# 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*

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**Tuesday, February 25th**

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

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