



2023 CONFERENCE & AWARDS

May 24, 2023



The Worksite Wellness Council of Louisville focuses on empowering employers by providing educational tools and resources to develop and grow effective and successful wellness strategies. We strive to improve the quality of life in our community, starting in the workplace.



AGENDA

- 8:30 - 9:00 Registration and Breakfast
- 9:00 - 9:15 Opening Remarks / Intention Setting KORU with Paula Kommor M.Ed., CPA, NBC-HWC, ICF-ACC
- 9:15 - 10:00 **Leading with Compassion: Working the Balance Between Self-Care & Team-Care**
Shelly Sowell, M.Ed., LPCC
This experiential workshop delves into the factors that support compassionate leadership and those that hinder connection. Participants will gain practical, evidence-based skills for promoting well-being, such as mindfulness, journaling, and communication tools.
- 10:00 - 10:15 Sponsor Visit / RE-fuel / RE-charge
- 10:15 - 10:45 **ACTIVITY: Mindful Communication Practice**
Shelly Sowell, M.Ed., LPCC
This practice will help participants to develop a connecting and empathetic communication style that promotes self-awareness and personal responsibility.
- 10:45 - 11:00 Sponsor Visit / RE-fuel / RE-charge
- 11:00 - 12:00 **Presentation of the 2023 Louisville Worksite Wellness Awards**
- 12:00 - 12:45 Fuel up with a well-balanced lunch
- 12:45 - 1:00 Sponsor Visit / Visit the Gardens with mindfulness
- 1:00 - 2:00 **Reimagining How Leaders Influence Wellness**
leisha Beasley, DSW, LCSW, CDP
 - The influence of wellness on behavior
 - Utilizing performance evaluations to amplify wellness
 - Positioning “Two Way Accountability” as the expectation
- 2:00 - 2:15 Sponsor Visit / RE-fuel / RE-charge
- 2:15 - 2:45 **ACTIVITY: Four Principles that Support Visionary Self-care and Wellness with Two-Way Accountability**
leisha Beasley, DSW, LCSW, CDP
Four principles to consider will be briefly highlighted as a tool
Participants will use the four principles as a guide to how they will re-engage worksite wellness programs
Participants will voluntarily share out in their small groups
- 2:45 - 3:00 Closing Remarks/Door Prizes

OUR SPEAKERS

leisha Beasley is a Licensed Clinical Social Worker in Kentucky with twelve years of practice as a social worker and nine years as a psychotherapist. As champion of self-care and total wellness, Dr. Beasley's mission is to address behavioral and mental health needs, systemic and psychosocial barriers to improve the quality of life for all people as defined by each unique person.

Through her work, she recognized a pattern regarding the intersection of life and workplace roles. When unmanaged, this intersection leads to burnout and decline in functioning. With the support of research and theoretical frameworks, Dr. Beasley believes that the phenomenon of self-care amongst workplace culture must shift from reactive to proactive in order for wellness programs to be effective across all levels within the organizational structure. By doing so, wellness is positioned as the expectation so that all can show up as their best selves personally and professionally.

Dr. Beasley is a graduate of the University of Louisville and a two-time graduate of the University of Kentucky where she earned a Doctor of Clinical Social Work degree. As a true practitioner of self-care and wellness, Dr. Beasley enjoys gardening, trying new recipes, movement, traveling, gathering with loved ones and being a parent to her pre-teen Braylen.



Shelly Sowell is a Licensed Counselor, Coach, and Educator, who empowers people to mindfully build a more connected, balanced, and inspired life. Throughout her 20-year career, she has helped adults and emerging adults integrate the past, get grounded in the present and vision the future with compassion and kindness.

Shelly works out of Louisville, Kentucky, and holds a license in Professional Clinical Counseling in the state of Kentucky. She offers Mindful Wellbeing Coaching and Mindfulness-Based Life Skills programs nationally. Her theoretical framework includes developmental psychology, interpersonal neurobiology, somatic psychology, educational theory and contemplative arts & sciences.



Shelly has consulted with and worked for community agencies, public and private schools, non-profits, small businesses, corporations, colleges, universities and an eating disorder residential treatment center. She is a Founding Partner for Nashville's Center for Integrative Learning & Teaching and is a member of Vanderbilt University Human Development Counseling Advisory Board. Shelly attended graduate school and trained at Vanderbilt University in Nashville, Tennessee.

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Foundation Risk Partners

The Louisville Worksite Wellness Council, in partnership with our 2023 presenters and sponsors, is excited to offer you a day of wellness learning. This year's theme encourages us to RE-connect with colleagues and friends, RE-ignite yourself, and RE-engage your employees in your wellness programs. We've used our creativity to offer you experiences that will help you learn first-hand the amazing resources that are offered here in Louisville. This day is designed for you and members of your team so please enjoy!