



HOKIE WELLNESS

Finding Balance Conference

Friday, October 6, 2017 ▶ The Inn at Virginia Tech

Program	Location
7:30-8:45 a.m.	Check-in/registration Latham Foyer
8-8:30 a.m.	Tai-Chi, Matthew Komelski (optional morning activity) Latham Ballroom A
8:45-9 a.m.	WELCOME – Lisa Wilkes Latham Ballroom CDEF
9-10:15 a.m.	Keynote: Search Inside Yourself: An Unexpected Path to Success & Happiness, Heather O’Neill Jelks Latham CDEF Search Inside Yourself (SIY) teaches tools for focus, self-awareness and resilience, so you can create a better world for yourself and others. Grounded in science, SIY helps you develop mindfulness-based emotional intelligence skills that directly enhance your well-being by cultivating a healthy mind. This presentation will be an introduction to mindfulness and will include both content delivery and participatory exercises, leaving you with practice tools to use right away.
10 a.m.-2 p.m.	Flu vaccination clinic provided by Kroger, no need to pre-register. Bring your insurance I.D. Latham Foyer
	Exhibitor tables open Latham Foyer
10:15-10:30 a.m.	Break Latham Foyer
10:30-11:15 a.m.	MORNING BREAKOUT (Four options)
	Sleep 101 – Anthem EAP Duck Pond In this seminar, you will learn the physical and mental benefits of a good night’s sleep, how to establish daily habits that promote sleep and ways to improve your sleep environment. Learn techniques for relaxation and dealing with insomnia.
	Cash Management – Alex White Assembly Hall Tips provided on how to better manage day-to-day financial resources, how to assess your current financial situation, along with budgeting, setting up an emergency fund, managing credit cards, and steps to increase savings.
	Cooking Demonstration Latham CDEF Join a chef from The Inn at Virginia Tech as they demonstrate the preparation of items from the lunch menu for the day: black bean croquets, mixed peppers and chipotle tomato, whole wheat penne pasta, grilled chicken or power greens and chicken veloute sauce. This session is limited only to those who register for the session in advance.
	Take Advantage of Your Hokie Perks: Cash Match and Premium Rewards – Ann Cronley Smithfield Learn about the opportunities employees have to “earn” money by making wise choices when it comes to health benefits and retirement. A personalized printout of each attendee’s status will be available so that they may know their options. Registration is required for this session so that printouts may be completed in advance.
	ACTIVITY BREAKOUT SESSIONS (Three Options)
	Yoga Duck Pond
Zumba (cancelled if inclement weather) Great Lawn	
Mindful Walk (cancelled if inclement weather) Meet in Latham Foyer	
11:15 a.m.-12:15 p.m.	Art and Mindfulness: Using Memory to Create Balance, Robin Scully Boucher Latham CDEF Many memories anchor us to our life story and allow us to move towards the future with confidence. Stopping to ponder where we are on that timeline and embracing the now of our story will help us to move towards the future with knowledge derived from personal insight. This workshop will lead individuals through exercises that will help them to connect with a memory. This memory will be further explored through journaling or drawing and create a stream of conscious experience that may open the door into what is important now and where we should go next.



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12:15-1 p.m.	Lunch	Latham AB
1:15-2:15 p.m.	Finding the Poem in You, Nikki Giovanni, University Distinguished Professor	Latham CDEF
	Let Nikki Giovanni share her insight and impart her wisdom so that you can learn to relax by loving yourself.	
2:15-2:30 p.m.	Break	Latham Foyer
2:30-3:30 p.m.	AFTERNOON BREAKOUT (Four Options)	
	Building Balance: The Resilience Toolbox – Aliya Chapman, Trish Haak	Latham CDEF
	Hear the latest research regarding the impact of stress on the nervous system, and learn to recognize common human reactions to stress. Understand how daily strategies cultivate resilience and take away a toolkit for developing a Resiliency Framework for yourself or others.	
	Cash Management – Alex White	Assembly Hall
	Tips provided on how to better manage day-to-day financial resources, how to assess your current financial situation, along with budgeting, setting up an emergency fund, managing credit cards, and steps to increase savings.	
	Sleep 101 – Anthem EAP	Duck Pond
	In this seminar, you will learn the physical and mental benefits of a good night's sleep, how to establish daily habits that promote sleep and ways to improve your sleep environment. Learn techniques for relaxation and dealing with insomnia.	
3:45-4:45 p.m.	Nutrition for Well-being – Lauren Shelor	Smithfield
	Did you know that what you eat can significantly influence how you feel? Providing your body with the nutrition it needs is a positive step you can take every day to combat stress. In this session, learn how to use well-balanced nutrition to boost your immune system, energy levels, and mood.	
3:45-4:45 p.m.	Closing Keynote: The Surprising Connection Between Well-being and Compassion, Heather O'Neill Jelks	Latham CDEF
	The benefits of mindfulness extend beyond developing a healthy mind. It turns out that mindfulness also cultivates empathy, which fuels connection and supports compassion. In this interactive presentation, we will explore the connections between your well-being, your capacity for connection and mindfulness as a tool for nurturing and sustaining a compassionate heart.	



Heather O'Neill Jelks - Keynote Speaker

Heather Jelks is the President of Nautilus Coaching & Consulting, a company dedicated to the development of masterful leaders. Heather has taught SIY to health care, corporate, and non-profit leaders at organizations such as Daimler, Children's Hospital, and SAP. Heather also trained in Mindfulness Based Stress Reduction with Jon Kabat-Zinn, and weaves mindfulness principles and practices into all of her executive coaching engagements. An avid runner and mindfulness meditation practitioner, Heather introduces her clients to leadership concepts and practices that deepen resilience, wisdom, and well-being. She is the co-author of the recently published book, *Missing Conversations for Leaders: 9 Questions All Leaders Should Ask Themselves*. She is a proud Virginia resident, wife, and mother to college-aged twins.



Nikki Giovanni

Poet Nikki Giovanni was born in Knoxville, Tennessee, on June 7, 1943. Nikki graduated with honors in history from her grandfather's alma mater, Fisk University. Awarded an unprecedented seven NAACP Image Awards, she was nominated for a Grammy, and a finalist for the National Book Award. Nikki authored three New York Times and Los Angeles Times best sellers, highly unusual for a poet, she says. Since 1987, she has been on the faculty at Virginia Tech, where she is a University Distinguished Professor. Nikki has a son and a granddaughter, and likes to cook, travel and dream.

HOKIE WELLNESS

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Presented by the Divisions of
Human Resources and Student Affairs

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