

2020 WORKSITE WELLNESS AWARDS & CONFERENCE

Cultivating Connection—Supporting Employee Wellbeing



March 25, 2020

DoubleTree by Hilton
870 Williston Road, Burlington VT

REGISTER NOW!

REGISTRATION

Deadline to register: March 10th

\$108.00 per person by March 1st

\$132.00 per person after March 1st

QUESTIONS

Ashwinee.Kulkarni@vermont.gov

WEBSITE

healthvermont.gov/wwconference2020

DOWNLOAD THE APP!

Download Whova on your smart device and find the 2020 Vermont Worksite Wellness Conference to access the agenda, session descriptions, network with other attendees and more!

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AGENDA

7:30 Registration • Breakfast • Exhibits

8:30 Welcome • Overview

Mark Levine, Commissioner of Health

8:45 Keynote Address with Q&A

Emma Seppälä, Yale Center for Emotional Intelligence
Social Connection at the Workplace

10:00 Break • Exhibits • Networking

10:30 Concurrent Workshops

1. Creating Greater Connections with Your Team in Today's Technology Culture

John Neral, John Neral Coaching, LLC

2. Family Friendly Workplaces - Supporting caregivers and parents

Multiple Speakers

3. Food Insecurity and Social Needs Among Employees - How Employers Can Help

Suzanne Kelley, Vermont Department of Health

Connie Beal, United Way of Northwest Vermont

4. Social Connection at the Workplace - Keynote Follow Up

Emma Seppälä, Yale Center for Emotional Intelligence

5. Stress Management and Resiliency Training - Mind body program for improved health and resiliency

Jane Nathan, Evy Smith & Karen Dean, UVMMC

6. Visual Thinking - Learn to use drawing for better problem solving and communication

Katie McCurdy, Katie McCurdy Experience Design

11:45 Lunch • Exhibits • Networking

12:30 Worksite Wellness Awards Ceremony

1:30 Fitness Break • Exhibits • Networking

2:00 Concurrent Workshops

1. A Connected Workplace - Taking action against loneliness, stress and depression

Tiffany Pierce, MD, Cigna

2. Building Psychological Safety and Wellness at Work

Ross Gibson, The Richards Group

3. Engaging Leadership Support for Worksite Wellness

Multiple Speakers

4. Healthy Communication for Positive Relationships at Work

Robin White, Thrive LLC

5. Supporting Your Decentralized Workforce

Multiple Speakers

6. Understanding Addiction - Reducing stigma and creating compassion through mindful language choice

Ed Baker, LADC, LICSW

Ron Stankevich, Dominion Diagnostics

3:15 Regional Roundtables - Networking and Discussion with Worksites in your Region

4:15 Adjourn

