

The 12<sup>th</sup> Annual Emerging Trends in Wellness Conference  
Thursday, April 10, 2025



**Agenda**

Time	Event/Topic	Speaker
8:30 - 9:00am	<b>Welcome!</b>	<b>Debra Wein, MS, RDN, CWWPC</b> CEO & Founder, Wellness Workdays
9:00 - 10:00am	<b>The EI Equation: Emotional Intelligence to Support Engagement, Resilience, and Team Cohesion</b>	<b>Duane Jourdeans</b> Upward Spiral Consulting
10:00- 11:00am	<b>Data Driven Approaches to Inform Safety and Well-Being Programs</b>	<b>Chris Guild, CBHWC, CWPC</b> Director of Training and Client Accounts, Wellness Workdays <b>Juliana Ochacher, RN, BSN</b> Population Health RN and Accounts Coordinator, Wellness Workdays
11:00 - 11:15am	<b>Stretch &amp;Flex Break With a Wellness Workdays Behavioral Health Coach</b>	<b>Maria Kelly, MS, NBC-HWC</b> Behavioral Health Coach Wellness Workdays
11:15 - 12:00pm	<b>Employee Well-Being: Strategies for Successful Outcomes</b>	<b>James T. Daley, EdD, ATC, NREMT, CSCS</b> Industrial Accounts Manager Wellness Workdays
12:00 - 12:30pm	<b>Healthy Lunch</b>	On Your Own
12:30 - 1:30pm	<b>The Exponential Impact of a Trauma-Informed Workplace</b>	<b>Anita Roach</b> Founder, The Safe & Sound Workplace Alliance
1:30 -2:00pm	<b>Using AI to Manage Musculoskeletal Disorders (MSK): A Case Study Approach</b>	<b>David Richards</b> Co-Founder/CEO, CareSpace
2:00 - 3:00pm	<b>Best Wellness Employer Panel</b>	<b>Moderator: Lauren Desmond, MS, RDN</b> Account Manager, Wellness Workdays
3:00- 3:15pm	<b>Wrap Up</b>	<b>Debra Wein, MS, RDN, CWWPC</b> CEO & Founder, Wellness Workdays

