

REGISTER TODAY!

2018 WORKSITE WELLNESS COUNCIL OF LOUISVILLE CONFERENCE & AWARDS



May 17, 2018 | 7:30am - 2:30pm
Greens Foundation Lodge at Beckley Creek Park
Louisville, KY 40245

Registration:

Early bird: \$75 until April 30

Beginning May 1: \$95

Click here to register

*Our conference integrates movement and activities such as stretching and yoga.
Please dress comfortably for the day.*

Presented by



Sponsored by



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Attend the conference and receive 3 HRCI and SHRM recertification credits.



The Louisville Worksite Wellness Council, in partnership with our 2018 presenter and sponsors, is excited to offer you a day of wellness. Our conference this year is designed to “Elevate” your wellness program and take it to the next level. Our morning is integrated with movement as you flow from our amazing speakers into our breakout sessions with our sponsors. Our sponsors are using creativity and offering “experiences” for you to learn first-hand the amazing resources that are offered here in Louisville. We encourage comfortable conference attire - tennis shoes, comfortable pants and tops. This day is designed for you. We encourage you to be “present,” block the day off your schedule, and enjoy!

7:30 - 8:00	Registration and Breakfast
8:00 - 8:15	Opening Remarks
8:15 - 8:30	Who's Who -- Develop your team with your table
8:30 - 9:30	How to Help Employees Who Live Paycheck to Paycheck Engage in Wellness <i>Todd Shickel, Vice President of Business Development, Elements Financial</i>
9:30 - 10:00	Explore your Resources/ Breakout Sessions with our Sponsors Follow your trail into the Serenity Room, through Base Camp, and into the Peak of your Adventure
10:00 - 11:00	Creating and Maintaining Buy-in through the Use of Influence and Persuasion <i>Julius Rhodes, SPHR, Founder and Principal, mpr group</i>
11:00 - 11:30	Explore your resources -- Breakout sessions with our presenter and sponsors
11:30 - 12:30	Mayor Greg Fisher Presents the 2018 Louisville Worksite Wellness Awards
12:30 - 1:00	Fuel up with a well-balanced lunch
1:00 - 2:00	Keynote: The Power of Peak Experiences <i>Ann Coffey, Founder and Co-creator of Forte, LLC</i> <i>Ann Coffey knows first-hand the power of peak experiences. This positive emotional state can profoundly shift our perspective. Ann has climbed mountains around the world and the highest point of all 50 states. Her highpoint journey took 12 years to complete and, like any journey, it was a combination of high and low points. Ann will share her climbing stories to demonstrate the power of managing our thoughts and emotions and how it relates to our everyday life. Even though you may not be dangling from the side of a mountain, you do live the highs and lows of everyday life. Join us for an uplifting and informative session. It will be energizing and interactive. You will go home with tools that will help you access the power of your peak experiences.</i>
2:00 - 2:30	Team Challenge Complete -- Wrapping up today's journey

Optional if Your Schedule Permits

2:30 - 2:45	Final visit with our presenter and sponsors
2:45 - 3:30	Optional Mindfulness and Yoga Flow Session <i>Weather permitting we may do this outside in the beautiful Parklands. End your day with time for yourself. Elevate your attitude and wellbeing and refuel for the rest of the week. This opportunity sponsored by Jackie Priest, PYT, 200 hour YTT, founder of Modern Mama Wellness. Learn more at https://modernmamacenter.com/</i>

TODD SHICKEL



Todd Shickel serves as Vice President of Business Development for Elements Financial, a \$1 billion+ credit union, previously known as Eli Lilly Federal Credit Union. Currently, Elements offers membership via 100+ companies including Eli Lilly and Company, its largest employee group. Todd possesses 25 years of experience in financial services. Prior to Elements, he worked for Allied Solutions, First American Equity Loan Services, and Huntington Bank. He studied Business Communications at Arizona State University. Todd has also completed nationally recognized sales training programs and currently serves on the Board of Advisors for the Wellness Council of Indiana. Learn more about Todd and Elements Financial at <https://www.elements.org/about-elements/>

Ann Coffey is the founder and co-creator of Forte, LLC, a consulting and coaching company that inspires change and powers up strengths. Ann is a positive change consultant and leadership development coach. Her goal is to bring out the best in people and organizations through a strength-based process and focus. She served as the chief of staff for the Office of Advancement at the University of Louisville from 2011 to 2017. In this role, she assisted in the implementation of the university's fundraising campaigns and oversaw the business and human resources offices. She also led talent management efforts as well as strategic planning. Prior to joining the University of Louisville, Ann was President & CEO

ANN COFFEY



of Women 4 Women (W4W). Founded in 1993, W4W is a non-profit organization dedicated to improving the health and economic well-being of women and girls in Louisville. Ann is a native Kentuckian and a graduate of the University of Kentucky. In 2014, she completed the Georgetown University Executive Leadership Coaching certificate program. She received her Masters of Science for Positive Organizational Development and Change at Case Western Reserve University in May 2017. In addition, she holds certifications in Emotional Intelligent Leadership and Executive Coaching, Appreciative Inquiry and 360 Emotional Social Competency Inventory. You can learn more about Ann and Forte, LLC at <https://www.linkedin.com/in/ann-l-coffey-253723/>

SPEAKERS

Julius E. Rhodes, SPHR, is the founder and Principal of mpr group, a full service, broad-based human resources and management professional services firm. Julius is also the author of "YOU: Personal Branding for Success in Life and Business" and "BRAND: YOU The Workbook". In addition, has completed his coursework towards a Ph.D. in Philosophy and Business Ethics at Loyola University having received an Illinois Consortium for Educational Opportunities Program Fellowship for his studies. In addition, he has a lifetime Senior Professional in Human Resources (SPHR) certification, the highest level of official recognition in his profession. In 1992, he completed a certified arbitrator development program through Cornell University and the New York State Employment Relations Board. Julius has a Bachelor's of Science in Human Resources Management from Roosevelt University and a Master's of Science in Human Resources and Industrial Relations from Loyola University. You can learn more about Julius and mpr group at <http://www.mprgroup.info/>

JULIUS RHODES



SPONSORS

Please take some time out of your day with us to visit and thank our presenter and sponsors.

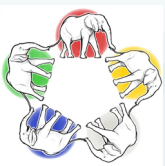
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About the Worksite Wellness Council of Louisville

The Worksite Wellness Council of Louisville, a 501(c)3 nonprofit, wants our city to become one of the healthiest in the country. Our mission is to foster healthy work environments by serving as a resource for employers. We provide businesses of all sizes in Louisville and surrounding counties with education, resources, tools and support to help develop effective and engaging worksite wellness programs. We facilitate monthly peer learning events – Wellness Conversations and Workshops – to help you network, learn about worksite wellness trends and best practices, to help you create a culture of health at your worksite. We also celebrate local success stories at our annual conference and awards presentation.

The Worksite Wellness Council of Louisville welcomes representatives from:

- Employers of all sizes with successful or new worksite wellness programs
- Employers interested in starting a worksite wellness program
- Vendors that provide services needed for worksite wellness programs, such as smoking cessation educators, wellness program consultants and physical fitness organizations

We invite you to join our monthly Wellness Conversations to “elevate” your own wellness efforts and connect to valuable resources. To learn more please visit our website at www.louisvilleworksitewellness.org.

MEET OUR BOARD OF DIRECTORS:

ALLISON LEDFORD Employee Wellness Director, N Good Health at Norton Healthcare	President	502-629-2105	Allison.ledford@nortonhealthcare.org
MATT SCHWARTZ CEO, Schwartz Insurance Group	Past President	502-425-1111	matt@schwartzinsgrp.com
DENA VAN ATTA Health Solutions Client Executive, Humana	President-elect and Programming Chair	502-476-0945	dvanatta@humana.com
DAN FISHER Operations Manager, Center for Health & Wellness, Sullivan University	Secretary	502-213-8315	dmfisher@sullivan.edu
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DR. SONYA WOLTER Co-owner and doctor at Wolter Chiropractic and Wellness	Membership Chair	502-493-2400	swolterdc@gmail.com
TIFFANY CARDWELL Consulting Principal at Mountjoy Chilton Medley, LLP and Director of Wellness for Louisville Society of Human Resource Management	Partnership Chair	502-882-4660	tiffany.cardwell@mcmcpa.com
JONATHAN TAYLOR Business Development Executive, Humana	Conference Chair	404-324-9843	jtaylor18@humana.com
KATHY HARRISON TURNER Director of Communications and Community Relations, Louisville Metro Department of Public Health & Wellness	Marketing Chair	502-574-6549	Kathy.turner@louisvilleky.gov

GHEENS FOUNDATION LODGE (1421 Beckley Creek Parkway, Louisville, KY 40245)

DIRECTIONS FROM DOWNTOWN TO MAIN PARK ENTRANCE OFF SHELBYVILLE RD

- I-64 East
- I-265 (Gene Snyder Freeway) North
- Take the Middletown exit and turn right onto Shelbyville Road toward Eastwood
- Drive approximately 1.5 miles and enter the park on the right (across from Valhalla Golf Course) by turning onto Beckley Creek Parkway
- Follow the park road in the direction of the Egg Lawn/Creekside Center (about 1.5 miles).
- After crossing under I-64 you will come to the Egg Lawn. Take a left to follow the road around the lawn, past the Thornton Bridge and to the parking area on your left. The Gheens Foundation Lodge will be at the end of the parking lot, behind the PNC Achievement Center.

S. BECKLEY STATION RD. DIRECTIONS

- I-64 East
- I-265 (Gene Snyder Freeway) North
- Take the Middletown exit and turn right onto Shelbyville Road 0.8 miles to Beckley Station Road – turn right onto S. Beckley Station Road.
- Follow 1.7 miles to the playground entrance on left (before intersection of Beckley Station and Wibble Hill Road).
- Take a right at the Egg Lawn and you'll see the parking area for Creekside Center on the right.



A DONOR-SUPPORTED PUBLIC PARK