



EMPLOYEE WELLNESS FAIR

Tuesday, October 3, 2023 | 8:30 AM – 3:00 PM | Student Rec Center

South Courts | 8:30 AM - 3:00 PM
Vendor Exhibit Hall

Breakfast for registered Morning Keynote attendees, 9:00 AM

Room 2229 | 9:30 AM – 10:30 AM | Morning Keynote & Breakfast

Power Your Second Shift

Miranda Walichowski, Ph.D. and Robye Harvey with Human Architects

**Live stream available*

Room 1130 | 11:00 AM - 11:45 AM
**Catching Z's or Counting Sheep:
The Effect of Nutrition on Sleep**

Meghan Windham, MPH, RD, LD

**Live stream available*

Room 2225 | 11:00 AM - 11:45 AM

Yoga

DeAun Woosley

Presented in partnership with

Texas A&M Rec Sports

**Live stream available*

Lunch for registered Mid-Day Keynote attendees, 12:00 PM

Room 2229 | 12:30 PM - 1:30 PM | Mid-Day Keynote & Lunch

Building Resilience and Connection During Times of Change

Dr. Russell Robinson, Ed.D.

Room 1130 | 2:00 PM - 2:45 PM
**The Power of WHY:
Adding Magic to Your Professional Life**

Madalyn Smith, MS

**Live stream available*

Room 2225 | 2:00 PM - 2:45 PM

Body Blaster

Anna Taggart Minahan, MS

Presented in partnership with

Texas A&M Rec Sports





SESSION DESCRIPTIONS

Power Your Second Shift | Miranda Walichowski, Ph.D. and Robye Harvey with Human Architects

Our framework is **Energy Leadership™**. **Energy Leadership** provides a tangible way for individuals to reflect on their attitudes, behaviors, and perceptions. From there, they can determine which of the seven levels of energy (mindsets) will allow them to obtain the best outcome in their personal and professional lives. The process that develops a personally effective style of leadership that positively influences and changes not only yourself but also those with whom you work and interact with. As individuals change in an organization the organization changes as well.

Catching Z's or Counting Sheep: The Effect of Nutrition on Sleep | Meghan Windham, MPH, RD, LD

There is no doubt that nutrition and sleep are related. Whether you find yourself tossing and turning all night or sleeping like a rock, certain foods and timing of meals can affect your quality of sleep. If you are seeking ways to catch more Z's and achieve a restful night's sleep, join Meghan Windham, MPH, RD, LD to learn ways to fuel your body and improve sleeping patterns for overall health.

Building Resilience and Connection During Times of Change | Dr. Russell Robinson, Ed.D.

Resilience is the human capacity to meet adversity, setbacks, and trauma, and then recover from them to live life fully. Resilient leaders can sustain their energy level under pressure, to cope with disruptive changes and adapt. They bounce back from setbacks. They also overcome major difficulties without engaging in dysfunctional behavior or harming others. Resilience is a crucial characteristic of a high-performing leader. Connection in the workplace is the feeling of being part of a community engaged in something bigger than any one person. There's a sense of belonging to the organization and the people around you.

The Power of WHY: Adding Magic to Your Professional Life | Madalyn Smith, MS

Why does Apple have the most loyal customers? Why does Chick-Fil-A have such fanatic consumers? Why does Disney have an almost cult following? Because these companies have harnessed the power of WHY to provide positive feelings and the best experiences for their clients and customers, and so can you! Let's get ready to reimagine our professional practices and bring a little more magic and joy to our workdays! Come to this session ready to explore universal branding principles and to participate in hands-on activities that will help you (re)connect with your passions, combat compassion fatigue and burnout, define your WHY, and build your personal brand to energize and enhance your career.