

# Body, Mind & Spirit

2018 Wellness Gathering

January 19, 2018

Hilton Garden Inn at Levis Commons



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## Keynote Presentation Summaries

Opening Keynote Session (8:30 am—9:30 am)

### Workplace Wellness That Works (Laura Putnam, M.A., Motion Infusion)

**Topic Summary:** During this session, Laura will share from her book, *Workplace Wellness That Works*, ten steps to guide employees in transforming their health and wellbeing. She will also share key attributes that contribute to behavior change, the truth behind motivation, and how to connect your organization's culture with wellbeing, including strategies for incorporating wellness into non-wellness organizational initiatives.

**Presenter Bio:** Laura Putnam, MA, author of *Workplace Wellness That Works* and creator of "Managers on the Move," is CEO and founder of Motion Infusion. Her work has been covered by MSNBC, The New York Times, US News & World Report, Entrepreneur, Business Insider, and NPR. She is a former urban public high school teacher, international community organizer, dancer, gymnast, and now a movement-builder in the world of health and well-being. With a mission to get organizations "in motion," Laura is a frequent keynote speaker, and has worked with a range of organizations from Fortune 500 companies to government agencies, academic institutions, and nonprofits. She is the recipient of the American Heart Association's 2020 Impact award as well as the National Wellness Institute's Circle of Leadership award. A graduate of Brown University and Stanford University, Laura lives in San Francisco with her fiancé.

Afternoon Keynote Session (1:00 pm—2:00 pm)

### Bringing Life to Human Performance (Janssen Judge, Human Performance Coach and Content Writer, Aduro)

**Topic Summary:** In this session, Janssen will discuss behavior change that can improve wellness in the workplace, and identify strategies for using Human Performance Coaching to activate employees and promote well-being in the workplace. She will also illustrate how employees can learn and integrate a personal coaching program into different aspects of their professional lives as a means of managing work stressors.

**Presenter Bio:** Janssen has been coaching, training, and counseling in a variety of environments since 2009, and is a certified coach through BJ Fogg's *Tiny Habits Academy*. Janssen earned a Bachelor's degree in Health Promotion from the University of Iowa (go Hawks!). This year, she will begin a Master's program in positive psychology and coaching. According to Janssen, "Coaching encourages me to live my best and most authentic life. There is nothing more rewarding than empowering another person to create positive change." In her free time, she enjoys cooking, being outdoors with her dog, reading with her cat, and practicing yoga.

Closing Keynote Session (2:30 pm—3:30 pm)

### How Much Could The Unknown Health of Your Employees Cost You? (Dr. Thomas B. Gilliam, Ph.D., President, IPCS)

**Topic Summary:** During this session, participants will learn how much unknown or hidden components in the workforce can cost the company if they are not identified and addressed. Dr. Gilliam will review the benefits of utilizing a physical strength risk assessment as a means of identifying such risks, and share important strategies and informational measures to help employees reduce risk of injury and related cost to the organization.

**Presenter Bio:** Dr. Gilliam is the founder and president of Industrial Physical Capabilities Services. Dr. Gilliam created the Physical Strength Risk Assessment that has dramatically reduced worker's compensation costs and health care costs for its clients by helping employers effectively match candidates with physical job requirements. Dr. Gilliam earned his doctorate from Michigan State University in exercise physiology with a minor in graduate statistics and research design. He was a tenured faculty member at The University of Michigan where he was involved in numerous funded research projects.

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## Breakout Presentation Summaries

Breakout Session 1 (9:45 am—10:30 am)

### **Elevating Wellness From Program to Strategy (Carrie Alexander, Findley Davies)**

**Topic Summary:** In this session, Carrie will review the Rath's model – Wellbeing: 5 Essential Elements – to demonstrate that occupational and financial health play a key role in overall thriving (to a larger extent than physical wellbeing). Carrie will also discuss how to apply this knowledge in a workplace wellbeing initiative – creating a supportive work environment where it is easy to be healthy at work versus giving participants another program to complete. Carrie will share how creating a supporting work environment can drive better outcomes, with action-oriented take-aways that you can begin implementing right away.

**Presenter Bio:** Carrie leads Findley Davies' Strategic Employer Wellness services, helping clients integrate well-being within organizational culture and health care strategy. Working with Findley Davies' health care, change management, and legal experts, Carrie designs, develops, implements, and measures wellness initiatives for large employers in a variety of industries. Drawing from the latest research and best practices, she delivers proven solutions that are flexible and customized to the unique needs of each organization. Whether a company has had a wellness program for years or is just getting started, Carrie partners to set and achieve meaningful goals that align with broader business objectives, such as productivity and safety. On a more personal note, Carrie loves to go outside and explore, no matter the season – hiking, biking, gardening, and running especially. As often as possible, she travels to new places. She is attempting to run a marathon in every state.

### **Increasing Engagement and Productivity Through Mindfulness (Julia King, Psy.D., MBA, RYT 200, Root To Flourish)**

**Topic Summary:** In this session, Dr. Julia King will discuss the importance of mindfulness in one's work and personal life as a powerful tool to increase productivity, engagement, and well being. She will focus on methods to improve one's ability to focus, concentrate, act purposefully, and maintain accountability.

**Presenter Bio:** Dr. King earned Master's and Doctoral degrees in clinical psychology, as well as a Master's degree in business administration, from Widener University in Chester, Pennsylvania. She completed a post-doctoral fellowship at the University of Cincinnati. Dr. King is licensed in the states of Ohio and Kentucky, and is also a registered yoga teacher.

### **What to Expect With The Ohio Medical Marijuana Control Program (Ken Power, MD, Wellcare Physicians Group LLC)**

**Topic Summary:** In this session, attendees will learn how to prepare for the Ohio Medical Marijuana Control Program which is scheduled to be fully operational by September 2018. Included will be information on how to deal with workers if they test positive for THC as part of their medical regimen. This session will provide practical tools and resources that companies will need for those physicians that are recommending cannabis-based treatments for a wide array of medical conditions.

**Presenter Bio:** Dr. Kenneth Power is a Family Practice specialist in Maumee, Ohio. He graduated with honors in 1996, and has more than 21 years of diverse experience, especially in family practice. Dr. Power affiliates with many area hospitals including Mercy St Anne Hospital, St Luke's Hospital, Wood County Hospital, The Toledo Hospital, and Flower Hospital, and cooperates with other doctors and specialists in many medical groups including Wellcare Physicians Group LLC, Drs. Smith, Szabo, and Valade.

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## Breakout Presentation Summaries (cont'd)

Breakout Session 2 (10:45 am—11:30 am)

### **Good Stress/Bad Stress: Your Choice Makes the Difference (Timothy J. Butler, LPCC, Center for Solutions in Brief)**

**Topic Summary:** During this session, you will learn how to identify one's reality of stress and how it can be helpful to accomplish tasks, while also identifying the reality of workplace stresses that can be destructive if not managed. Tim will discuss an overview of how the stressors affect our bodies and how it can place a negative impact in the workplace if prolonged.

**Presenter Bio:** Tim Butler has been a life coach and a licensed clinical counselor in private practice for 21 years. He completed his undergraduate work at the University of Illinois and earned two Master's degrees from Bowling Green State University. Prior to his work in the mental health field, he spent 20 years in the business sector in sales, sales management, and customer service. Tim lives in Bowling Green with his wife of 33 years. He has two daughters and two granddaughters. His hobbies include long-distance bicycling and competitive swimming. For his own therapy, he cooks and bakes bread.

### **Jump Start Your Wellness Program by Activating Managers (Laura Putnam, M.A., Motion Infusion)**

**Topic Summary:** In this session, Laura will list her three reasons from the research about why managers are likely the primary contributors toward employee engagement in well-being. You will review how to distinguish between a manager acting as a "multiplier" and a manager acting a "gatekeeper", while also identifying three strategies that can be employed in your organization to activate managers in promoting well-being for their team members.

**Presenter Bio:** Laura Putnam, MA, author of *Workplace Wellness That Works* and creator of "Managers on the Move," is CEO and founder of Motion Infusion. Her work has been covered by MSNBC, The New York Times, US News & World Report, Entrepreneur, Business Insider, and NPR. She is a former urban public high school teacher, international community organizer, dancer, gymnast and now a movement-builder in the world of health and well-being. With a mission to get organizations "in motion," Laura is a frequent keynote speaker, and has worked with a range of organizations from Fortune 500 companies to government agencies, academic institutions, and nonprofits. She is the recipient of the American Heart Association's 2020 *Impact* award as well as the National Wellness Institute's *Circle of Leadership* award. A graduate of Brown University and Stanford University, Laura lives in San Francisco with her fiancé.

### **Presenteeism: What a Pain In The Neck! (Dr. J. Tyler Schwanz, DC, Rebel Chiropractic)**

**Topic Summary:** Dr. Tyler will discuss common causes of back pain, neck pain, and headaches and how they relate to decreased productivity in the workplace. He will explore strategies that organizations can employ to help reduce the cost of work injuries, while achieving higher employee satisfaction, increased productivity, and reduced absenteeism.

**Presenter Bio:** Dr. Tyler is half of a father-and-son team at Rebel Chiropractic that serves the greater Toledo area. Focusing on athletes, pediatric, maternal, family, and geriatric populations, this duo cares for a wide range of patients with a wide array of complaints. Dr. Tyler graduated Magna Cum Laude from The Ohio State University with a degree in Health Management, and later graduated Summa Cum Laude from Life University in Marietta, Georgia with his Doctorate of Chiropractic. While in graduate school, Dr. Tyler was awarded the Philosophy Distinction as well as the University award for exemplifying integrative change. He speaks all over the country on chiropractic school campuses on leadership, team culture, and chiropractic.