

★WELCOA's 2015 NATIONAL TRAINING SUMMIT



Start A Movement Transforming Employee Wellness

MARCH 30 & 31, 2015

Manchester Grand Hyatt | San Diego, CA



Summit Brochure

**CHECK OUT
THE DETAILS!**

It's a whole new world of wellness!

This two-day total immersion will explore a new model for wellness that will leave you inspired, energized and armed with the tools and resources you need to position your program for the future.

Topics to be covered include:

- › Embracing the Future of Employee Wellness
- › Creating a High-Performing Organization
- › The Latest Innovations in Wellness Programming
- › Being an Agent of Change
- › Redefining Engagement
- › Starting a Movement in Your Organization

Prepare for the what's next in worksite wellness by participating in hands-on workshops and more!



CLICK HERE TO SEE THE SUMMIT PRESENTERS

Meet Your 2015 Summit Presenters...



RYAN PICARELLA

President, Wellness Council of America (WELCOA)

WELCOA President, Ryan Picarella will use his knowledge of the industry landscape to set the stage for this powerful, game-changing event. He will lead a discussion of health promotion's elephants in the room that can be divisive in the industry, incorporate perspectives from major industry

leaders (via teleconference), and provide strategies for navigating them as you design results-oriented wellness programs. Throughout the two day event, Ryan will show you a new paradigm for employee wellness and draw you a road map to the future of the industry.



LAURA PUTNAM MA

CEO & Founder, Motion Infusion Inc.

Laura Putnam, an innovator and wellness activist for workplace wellbeing, will lead discussions about how to promote engagement that is bigger than “in the moment” and how to be an agent of change in this industry. You'll learn how to get people to do more than participate to get

a prize or avoid a penalty—but get people to truly engage in the moment that you create through wellness programming. Also learn why it is important to make the shift from being a wellness expert to an agent of change in your organization and in the movements you start.



JOSH LEVINE

Principal, Great Monday

Josh Levine, a national expert who has worked with top technology firms to build high performing cultures will discuss the Cultural Imperative and how to apply it to create successful wellness programming. Get the tools you need to increase program engagement by creating a high performing cultures first.



SEAN FOY MA

President, Personal Wellness Corporation

Having been a leading expert on fitness and health in the worksite for decades, Sean Foy understands passion, motivation, and the power of making wellness personal when creating cultures of health. Sean will teach you how “knowing your why” will be the source of your power as a professional. You'll craft your “why statement” and learn how to use it to get results.



ALEXANDRA DRANE

President & Co-Founder, Eliza Corporation

Alexandra Drane was designated a “Woman to Watch in 2014” by Disruptive Women of Healthcare. Find out why as she takes you through a discussion of the nontraditional determinants of health.

[CLICK HERE TO CHECK OUT THE AGENDA](#)

Summit Agenda

Day 1: Monday, March 30th

TIME	SPEAKER	SESSION
8:00-8:30 am	Ryan Picarella	Opening Remarks
8:30-8:50 am	Ryan Picarella	The State of the Union
8:50-9:35 am	Ryan Picarella	The Elephants in the Room Part 1
9:50-10:20 am		Break
10:20-10:45 am	Laura Putnam	Discussion: The Elephants in the Room
10:45 am-12:00 pm	Laura Putnam	The Engagement Imperative
12:00-1:30 pm		LUNCH
1:30-3:00 pm	Josh Levine	The Culture Imperative
3:00-3:30 pm		Break
3:30-4:45 pm	Sean Foy	What's Your Why?
4:45-5:00 pm	Ryan Picarella	Closing Remarks
6:00-8:00 pm	Join the Movement Reception sponsored by GARMIN 	

Day 2: Tuesday, March 31st

TIME	SPEAKER	SESSION
8:00-8:15 am	Ryan	Opening Remarks
8:15-8:15 am	Ryan Picarella	The Elephants in the Room Part 2
9:15 -9:45 am	Ryan Picarella	The Evolution of Worksite Wellness
9:45-10:15 am		Break
10:15-11:15 am	Alexandra Drane	The Unmentionables: Nontraditional Determinants of Health
11:15 am-12:30 pm	Laura Putnam	Be an Agent of Change
12:30-2:00 pm		LUNCH
2:00-2:15 pm		#1 Health Promotion Professional Award
2:15-3:00 pm	Ryan Picarella	Handbook Workshop
3:00-3:45 pm	Laura Putnam & Sean Foy	Start a Movement
3:45-4:00 pm	Ryan Picarella	Closing Remarks

[CLICK HERE TO SEE YOUR TAKE-HOME MATERIALS](#)

CEU credits are available!

The WELCOA Summit Experience!

In addition to expert instruction, hands-on workshops and dynamic networking, you will receive valuable resources—FREE of charge.

Your Take-Home Materials:

- › A detailed report of the P4 Model and how you can apply it to your organization
- › White Papers on the next practices in worksite wellness
- › Activity-based templates
- › Strategies on performance-based organizations
- › Expert Interviews with Sean Foy, Josh Levine and Laura Putnam
- › Case Studies on purpose-driven wellness programs
- › Other tools and resources

And Much More!

[CLICK HERE TO LEARN ABOUT SUMMIT CERTIFICATION](#)



The 2015 Summit Gets You Certified!

Get Certified At The Summit!

Your National Summit experience will result in a national WELCOA certification. To date, more than 8,000 wellness professionals and business leaders have completed one or more of WELCOA's certification courses. In addition—more than 1,200 individuals from all 50 states have completed four or more WELCOA certifications to earn the coveted WELCOA Faculty designation.

At WELCOA's National Training Summit, not only will you receive the nation's premier training on starting a movement—but you'll also receive formal recognition for mastering this important information.

