

2019 Call for Proposals

BREAKOUT SESSIONS

Breakout Session Proposals must be submitted online by **January 14, 2019**



44th Annual National
Wellness Conference 

THE KEY TO THRIVING Six Dimensions of Wellness

Sept. 30 – Oct. 2, 2019 | Kissimmee, Florida

The National Wellness Institute (NWI) invites professionals from all walks of wellness to submit breakout session proposals for its 44th Annual National Wellness Conference (NWC). Individuals are encouraged to submit session proposals offering everything from evidence-based foundational knowledge to leading-edge techniques that help attendees grow their professional wellness promotion competencies.

All proposals are evaluated through a blind peer-review process. Proposals submitted after January 14, 2019, will not be accepted.

ABOUT NWC BREAKOUT SESSIONS

NWC sessions highlight a person-centered, multidimensional approach for assisting individuals in optimizing each of the [Six Dimensions of Wellness](#): Physical, Intellectual, Emotional, Spiritual, Social, and Occupational. Sessions also consider how one's environmental and financial wellness impact their capacity to flourish in life. Additionally, NWI has a strong commitment to diversity and supports its inclusion in all its educational programming. We encourage the submission of proposals that address best practices in [multicultural competency](#) for wellness professionals.

NWC attendees work in a myriad of settings (e.g., worksites, community and public health organizations, healthcare facilities, schools, faith communities) and professions. All sessions should be supported by current research, theory, or best/promising practices with a focus on developing cultures of inclusive, whole-person wellness in which we can all thrive. Proposals for sessions that are highly interactive are encouraged, as are sessions that align the topic with the Six Dimensions of Wellness model.

Breakout sessions are typically scheduled for 75-minute time blocks throughout the Main Conference. NWI reserves the right to determine the length of accepted sessions and edit descriptions as needed. **Proposals for identical breakout sessions that have been presented at previous National Wellness Conferences will not be considered.** Wellness activities to enhance participants wellness/provide attendees with personal renewal while onsite at the NWC are scheduled separately and should not be submitted as breakout sessions.

See the final page of this document for a list of Conference Session Tracks, including topic examples.

TIMELINE & SUBMISSION DEADLINES

Late submissions or requests will not be accepted nor acknowledged.

November 5, 2018

Online submission form opens.

January 14, 2019

Breakout Session proposals must be submitted online on or before this date.

February 20, 2019

NWI will begin notifying Breakout Session applicants via e-mail of proposal acceptance status.

Sept. 30 – Oct. 2, 2019

Breakout Sessions take place at the 44th Annual National Wellness Conference.

PRESENTER BENEFITS & MATERIALS

Each accepted session includes ONE (1) complimentary *non-transferable* Main Conference registration for the session presenter. Breakout sessions may have a total of three presenters; however, if a session has more than one presenter, the additional presenter(s) must pay the conference registration fee for the day of their session and any additional days of attendance.

All presenters are responsible for their own travel and lodging expense, as well as their presentation materials and supplies. Session rooms include an LCD projector and screen. Microphones and laptops are not provided. All presenters will be listed in the program book.

Marketing during presentations: Presenters are prohibited from using their sessions as an opportunity to promote their products or services. Non-compliance will result in declination of future proposals.

PROPOSAL SUBMISSION CHECKLIST

The following information should be submitted for EACH proposed session. Individuals may submit a maximum of three session proposals; however, having more than one proposal accepted is rare. Please adhere to all word-count limitations. Incomplete submissions will not be considered.

Presenter Profile

(The person submitting the proposal, *Main Contact*, receives all communication related to the proposal.)

Provide the following information for the Main Contact/Presenter of this session. If applicable, provide the name and email of each additional presenter (2 maximum) for this session, who will then receive an email requiring them to also provide the following:

- Presenter contact information.
- ALL degree(s) earned with major area(s) of study and name, city, and state of institution(s)
- Curriculum vitae/résumé to be uploaded as a PDF or Word document
- Brief description (50-75 words) to support your qualifications as an effective presenter. (What is your experience and/or education in presenting and developing educational programming for adult learners?)
- Brief description of your education and professional experience related to submission content/Explanation of what qualifies you as a content expert in the material to be presented (50-75 words)

Session Proposal Information

No identifying information—including presenter name(s) or organization(s)—should appear within information provided in the proposal to ensure the impartiality of the blind-review committee. If a proposal is a collaborative submission, all identifying information from all contributors must be excluded from the proposal.

- Title of proposed presentation (15 words max)
- Identification of one primary track and one (optional) additional track (see final page of this document for track descriptions.)
- Proposal/Long Description (500 words max). Provide a very detailed description of your proposed session so the review committee has as much information as possible to best evaluate the program. The description must 1) address evidence-informed methods and best/promising practices, 2) identify the value gained from attending the presentation, 3) describe the problem in practice or improvement to be addressed by the session; 4) identify what you want the participants to do differently following the session, 5) explain instructional methods to be used to meet the intended outcome(s), and 6) identify what tools/resources/handouts, if any/known, participants will receive in the session.

- Abstract/Program Book Listing (75 words max). Be concise and accurate; describe the program in a way that conveys its value and creates a desire to attend your presentation.
- Overall Objective. (25 words max) The overall learning outcome of this presentation.
- Three learning objectives written in behavioral terms to complete this statement: "To support the achievement of the overall outcome, following this session, participants will be able to [identify, define, outline, assess, etc.] _____" (15 words max).
- Brief description (100 words max) identifying how the session supports the NWC 2019 theme: *The Key to Thriving: Six Dimensions of Wellness*.
- Teaching Method(s) you plan to use (lecture only, lecture with audio/visual, experiential or participatory, group discussion or roundtable)
- Session Outline, which MUST include the following for each section of the presentation: content, timeframe (in minutes), teaching methods (e.g., lecture, small group activity, experiential activity, PowerPoint presentation). The best proposals will have an outline illustrating the use of adult learning practices/theory.
- List of current evidence-based references (published within the last 5 years) used to develop the content of the session/ support the material being presented, uploaded as a PDF or Word document or typed into the form.
 - Proposals submitted with no references, or with outdated references, will not be considered.
 - References should be from multiple sources (and not be solely the presenter's own published work).
 - References from peer-reviewed journals are highly encouraged.
 - It is preferred that references be formatted in APA style.



SELECTION CRITERIA

The NWC Program Review Committee considers the following criteria when evaluating program proposals.

Quality of Content

- Comprehensive description highlighting the session's value to attendees
- Detailed outline and teaching methods that demonstrate an understanding of adult learning principles
- Clear, measurable, and relevant learning objectives
- Session is focused on providing knowledge or skill development and not marketing products or services

Presenter Qualifications

- Evidence of sufficient education and professional experience to present the topic to a professional audience

Timeliness/Relevance of Topic

- Topic relevant to NWC audience
- Creativity and innovation of session
- Current/pertinent topic

- Topic supports NWC 2019 theme: *The Key to Thriving: Six Dimensions of Wellness*
- New information (Individuals who have presented at previous NWCs must submit new/complete proposals for the current year. NWC does not offer repeat breakout sessions from year to year.)

Research-Based/Practical Application

- Quality and up-to-date reference list (includes the most current resources available; references peer-reviewed journals and multiple sources) to support information being presented
- Balance of research and promising/best-practices
- Evidence of practical application

Completeness and Presentation of Proposal

- All items listed under "Proposal Submission Checklist" above must be included in the submission. **Incomplete proposals will be automatically disqualified.**
- Proposal is clearly written and free of grammatical errors.

Visit NationalWellness.org/NWCProposals to submit all proposals by **January 14, 2019**.

E-mail nwc@nationalwellness.org or call 715.342.2969 with questions.



SESSION TRACKS

Attendee and topic examples listed below are provided as a guide and are not intended to be inclusive.

1. Emotional Wellness & Mental Health

These sessions are designed for counselors, employee assistance professionals, psychologists, psychiatrists, social workers, therapists, and other professionals incorporating mental and emotional wellness interventions into their practice. Topic examples include stress and resilience, coping and thriving, mental illness, mental disorders, happiness, anxiety and depression, substance abuse and misuse, eating disorders, health consciousness, sleep, healthy alternatives, multicultural competency, assessment and evaluation, mindset, trauma, healthy emotions, primary prevention programs, advocacy, and ethics.

2. Health & Wellness Coaching

These sessions are designed for health and wellness coaches, or individuals exploring the coaching field. Content focuses on the knowledge and skills required to facilitate healthy lifestyle change and improved quality of life. Topic examples include behavior change theories, models, tools, and techniques; assessment; active listening; motivational interviewing and mindful communication; establishing a coaching practice; strengthening personal resilience and self-care; and coaching in various environments and for diverse populations.

3. Health Education & Community Wellness

These sessions are designed for health educators, public health professionals, and individuals implementing wellness and health interventions in a community context or at the community-wide level. Topic examples include strategies for building community capacity; assessing, planning, implementing, and evaluating health-related interventions; health literacy; and leading advocacy initiatives.

4. Mind-Body Medicine & Integrative Health

These sessions are designed for practitioners focused on the science and skills of integrating traditional and complementary practices and holistic therapies in any setting. Topic examples include meditation; guided imagery; mindfulness; biofeedback; yoga, Tai Chi, and Qigong; and self-expression in words, drawings, and movement to benefit session attendees' professional wellness practice.

5. Physical Activity and Nutrition

These sessions are designed for personal trainers, group exercise instructors, health coaches, nutritionists, dietitians, and individuals who provide nutrition and physical activity education and programming to a variety of populations. Topic examples include healthy eating; fitness and exercise; nutrigenomics; physical activity and nutrition across the lifespan; program assessment, planning, implementation, and evaluation; advocacy; and environmental and policy change related to physical wellness.

6. Post-secondary & K-12 Education

These sessions are designed for faculty or staff in post-secondary institutions or K-12 schools. Topic examples include wellness/health promotion curriculum and program development; community collaboration; assessment and evaluation; school culture; funding; and student wellness program implementation.

7. Student Wellness & Career Development

These sessions are designed specifically for undergraduate or graduate students, particularly those seeking degrees in wellness and health promotion. Topic examples include mentorship, leadership, campus culture, career exploration and development, networking and relationship building, and student-led health and wellness initiatives.

8. Wellness in Clinical Practice

These sessions are designed for nurses, physicians, chiropractors, physical and occupational therapists, and other medical professionals and students. Session content focuses on integrating the principles of evidence-based health behavior, coaching, wellness promotion, and disease prevention principles into clinical practice. Topic examples include policy and privacy issues, leadership development, multicultural competency, holistic practices, and self-care for clinical professionals.

9. Worksite Wellness

These sessions are designed for individuals managing or implementing employee wellness programs in a variety of settings (e.g., corporations, universities, medical or assisted living facilities), such as wellness coordinators, managers, directors, and consultants; employee wellness champions; human resources and benefits specialists; and insurance consultants. Session content focuses on wellness program assessment, planning, design, implementation, evaluation, and reporting. Additional topic examples include environmental and policy change; marketing and communication; management; leadership; organizational culture; integration with benefits; strategic partnerships; employee engagement; program sustainability; and compliance.

10. Other Topics for Wellness Professionals

These sessions are typically relevant to a wide range of wellness professionals working in multiple settings. Session content focuses on professional growth and leadership; foundations and innovations in whole-person wellness applicable to multiple disciplines; and wellness interventions targeting special populations (e.g., aging population, disabled, economically disadvantaged). Topic examples include building a wellness business, multicultural competency, financial wellness, environmental sustainability, legal issues, privacy and compliance, spirituality, healthy communication, social wellness and connection, ethics, social justice, self-care, technology, and global wellness.