

35TH Annual National Wellness Conference
“Wellness Solutions that Work NOW: Best Outcomes Through Innovation, Caring, and Collaboration”
University of Wisconsin-Stevens Point, July 17-22, 2010

Online Proposals

LEAD PRESENTER

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Comprehensive List of Conference Presentations for LEAD Presenter:

2009 Presentation:

Sept

- HERO Conference / Multiple Touch Point Programming
- Chevron Quarterly Safety / Wellness Wisdom
- CEO Cancer Roundtable Philadelphia / Going for the Gold

August

- CEO Gold Standard North Carolina / CEO Cancer Gold Standard

July

- NWI / Worksite Academy Programming

June

- ACS Worksite Impact Conference / Going for the Gold
- Mount Pleasant Coaching Workshop

March

- ACSM Health & Fitness Summit / Programming During Challenging Economic Times
- AJHP / Coaching Best Practices & Program Management Intensive

February

- Texas Association of Counties / Worksite Wellness Impact and Best Practices

Presentation Title:

Re-Energize Your Wellness Wisdom

Track: Personal and Professional Renewal

Target Audience: Other

Program Level: beginner

Program Type: Breakout Session

Have you presented or are you planning to present this program at other wellness-related conferences?

I present something like this session to our MD Anderson employees, and have also taken it to other employee populations. Chevron just had me do a similar presentation 10 times to reach its entire 8,000 employees in the Houston area.

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Abstract:

Wellness is a daily journey of choices and commitment. This session will use the National Wellness Institutes Wellness model to empower participants explore their daily wellness journey. The session will be lead by William Baun, Director of Wellness Programs at M.D. Anderson Cancer Center and a worksite wellness coach for 30+ years. Baun will weave into this session his life experience as an Airborne Ranger, two year experience healing a broken back, and three years ago getting diagnosed with an aggressive prostate cancer. Participants will be challenged to consider the small steps they can begin immediately to maintain and gain better health. The session will use Stephen Covey's work to help re-energizing participant's commitments to taking responsibility for their health and well-being.

Measurable Objectives:

Participants will be able to:

1. Describe the NWI whole person wellness model.
2. Define 2-3 "wisdom energy" steps they realize can guide them forward
3. One thing they will do differently immediately to "Be Well"

Program Outline:

1. Why wellness wisdom?
2. What is wisdom?
3. What is wellness?
4. What is wellness wisdom?
5. A walk through the NWI model - pulling out participants wellness wisdom
6. Stories from a 61 year old cancer survivors life - pulling the strings of wisdom
7. Covey's vision
8. Where are you living? Inside or outside?
9. A walk through Covey's 8 habits
10. Stories from a wellness coach / from tears to laughter
11. What have you uncovered? Walk away your wellness wisdom

Program Bibliography:

Covey, S. (2006) The 8th Habit

Travis, J. (2004) Wellness Workbook

Program Relevance to Conference Theme:

This session is all about learning how to listen to ourselves, so that we can learn to care for ourselves better. Wellness is a journey and learning to care for the choices and commitments we make each day is what wellness is all about. This presentation has been described as an "emotional high that is like riding a roller coaster from tears to uncontrollable laughter.