



Members Only Think Tank
February 25th and 26th
Sonesta, Fort Lauderdale, Florida

Burnout and Banana Cream Pie
Learning through the power of stories and sustained dialogue.
Employer leadership in curbing obesity, addressing burnout and saving the planet

Tuesday, February 25th

- 7:30 AM **Breakfast** *Room: Infinity Ballroom*
- 8:30 AM **Opening Session** *Room: Infinity Ballroom*
Welcome from HERO President, ***Karen Moseley***
Welcome from HERO Board Chair, ***Anita Shaughnessy***
- Table warm up question: Are your approaches to burnout and obesity prevention and management integrated? If so, how so? If not, why not?*
- 9:15 AM **Frameworks and Concepts in Assessing and Addressing Stress Eating and other Maladaptive Coping**
- Facilitator: [Crystal Park, PhD](#), Professor, Department of Psychological Service, University of Connecticut
- [Lisa M. Penney, PhD](#), Professor of Management at the University of South Florida, Sarasota-Manatee, College of Business
- [Toni Falcone, PsyD](#), Licensed Clinical Psychologist, Eating Disorders Specialist, The Psychology Group, Fort Lauderdale, FL
- 10:00 AM **Break**
- 10:15 AM **Storytelling:** Role Modeling, Role Playing and Roles in Real Life
Facilitator: [Elizabeth Click, DNP](#), DNP, ND, RN, CWP, Case Western Reserve University
- 11:00 AM **Story Listening:** Listening for Understanding, Disciplined Reflection
Facilitators: [Jessica Grossmeier](#), PhD, MPH, HERO and [Elizabeth Click, DNP](#), DNP, ND, RN, CWP, Case Western Reserve University
- 12:00 PM **Lunch** *Room: Horizon 123*

- 1:00 PM **Burnout and Food Policies** *Room: Infinity Ballroom*
Best Practices and the Roles of Leaders, Managers and Supervisors
- [Dexter Shurney, MD](#), HERO Board Member and Chief Medical Officer, Zipongo
- [Chavanne Hanson, MPH, RD](#), Food Choice Architecture and Nutrition Manager, Google
- [Ashley Weigl](#), MSW, MPH, Associate Director, Health Risk Reduction Services, MHealthy, University of Michigan
- 2:00 PM **Break**
- 2:30 PM **Discussion Roundtables: Intersection of Burnout Prevention, Eating Behavior, and Culture**
1. How do you balance body acceptance and disease prevention, intuitive eating vs. diets? Are you considering non-diet, non-exercise approaches?
 2. How are healthy eating policies and behavioral economics “nudges” perceived by employees? Do stressed employees feel differently than less stressed employees about food at work?
 3. In your nutrition education or weight management programs, how is burnout addressed? Do you have data indicating whether overweight employees have differential rates of burnout?
 4. What is the role of leadership within your organization as it pertains to the intersectionality of burnout and food policies? Is there a need for a new approach? If yes, what modifications might address those topics in new ways?
 5. How might the use of storytelling and story listening address connections between food and stress in new ways within your organization? What are compelling reasons for including these strategies within your current work?
 6. What is the role of role models in your organization’s approach to policies related to food and stress? Are there different behaviors we would like to see role modeled by different types of stakeholders? How might you be a more effective role model to others in this area?
- 3:30 PM **“Science, Spirituality and Yoga: All While You’re Eating.”** [Crystal Park, PhD](#), Professor, Department of Psychological Service, University of Connecticut
- 4:30 PM **Adjourn**
- 6:00 PM **Reception** *Room: Impressions*
- 7:00 PM **Think Tank Dinner** *Room: Horizon 123*
Celebrating Dr. Ron Goetzel. HERO legacy leader, long time HERO board member and amazing leader for the health promotion profession.

Wednesday, February 26th

- 7:30 AM **Breakfast** *Room: Infinity Ballroom*
- 8:30 AM **Opening Comments** *Room: Infinity Ballroom*
Karen Moseley, President, HERO
- 8:40 AM **HERO Strategy Refresh: A 2020 Vision for Mental Health**
[Shelley Wolff](#), M.B.A., M.S., HERO Board Member
[Seth Serxner](#), Ph.D. HERO Board Member
- 10:30 AM **Stretch Break**
- 10:45 AM **HERO Committee Updates**
[Emily Wolfe](#), M.S.W., L.C.S.W., Committee Project Manager, HERO
- Research Committee
Workplace Performance Study Committee
Healthy Workplaces Healthy Communities Committee
Engagement Study Committee
Culture of Health Committee
Employee Experience Committee
- 11: 10 AM **Group Work**
1. How can HERO Study Committees help to influence and advance HERO strategy in 2020?
 2. What areas have not yet been addressed by committees as it relates to the HERO strategy? What can be done to address these areas? Where are the gaps in addition to the above? For example, as a HERO member, what needs are being brought to your attention by your employees, customers, leaders that you need help addressing? What would be of the most value to you?
- 11:30 AM **Group Report Outs**
- 11:50 AM **HERO Updates**
Karen Moseley, President, HERO
- 12:00 PM **Adjourn**