



Tuesday, October 7, 2025 | 8:30 a.m. – 3:00 p.m. | Student Rec Center

Vendor Exhibit Hall

8:30 a.m. – 3:00 p.m. – South Courts

Breakfast Service Begins

9:00 a.m. – Room 2229

The All-In Workplace: How to Build a Culture of Wellbeing that Works for Everyone

Laura Putnam, M.A., Motion Infusion, Inc.

9:30 a.m. – 10:30 a.m. – Room 2229

Concurrent Sessions

11:00 a.m. – 11:45 a.m.

Financial Fitness: Build a Future That Works for You

Stephen McGee – Room 1130

Bootcamp Movement Class

Celina Opskar – Room 2225

Lunch Service Begins

11:45 a.m. – Room 2229

Values-Based Decision Making Workshop

Bailey Lenzen, ACC, M.Ed

12:15 p.m. – 1:45 p.m. – Room 2229

Concurrent Sessions

2:00 p.m. – 2:45 p.m.

Clothing and Consciousness: Understanding the Mental Impact of Our Clothing Choices

Jordan Morchat – Room 1130

Yoga Movement Class

Anna Taggart – Room 2225



Session Descriptions

The All-In Workplace: How to Build a Culture of Wellbeing that Works for Everyone

Laura Putnam, M.A., Motion Infusion, Inc.

In a world that is conspiring against our wellbeing, every workplace can serve as a powerful antidote. But in order for this to happen, organizations and their leaders need to move beyond the standard wellness strategy that targets the individual to tackling the culture itself. This calls for an “all-in” approach, in which everyone has a role to play. This illuminating keynote clarifies why wellbeing at work matters, why most workplace wellness programs fail, and what it really takes to build a workplace where people don’t just survive, but thrive.

Financial Fitness: Build a Future That Works for You

Stephen McGee

Join Paragon Financial Advisors for an educational session on financial wellness, designed to help equip you with practical tools and foundational knowledge to take control of your finances and your future. We’ll cover essential budgeting strategies, examine the myriad of savings vehicles with their potential tax benefits, and introduce key concepts in estate planning. Whether you are laying the groundwork or refining your long-term strategy, this session will help you make informed decisions and take meaningful steps toward financial security.

Values-Based Decision Making

Bailey Lenzen, ACC, M.Ed

What do you value, and how did those values come about? How have your values evolved over time? Through this interactive workshop, you will conduct a personal values exercise that you can immediately apply to decision making.

Clothing and Consciousness: Understanding the Mental Impact of Our Clothing Choices

Jordan Morchat

In this presentation, we will dive into how our clothing choices impact our mental and emotional well-being. We will examine the influence of attire on mood, confidence, and professional interactions, while also exploring strategic activities to foster thoughtfulness and simplicity in our wardrobe selections. Join us to discover how intentional dressing can enhance our workplace experience.

