



## 2017 Oregon School Employee Wellness Conference Together Everyone Achieves More: The Power of USI Agenda at a Glance

### Conference tracks

- Individual Well-being:** builds personal awareness and skills to improve overall health
- School Environment and Climate:** school-wide approach to creating a healthy environment for staff and students to learn, work and play
- Partners in Health:** developing community partnerships to leverage resources and achieve shared goals that promote the health and well-being of school employees, students and communities
- School Employee Wellness 101: The Basics:** learn the building blocks for starting and implementing a successful school employee wellness program
- School Employee Wellness 201: Sustaining It:** enhance your school employee wellness program, focusing on proven strategies for maintaining engagement and planning for program sustainability

### Sunday, March 26<sup>th</sup>

- 5:00-6:00 pm      **Registration open at the Convention Center Lobby**
- 6:00-8:00 pm      **Welcoming Reception:** Live music by *Parlour*, hors d'oeuvres, no host bar, wellness exhibitors, and chair massages

### Monday, March 27<sup>th</sup>

#### 6:30 am      **Wellness activities**

- Walk led by Mitch Hurley, Moda Health
- Run led by Jessica Culver, Moda Health
- Yoga led by Karen Eddy, Blue Mountain Community College

#### 7:30 am      **Registration opens at the Convention Center Lobby**

#### 8:30 am      **Opening Session/Keynote Presentation: Trauma Informed Stewardship, Laura van Dernoot Lipsky**

#### 10:15 am      **Breakout Sessions**

- Evidence-Based Tools to Increase Feelings of Well-Being at Work or Wherever You Are**
- Supporting the Social & Emotional Health of School Employees through Implementation of a Trauma-Informed System**
- Energize, Focus & Achieve: The Power of Staff and Student Wellness Working Together**
- All Are Welcome: Planning an Effective Wellness Program for All School Staff**
- CSI: Cultural Scene Investigations**

#### 11:45 am      **Lunch**

- School Employee Wellness Program Lunch and Learn
- Wellness exhibits

#### 1:15 pm      **Breakout Sessions**

- Creating Mindful Relationships: Integrating the Science of Mind, Body & Brain**
- Healthy You, Healthy Youth: A Whole School, Whole Community, Whole Child Approach to Student & Staff Success**
- Putting School Employee Wellness into Policy**
- Key to Sustainability: Wellness Committees**
- Turning Ideas into Action: World Café**

#### 3:00-4:00 pm      **Rejuvenation Activities**

- Flash Mob Dance! led by Mitch Hurley, Moda Health
- Zumba led by Sarah Thompson, Corvallis School District and Thomas Tangney
- Mason Jar Snacks & Hacks* led by Carrie Townsend and Seanna McLeod, Moda Health
- Feel Good Running led by Emmie Hirsch, Kaiser Permanente (3:15-3:45 pm)
- Essential Oils for Stress & Self-care* led by Katie Taylor, Corvallis School District

#### 4:15-5:15 pm      **Healthy Happy Hour: Together Everyone Achieves Mirth: The Power of Play and Laughter in Living a Healthier Life, Leigh Anne Jashaway**

Tuesday, March 28<sup>th</sup>

**6:30 am                    Wellness Activities**

- Walk led by Mitch Hurley, Moda Health
- Run led by Jessica Culver, Moda Health
- Yoga led by Karen Eddy, Blue Mountain Community College

**8:30 am                    Breakout Sessions**

- Rethinking Stress: Transforming the Stress of Daily Hassles, Adversity & Job Burnout into High Performance**
- Marysville School: Using Mindfulness as a Lens for School Transformation**
- OEBB Wellness 101: An Overview of OEBB Wellness Programs and Tools**
- Maximizing Administrative Support for your SEW Program**
- Prove it! Needed SEW, Got it, SO WHAT?! (AKA: What's Data Got to Do with it?)**

**10:15 am                    Breakout Sessions**

- Finding Your Purpose**
- Burnout: How to Talk to your Colleagues**
- A Family Doctor's Perspective on Healthy Aging in the Workplace**
- Action Planning for Teams**
- How to Create Buy-In & Address Resistance!**

**11:45 am                    Celebration Lunch and Closing Remarks**

- Drawing for the winners of the Team Attendance Awards
- Drawing for the Wellness Exhibitor Passport Prize
- What's Your Story?*, Maura Doherty, Portland Storyteller's Guild

**1:15 pm                    Conference Adjourns**