

2019 National Wellness Conference

SESSION TRACKS

Attendee and topic examples listed below are provided as a guide and are not intended to be inclusive. 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. Visit NationalWellness.org/NWCPProposals to submit all proposals by January 14, 2019.

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.