



**13th Annual Journey to Wellness Grantee Meeting Agenda
Thursday, October 21, 2021**

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:

- Connect with the resiliency they already have and be reminded of their ability to respond to adversity
- Understand 12 strategies that they can use to boost their own resilience and that of others
- Be inspired to deepen their own resilience and that of others

9:00 am	Welcome (Debbie Brudevold – OEA Choice Trust Board of Trustees)
9:10 am	Overview of the Day & What’s New at the Trust (Lauren Booth – OEA Choice Trust)
9:20 am	Peer-to-Peer Learning Network Intro (Rachel Drushella – OEA Choice Trust)
9:25 am	5-minute Break
9:30 am	Cultivating Resilient Communities (Elena Aguilar – a leader, teacher, coach and podcaster, as well as the author of six highly acclaimed books including <i>Onward: Emotional Resilience for Educators</i>)
11:00 am	5-minute Break
11:05 am	Walker Tracker Celebration & Fall Challenge Kick-Off Congratulations North Powder! (Rachel Drushella – OEA Choice Trust)
11:15 am	Journey to Wellness Survey (Colleen Sump – OEA Choice Trust)
11:25 am	Final Housekeeping Items (Asta Garmon – OEA Choice Trust)
11:30 am	Closing Reflection (Reed Scott-Schwalback, OEA President)
	Break
12:00 pm	Optional Peer-to-Peer Learning Network Session (Rachel Drushella – OEA Choice Trust)