Eleventh Annual Journey to Wellness Grantee Meeting
Thursday, October 17, 2019
Agenda

The purpose of Journey to Wellness is to create an engaging environment where grantees can learn about effective employee wellness strategies, exchange ideas, brainstorm solutions to challenges, celebrate successes, and build a network of colleagues for inspiration and support.

Learning Targets: Participants will be able to:

- Understand the meaning of resilience and how to intentionally cultivate it in yourself
- Identify your core values and reflect on how you live into them
- Learn how the stories we tell can lead to positive thinking and empowerment
- Learn strategies for perspective taking as a way of challenging our initial thoughts
- Practice new ways to listen wholeheartedly
- Connect with and learn from their peers about their school employee wellness programs
- Identify up to 3 ideas to put into action at their schools and districts

9:00 am	**Welcome and Introductions** (Mari Jones, OEA Choice Trust Board of Trustees)
9:15 am	**What's New at OEA Choice Trust!** (Holly Spruance- OEA Choice Trust)
9:30 am	**Overview of the day** (Inge Aldersebaes- OEA Choice Trust)
9:45 am	**More Than a Bubble Bath: Finding Ways to Maintain Vision and Passion for Your Work** **(**Leah Starkovich, OEA - Center for Great Public Schools)
10:17 am	*Earthquake Shake Out Drill*
11:35 am	**Moda Health and Kaiser Permanente Resources**
11:45 am	**Lunch**
12:30 pm	**Walker Tracker Celebration: Congratulations Astoria!!**
12:45 pm	**Networking: Gallery Walk featuring Oregon School Employee Wellness Programs**
1:30 pm	*Healthy Snacks and Physical Activity Energizer*
2:30 pm	**Team Time: Putting Ideas into Action**
3:00 pm	**Closing Reflection and Thoughts**
3:30 pm	**Adjourn and Safe Travels**