

2nd Annual WorkLife Wellness EAP Symposium May 4-5, 2006

Keys to a Productive Workforce



*Unlocking the potential
of your employees*

Worklife Programs
Purdue University
West Lafayette, Indiana

Join us for the 2nd Annual Worklife Wellness EAP Symposium, May 4-5, on the Purdue University West Lafayette campus. This symposium will explore the connections between WorkLife, Wellness, and Employee Assistance Program (EAP) and the vital role they play in enhancing employee performance.

Keynote Speakers



Zonya Foco RD, CSP – Excelling at Your Career Without Undermining Your Health

How you eat directly affects your energy level, stamina, productivity, and resistance to disease. A demanding career and hectic family life directly affects how you eat and exercise (or fail to). Foco will share ways to sneak in exercise and leverage fuel to increase your energy and thinking ability. From desk drawer delights to briefcase bites, you'll learn about the best speed-feed for those times when there's no time to spare. From dashboard dining to restaurant survival, you can indeed still eat healthfully anytime, anywhere. Be the best you can be on the job and at home. There's no time like right now.



Kristy Curry, head women's basketball coach, Purdue University – Building Better Teams: The Big 10 Keys to Success

Now in her seventh year at the helm of the Boilermakers, Purdue head coach Kristy Curry has made her mark as one of the most successful women's basketball mentors in the University's history. A great deal of Purdue's and Curry's success can be attributed to outstanding talent on the court; however, it all starts at the top. Much like the trickle-down effect in any organization, so much depends of the attitude and ethics of its leader. Inspiring, uplifting, and ever-captivating, experience this time with Coach Curry and see how she has maximized the efforts of her team, generating ideas for you to take back to yours.



Shelley MacDermid, PhD, Purdue University, director of Midwestern Work-Family Association – A

Look at the "Best of the Best" Practices in the Workplace
The annual competition for the Kanter Award for Excellence in Work-Family Research identifies the single best study published in 60 English-language scientific journals around the world. This session will describe the "best of the best" findings that address the business case for supportive workplaces. Professor MacDermid will provide attendees with user-friendly summaries of the leading research studies, as well as "sound bytes" they can use in their daily efforts to make the case for supportive workplaces.



Barry Schreier, PhD, Purdue University, director of "One Size Fits All" Improv Comedy Troupe -

Pro-FUN-ity - Wit and Wisdom for the Workplace
Testing...testing...It's time to assess the "humor quotient" of your work environment! No longer a topic of taboo, HUMOR has found its place in the workplace. Barry Schreier uses his uncanny comedic ability to demonstrate how being too serious produces stress, kills creativity, and generally makes everyone miserable to be around. This provocative, energetic presentation will send you home with "atti-tools" to capture an atmosphere of spirit, enthusiasm, and high morale. Go PRO and advocate for a culture of "Pro-FUN-ity" and higher PRO-ductivity!

Symposium Agenda

Visit www.purdue.edu/worklife for presenter biographies and presentation abstracts

Thursday, May 4

7:30 a.m. Registration

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Welcome

Jan Mills, Mayor, West Lafayette, Indiana
Dr. Martin Jischke, President, Purdue University
Mindy Paulet, WorkLife Programs, Purdue University

8:15

General Session

Building Better Teams—The Big Ten Keys to Success
Kristy Curry, Head Women's Basketball Coach, Purdue University

9:30

Concurrent Session I

- A.** *Absence Makes the Heart Grow Stronger*
Hank Christianson, LICSW; Steve Cyboran, ASA, The Segal Company
- B.** *Family Caregiver Discrimination and Work-Family Conflict: A Legal Case for WorkLife Balance Policies*
Christine Dickinson, PhD, Center for WorkLife Management Counseling

10:30

Break

10:45

Concurrent Session II

- A.** *Our Modernized Diet and Depression: Is There a Link?*
Karen Hosterman, RD, Purdue University
- B.** *Roundtable Discussion: Understanding Employees and Building Community*
Char Elle En, ACSW
- C.** *Governor Daniels' IN-Shape Indiana*
Eric Neuburger, MBS, Governor's Council for Physical Fitness and Sports

11:45

Networking Lunch and Campus Walk (optional)

1 p.m.

Concurrent Session III

- A.** *Physical Activities Lasagna: Using a Layered Approach to Getting Employees Moving*
Michelle Guerra, MS
- B.** *Understanding the Aging Employee*
The Coalition for Living Well After 50
- C.** *Identifying, Implementing, and Achieving a Smoke-Free Workplace*
Erin Slevin, MPH, SmokeFree Indiana

2:15

Break

2:30

Concurrent Session IV

- A.** *Facilitating Emotional Well-Being in the Workplace*
Angela Wiley, PhD, University of Illinois
- B.** *Worksite Health Promotion: Evaluation, Integration, and Success*
Tarra Hodge, MS, Purdue University
- C.** *Healthy Purdue: the New Purdue Health Initiative*
Julie Huetteman, PhD, Purdue University

3:45

General Session

Pro-FUN-ity: Wit and Wisdom for the Workplace
Barry Schreier, PhD, Purdue University; "One Size Fits All" Comedy Troupe

Friday, May 5

7:45 a.m. Continental Breakfast

8:30

Keynote

Excelling at Your Career Without Undermining Your Health
Zonya Foco, RD, CSP, Nutrition and Fitness Expert, Author, TV Personality

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Break (Book Sales)

10:15

General Session

A Look at the "Best of the Best" Practices in the Workplace
Shelley MacDermid, PhD, Purdue University

11:15

Closing Remarks and Door Prize

General Information

Registration

The registration fee is \$90 if paid by March 31. The fee after that date is \$125. The fee for Purdue faculty and staff is \$50 and students will be charged \$25. Registration includes breakfast on both days and lunch on Thursday, along with conference materials. There is a group dinner outing on Thursday evening; please indicate on the registration form if you would like to attend. Participants are responsible for their own Thursday dinners. You may register online for this conference at www.conf.purdue.edu/wwwap. Purdue University is not responsible for costs incurred due to cancellation.

Location

Purdue University is located in West Lafayette, Indiana, sixty miles northwest of Indianapolis and one hundred and twenty-five miles southeast of Chicago on I-65. The symposium will be held on campus in Stewart Center. A map of the University and the surrounding area will be sent with your registration confirmation.

Accommodations

A block of rooms has been reserved for this symposium at the Purdue Memorial Union Club Hotel. Please mention this symposium when making reservations. Participants are responsible for making their own hotel accommodations. You may contact the Union Club at 800/320-6291 or 765/494-8900. A listing of area hotels phone numbers and the distance from each hotel to campus will also be included with your registration confirmation.

Parking

A parking pass for the Grant Street Parking Garage will be provided to commuters at check-in. Parking is free for those staying at the Union Club Hotel.

Certificate of Completion

Certificates of completion will be available for symposium participants.

For More Information

For program content information, contact:

Branna Smith, WorkLife Manager
765/496-3084
branna@purdue.edu
www.purdue.edu/worklife

For registration information, contact:

Erica Wilson, Purdue Conferences
800/359-2968 or 765/494-7221
ericaw@purdue.edu

Purdue University is an equal access/equal opportunity university.

Registration Form

2332-06YR-EW

Worklife, Wellness, EAP Symposium • May 4-5, 2006

Earlybird registration due March 31

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____

Fax _____

E-mail _____

Name of Organization _____

Title _____

- I require auxiliary aids and services due to a disability. Please contact me at the above address.
- I would like to request a vegetarian option at all meals.
- I am interested in attending the group dinner on Thursday evening.
- Select one presentation to attend for each concurrent session by placing **A, B,** or **C** in the blanks provided.

Session I ____ Session II ____ Session III ____ Session IV ____

(Abstracts are available online at: www.purdue.edu/worklife)

Fees

- \$90 (before 3/31/06)
- \$125 (after 3/31/06)
- \$25 (Student)
- \$50 (Purdue Employee)

Total amount enclosed \$ _____

Payment Method (Payment is required upon submission of registration.)

- Enclosed is a check made payable to Purdue University
- Please charge to: VISA Mastercard
- Discover American Express

Account Number _____

Expiration Date _____

Signature _____

Printed Name _____

Mail registration form with payment to:

CEC Business Services
Purdue University
Stewart Center, Room 110
128 Memorial Mall
West Lafayette, IN 47907-2034

Fax with credit card information to: 765/494-0567

Please photocopy for additional registrants.