



Keynotes



Scott Sproull | Morning Keynote - 9:00am

The Pattern Interrupt: Managing Our Mind vs. Our Mind Managing Us

In The Pattern Interrupt, I share my key learnings, “ah ha’s” and powerful insights that, when we know, we can take more deliberate charge of our thinking. Why is that important you may ask? I believe it is the most important control we have in our lives. It is estimated we have approximately 50-70,000 thoughts per day. These thousands of thoughts form our beliefs, anchoring them deep in our mind with both negative and positive impressions. Many of our core beliefs get established when we are a child and solidified through our life experiences, however, we rarely realize how much those beliefs guide our view of ourselves, others and every decision in our lives. Often those beliefs have come about from someone’s opinion – and that opinion became a truth or fact for us – whether true, accurate or not. To exercise The Pattern Interrupt doesn’t take money, significant time nor is it hard to do. With the knowledge we are ready – then it is up to us to do it. Sometimes the simplest things that we can control can have the most profound impact on our wellbeing, success and happiness in life!



Dr. Joe Smyser | Closing Keynote - 1:20pm

Making Advanced Methods in Health Communication Local and Personal

Typically only the largest marketing and advertising firms, or federal agencies, have access to the newest technologies and techniques in health communication. PGP was created to get best practices and bold methods into the hands of community based organizations. Dr. Joe Smyser, Chief Executive of PGP, will showcase cutting edge approaches to health communication that are just beginning to be adopted by Fortune 500 companies, and how they are being used locally in a new groundbreaking mental health initiative. Media monitoring for disease surveillance, geolocated market research for audience segmentation, rapid “pulse check” surveys for immediate feedback from priority populations, how insights and analytics are tailored for content in hours not weeks: the art and science of public health will be on full display in this can’t-miss talk.

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Lunch Sessions - 12:10-1:05pm



Jen Arnold

Resilience: A Must-Have Skill for Your Workforce

Even before COVID-19, stress was widespread. In fact, the World Health Organization describes stress as the “global health epidemic of the 21st century”. Since the pace and intensity of work cultures are not likely to change, it’s more important than ever to help employees navigate their work life. How do you teach employees to thrive through this high pressured, fast paced and continually changing environment? Teach them the skill of resilience. Resilience is the acquired ability to thrive in a fast paced, continually changing environment. Although some people tend to be more resilient than others, the skill of resilience can be learned.

At the end of the session, the participant will be able to define resilience, understand when it’s good to get out of your comfort zone and when it’s detrimental to performance, identify the four dimensions of resilience, and, if ready, commit to one small action step to increase personal resilience.



Dr. Andrew Nish

The Mind-Body Connection: How Our Thoughts and Beliefs Affect Our Physical and Mental Wellbeing

Have you ever wondered why you are fatigued, anxious and not sleeping despite eating well and exercising? Maybe it is your thoughts and beliefs that are holding you back. In my talk, The Mind-Body Connection: How Our Thoughts and Beliefs Affect Our Physical and Mental Wellbeing, I will be exploring the profound influence that our mind has on our health and wellbeing. I will explore the science of the mind-body connection, what the physicists have to say about connection as well as give practical methods to harness the power of the mind, manage stress, improve relationships and improve your overall sense of wellbeing. To quote Sam Harris: “The quality of your day is a direct reflection of the quality of your mind.”



Dominique Morgan

The Equation of Inequity: Dismantling the Formulas of Oppression in Communities

Often times when oppressed or system-impacted communities issue a call to an action - denouncement of white supremacy, racism (in the workplace, or attempting to seek medical services for example), or trauma in general - those who possess the power to dismantle the systems that perpetuate these harms express confusion, fear, and powerlessness. In this session we will break down the algebraic equation of power in hopes to build a community rooted in justice, equity, diversity, and inclusion. We will indicate the barriers to equitable health experiences for marginalized communities, examine key steps to dismantling systemic oppression within your agency and work practice, and plan action steps that will position attendees to jump-start a plan of action in their agency.



Breakout 1 Sessions - 10:05-10:45am



Dan Mickells

Cyber Security: Smarter Workplace Protection

With an uptick in cyber security related crimes, it's essential for business owners to be aware of the latest trends and strategies to defend themselves against evolving threats. This session will cover:

- Emerging Trends
- Insurance Coverage
- Case Studies
- Proactive Planning Tips



Diane Rohlman

Mental Wellbeing in the Workplace: What Can You Do?

There is often a reluctance to discuss stress and mental health in the workplace. However, this stigma can negatively impact worker well-being and be a barrier to seeking treatment. When addressing behavioral health in the workplace it is important to move beyond individual solutions to address how the organization of work can impact health. This program will help recognize what to say (and not to say) and describe components of workplace policies to address mental health.



Kim Hurst

The Emotionally Safe Workplace

This program will help you learn how you can contribute to an emotionally safe workplace where everyone feels accepted, appreciated, recognized and respected. Attendees will learn how to define emotional and psychological safety in the workplace, put the focus on respect (especially when in conflict), reset workplace expectations and core values, establish and protect our professional boundaries, and let go of resentment and forgive prior offenses



Alex Jurgens

Grief at Work

This presentation will be an introduction into grief, how it impacts the workplace, and how we can build companionship to support staff. Data and research show grief can cause low work performance, impact retention, and influence organizational culture. We will discuss the definition of grief, examples of losses, common grief reactions, and grieving styles, as well as the definition and rules of companionship and how companionship can start developing grief support at work.



Omada Health

Bringing Human Connection to Digital Care

Learn about Omada's approach to digital care - grounded in clinical evidence and meaningful relationships with care providers.

We help people prevent and manage some of the most costly conditions, including diabetes, hypertension, depression, anxiety, and musculoskeletal pain. At Omada, we've defined digital care as the elegantly-designed integration of relevant technology, clinical expertise, and human empathy to drive a desired, and sustainable, health outcome.



Jen Arnold

Wellbeing 2020: Turning Obstacles into Opportunity

2020 has brought numerous challenges that have thrown our role as wellbeing professionals into a tailspin. With leaders focused on creating new policies and safe environments for employees, we have the opportunity to bring wellbeing to the forefront. This session will address how we can show up as wellbeing leaders, embrace change, and provide value to both employees and our organizations.



Breakout 2 Sessions - 11:05-11:45am



Marcia Washkuhn

Addressing Employee Safety Concerns and Accommodation Requests Related to COVID-19

With states reopening in the wake of the global pandemic, employers are planning and preparing for a safe return to the workplace. Washkuhn will examine the EEOC's COVID-19 guidance and process related to employees who may be entitled to reasonable accommodations, as well as possible accommodations to eliminate or reduce risk to COVID-19. Marcia will also share the importance of planning for accommodation requests and what to do when at risk employees don't request accommodations.



Will Kloefkorn

Your Most Important Relationship

Our relationships are critically tied to our own happiness, health, and longevity. How can improving ONE vital relationship change your life for the better? During will's session he will help each attendee walk away with a refreshing and enlightening new perspective on their most important relationship and the impact it can have on their personal and professional success.



Dr. Sasha Shillcutt

Resilience: The Art of Failing Forward

In this talk, Dr. Sasha Shillcutt will discuss the importance of overcoming failure to developing personal wellbeing. She will describe the relationship between professional burnout and resilience, and how resilience plays an important role in your personal wellbeing.



Susan Morgan Bailey

Organizational Forestry 101: Nurturing Culture to Support Employee Thriving

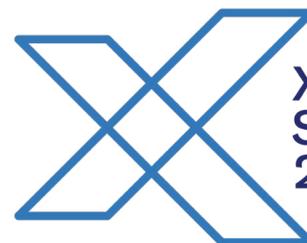
Move beyond the narrow scope of tactical wellbeing toward broader organizational strategic thinking. Participants will be able to describe a the role culture plays in employee wellbeing, explain how to align culture and wellbeing strategy to support the success of the organization and its people, and develop an action plan for nurturing an employee supportive culture in your organization.



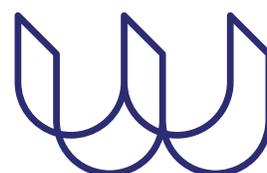
Annamarie Mann

Identities in Transition: Accessing Our Possible Selves

In a time when we are being faced with shifts in how we live and work, our identities are being stretched and challenged. What motivated us yesterday may not motivate us today. Behaviors that worked for years, may feel limiting today. Yet, this same tension can lead to new horizons of growth, development, and wellbeing. Explore how identities are created and reinforced both internally and externally, the impact and potential of transition and change on our identities, and personal and organizational strategies for redefining who we are and who we can be.



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