

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

Name: Billie Frances, MA, LMFT
Title: Founder
Organization: Guiding Mindful Change
Address: 5663 Balboa Avenue #438
City, State, Zip: San Diego, CA 92111
Phone: 619 297-7542
Email: Billie@GuidingMindfulChange.com

Comprehensive List of Conference Presentations for LEAD Presenter:

2005

Mindful Coaching 101 – Co-Presenter with Dr. Karen Wolfe (breakout session)
Corporate Coaching Model for Behavior Change (breakout session)

2006

Interdependence: Promoting Understanding, Collaboration and Connection (breakout session)
What is the Role of Spirituality in Coaching? (breakout session)

2007

Can We Talk? Communication patterns to Recognize, Avoid and Develop (breakout session)
Getting Honest: Exploring the Light and the Dark Sides of Coaching (Coaching Academy breakout session)
Fresh Approach Coaching Skills Training for Health and Wellness Leaders

(Full-day Preconference)

2009

Bringing it all together: Synthesizing your NWC experience (breakout session)

Presentation Title:

Bringing It All Together: Synthesizing your NWC experience

Track: Personal and Professional Renewal **Target Audience:** Other
Program Level: advanced **Program Type:** Breakout Session

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

This program was presented at NWC in 2009. Participants at that conference had an opportunity to reflect on their experiences. The same opportunity will be available for attendees at the 2010 conference.

Abstract:

The National Wellness Conference offers participants abundant opportunities to learn, explore, practice, release, bond and more. Yet, the events and experiences can leave us whirling by the end of the week. Recall your highlights, personalize your take-aways and synthesize your learning while still in the “glow” of the conference and among supportive friends and colleagues. Through discussion, introspection and writing processes, attendees will identify key concepts, anchor new emotional and spiritual awareness, give and receive acknowledgement, and commit to action steps to take after their return home.

Measurable Objectives:

1. Participants will evaluate personal and professional relevance of their conference experiences
2. Participants will be able to mentally, emotionally and spiritually anchor their learning through introspection, dialogue and writing techniques
3. Participants will generate an action plan in order to actualize their learning

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Program Outline:

- A. Identifying meaningful components of the conference
 - 1. Visualization exercise to allow images and impressions to come into awareness
 - 2. Writing exercise - List on 3x5 cards:
 - 3 activities that most impacted me physically
 - 3 activities that most impacted me mentally
 - 3 activities that most impacted me emotionally
 - 3 activities that most impacted me spiritually
 - 3. Assessing and prioritizing
 - Prioritize the cards by setting aside the 4 that are the least important
 - Set aside 4 more that are less important
 - Rank order (1-4) the remaining cards
 - 4. Share your discoveries with a partner
- B. Assessing application
 - 1. Writing exercise:
 - How do these top experiences apply personally?
 - How do these top experiences apply professionally?
- C. How can I integrate what I gained, learned and discovered into my personal and professional life?
 - 1. Coaching demonstration - Creating an action plan
 - 2. Coaching pairings to create individual action plans (using a worksheet template)
- D. Group Sharing and Q&A

Program Bibliography:

- Beck, Martha. finding your own north star: Claiming the Life You Were Meant To Live. (2002). 0-8129-3218-8
- Borysenko, Joan. inner peace for busy people: 12 Simple Strategies for Transforming Your Life. (2003)
- Braham, B finding your purpose: A Guide to Personal Fulfillment. (1991). 1-56052-072-8.
- Cohen, B life mapping: A Unique Approach to Finding Your Vision and Reaching Your Potential. 0-688-15573-1 pbk (1998).
- Ellis, D and Stan Lankowitz. human being: A Manual for Happiness, Health, Love and Wealth.
- Simon, S` values clarification: A Handbook of Practical Strategies for Teachers and Students.
- St. James, E Living the Simple Life: A Guide to Scaling Down and Enjoying More. 0-7868-8242-5 pbk (1996).

Program Relevance to Conference Theme:

Participants attend the National Wellness Conference to expand personal and professional fulfillment. Well-being and fulfillment are enhanced when what we learn is gently integrated into who we are. Setting aside some focused time to review and synthesize all that has been presented and experienced leads to customized solutions that can be implemented right away. The intention of this program is to support participants to identify what was significant during their time at NWC, how new or re-enforced information relates to their own and their organization's purpose and goals and what they can do in order to foster collaborative change.