

Emerging Trends in Wellness

Thursday, April 7, 2022



Time	Event/Topic	Speaker
8:30-8:55am	Welcome!	Debra Wein, MS, RDN, CWPD CEO, Wellness Workdays
8:55 – 9:35am	Accelerate Your Mental Toughness for Effective Leadership	Christopher Salem Author of <u>Master Your Inner Critic</u>
9:35– 10:45am	Describing and Defining Culture	Moderator, Debra Wein Lisa Desai, MindWise Innovations Richelle Wallace, Norway Saving Bank
10:45 - 11:00am	Break	Mindful Minutes With our Health Coach, Erica Taub
11:00 – 11:05am	Meet Our Exhibitors	Exhibitor Introductions
11:05 – 11:50am	Changing times. Changing Wellness. A Case Study of managing employee wellbeing through the pandemic with Merck Germany	Conner Erickson, Wellness Workdays for Merck Germany/Millipore Sigma,
11:50 – 12:00pm	Getting to know Wellness Workdays	Robin Roberts
12:00 - 12:30pm	Lunch	On your own
12:30 – 1:10pm	Promoting Retention and Resilience Through Purpose and Meaning	Brandon Peele, Unity Lab
1:10 – 2:15pm	Best Wellness Employers Sharing Best Practices & Approaches	Panel of BWE Employers Moderator: Ashley Chehab, MS, RDN, Wellness Workdays
2:15 – 2:30pm	Break	Stretch & Flex With our Health Coach, Jen Hofmann
2:30 -3:15pm	Health Coaching Truths: Diving Into The Data	Chris Guild, MINT OMC Wellness
3:15 – 4:00pm	The Science of Resiliency and Productivity	Cathy Jimenez Happy Brain Science
4:00 – 4:15pm	Wrap Up	Debra Wein, MS, RDN, CWPD CEO, Wellness Workdays

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Thank you to our Exhibitors!



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