tangney
- Mason Jar Snacks & Hacks* led by Carrie Townsend and Seanna McLeod, Moda Health
- Feel Good Running led by Emmie Hirsch, Kaiser Permanente (3:15-3:45 pm)
- Essential Oils for Stress & Self-care* led by Katie Taylor, Corvallis School District

4:15-5:15 pm **Healthy Happy Hour: Together Everyone Achieves Mirth: The Power of Play and Laughter in Living a Healthier Life**, Leigh Anne Jashaway

Tuesday, March 28th

6:30 am Wellness Activities

- Walk led by Mitch Hurley, Moda Health
- Run led by Jessica Culver, Moda Health
- Yoga led by Karen Eddy, Blue Mountain Community College

8:30 am Breakout Sessions

- Rethinking Stress: Transforming the Stress of Daily Hassles, Adversity & Job Burnout into High Performance
- Marysville School: Using Mindfulness as a Lens for School Transformation
- OEBC Wellness 101: An Overview of OEBC Wellness Programs and Tools
- Maximizing Administrative Support for your SEW Program
- Prove it! Needed SEW, Got it, SO WHAT?! (AKA: What's Data Got to Do with it?)

10:15 am Breakout Sessions

- Finding Your Purpose
- Burnout: How to Talk to your Colleagues
- A Family Doctor's Perspective on Healthy Aging in the Workplace
- Action Planning for Teams
- How to Create Buy-In & Address Resistance!

11:45 am Celebration Lunch and Closing Remarks

- Drawing for the winners of the Team Attendance Awards
- Drawing for the Wellness Exhibitor Passport Prize
- What's Your Story?*, Maura Doherty, Portland Storyteller's Guild

1:15 pm Conference Adjourns