

Wellness Workdays 13th Annual Emerging Trends in Workplace Wellness

Thursday April 16, 2026

8:30 AM - 3:30 PM ET

Agenda

Time	Topic	Speaker
8:30 - 9:00am	Welcome!	Debra Wein, MS, RDN, CWWPC CEO & Founder, Wellness Workdays
9:00 - 10:00am	Meaningful Micro Moments: Creating Everyday Well-Being	Duane Jourdeans Founder, Upward Spiral Consulting
10:00- 10:45am	Mental Health: Building Resilience in the Workplace	Chris Guild, CBHWC, CWPC Director of Training and Client Accounts, Wellness Workdays
10:45 - 11:00am	Stretch, Flex, & Focus Break With a Wellness Workdays Athletic Trainer	Elise Makowski, MS, RD, LDN, ATC, LAT Athletic Trainer, Registered Dietitian, & Wellness Coach Wellness Workdays
11:00am - 12:00pm	Well-Being as A Business Strategy, Rather Than a Perk	Debra Wein, MS, RDN, CWWPC CEO & Founder, Wellness Workdays
12:00 - 12:30pm	Healthy Lunch	On Your Own
12:30 - 1:30pm	The Motivation Multiplier: Unlock Employee Engagement and Banish Burnout with Psychological Science	Dr. Sarah Porter, PhD Licensed Psychologist
1:30 - 2:00pm	Top 5 Lessons from Best Wellness Employers	Lauren Desmond, MS, RD, LDN Account Manager, Wellness Workdays
2:00 - 3:15pm	Risk, Readiness, Resilience: What Safety Leaders Are Prioritizing Now	Panelists: Shaun Carvalho Chief Safety Officer, Shawmut Design and Construction Jamie Evans Vice President of Environmental Health & Safety, Turner Construction John Jaeger Training Director, Haugland Group LLC Carolyn Jamison Project Executive, Skanska USA Building Moderator: James T. Daley, EdD, LAT, ATC, NREMT, CSCS Industrial Accounts Manager, Wellness Workdays
3:15- 3:30pm	Closing Remarks	Debra Wein, MS, RDN, CWWPC CEO & Founder, Wellness Workdays