



Enable Your Workforce to Thrive in
the Face of Change and Disruption

The 2017 **Resilience & Well-Being**
CONFERENCE

October 5-6, 2017
Westin New York at Times Square
New York, NY

Sponsors:



Amit Sood, M.D.
Professor of Medicine
Mayo Clinic



Jane McGonigal
Game Designer and
Author of *SuperBetter,*
The Power of Living Gamefully



www.conferenceboard.org/resilience

Agenda

DAY ONE: Thursday, October 5

Session A: 8:45 – 10:15 am

The Resilient Option

Resilience, your ability to positively handle adversity, correlates with better physical and emotional health, engagement and work productivity. During this session, Dr. Amit Sood, a physician and resilience expert at Mayo Clinic, will share key components of a resilience program that has proven efficacy in 20 clinical studies and is offered enterprise-wide at Mayo Clinic. Learn groundbreaking insights into neuroscience of stress and resilience, and how investing as little as five minutes a day can significantly reduce stress, and enhance your wellbeing, happiness, quality of life and health behaviors.

Amit Sood, M.D., Professor of Medicine, **Mayo Clinic**

Refreshment Break: 10:15 – 10:40 am

Session B: 10:40 – 11:25 am

Case Study: Building Employee Resilience for Health and High Performance

While some organizations take a reactive approach to mental health by offering employees access to an EAP and working on issues such as stigma and other interventions, many are now looking at a more proactive approach by encouraging resiliency in employees. These organizations are looking at the characteristics of individuals who respond well under stress and better understanding of the long-term behaviors they exhibit and how these might help them perform in complex, demanding, and ambiguous environments.

Mark H. Goldberg, Global Wellness Manager, **Latham & Watkins LLP**

Session C: 11:25 am – 12:15 pm

Case Study: Prescribing Prevention -- How to Effectively Build Employee Resilience, Grit and Gratitude

In this session, we will hear from a large national company that is using state-of-the-art technology and evidence-based science offerings with their employees to address emotional well-being in a preventative way. How can a large-scale company cost-effectively address resilience with its workforce? How does a benefits manager show the benefit to employees and the company?

Ofar Leidner, Co-Founder and President, **Happify**
Jill Vaslow, Director, Global Benefits & Wellness, **Cigna Human Resources**

Luncheon: 12:15 – 1:15 pm

Session D: 1:15 – 2:05 pm

Case Study: Creating a Culture of Mindfulness and Resilience at Intuit

Intuit is renowned for being leaders in employee well-being and have led the charge in creating a culture of wellness that includes mental health programs of mindfulness and resiliency training. This session will present common considerations in

developing a comprehensive corporate mental health program, why cultures of resilience are so important, and key aspects of Intuit's mental well-being program.

Joe Burton, Founder and CEO, **Whil**
Jennifer Gentry, Benefits Program Manager, **Intuit**

Session E: 2:05 – 2:55 pm

Case Study: "It's Not You, It's Us" -- Resourcing Individuals While Approaching Root Causes of Workplace Burnout

Hear about the strategic approach Airbnb has taken to promote employee resilience while evolving the organizational conditions that contribute to stress. You'll learn about the company's approach to promoting sustainable performance and fueling its innovative start-up culture.

Jeff Dobro, Chief Medical Officer, **One Medical**
Nikole Yinger, Talent Design Program Manager, **Airbnb**

Refreshment Break: 2:55 – 3:20 pm

Session F: 3:20 – 4:10 pm

Case Study: Achieving Resilience and Well-Being Among Employees and Spouses Across Diverse, Multi-Generational Workforces

Health Care settings present unique challenges and opportunities for those wishing to create greater resilience and well-being in the workplace. The physical, emotional and time demands on health care workers and clinicians create unique forms of stress, and require tailored approaches. During this session, you will learn best practices for successfully engaging the majority of co-workers and spouses in total well-being activities and you'll gain brand new data on what organizations are doing nationwide to effectively address stress and resilience through a focus on experience within diverse, multi-generational workforces.

Kristen Ruble, Manager, My Well-Being Program, **Parkview Health**

Eric Zimmerman, Head of Behavior Design and Product Innovation, **RedBrick Health**

Session G: 4:10 – 5:10 pm

Create the Building Blocks of Lasting Resilience: The Power of a Gameful Mindset

What can we learn from the science of games to build the strong and resilient workforce necessary for companies to thrive in today's rapidly changing marketplace? 42% of all Americans play video games for at least 3 hours each week. With every hour of play, these players are practicing the kinds of problem-solving skills and strengthening the neural connections that create the building blocks of lasting resilience. In this session with world-renowned game designer and best-selling author, Jane McGonigal, you'll get a masterclass in the neuroscience and psychology of games, and how to replicate their resilience-building benefits at the workplace.

Jane McGonigal, Game Designer, Author: **SuperBetter, The Power of Living Gamefully**

For speaking or sponsorship opportunities, please contact Gregg.Mauro@conference-board.org

Cocktail Reception: 5:10 – 6:15 pm

DAY TWO: Friday, October 6

Session H: 8:30 – 9:20 am

Case Study: Healthy Sleep . . . The Foundation on Which Resilience Is Built

Anyone who has experienced a poor night of sleep would not be surprised to learn that lack of sleep reduces our ability to bounce back from a stressful event or maintain a positive disposition in the face of adversity. Neuroscience has even elucidated the mechanism by which this occurs: sleep loss is directly associated with reduced activity in the brain regions responsible for resilience. Without healthy sleep, there is no foundation on which to build resilience, so join Dr. Sophie Bostock for an enlightening tour of the science behind sleep and resilience and learn from Dr. Tanya Benenson how Comcast has integrated improved sleep in its approach to resilience and wellbeing and the results they've seen.

Tanya Benenson, MD, Chief Medical Officer, **Comcast**
Sophie Bostock, PhD, Sleep Evangelist, **Big Health**

Session I: 9:20 – 10:20 am

Adventures in Resilience: Building a Stronger, SuperBetter Workforce

Learn how connecting game science to brain science creates an innovative way to increase workforce resilience and help companies and employees thrive in today's turbulent environment. Jane McGonigal, a globally recognized expert game designer and futurist will be joined by a panel of employers to share their stories.

Moderator:

Jane McGonigal, Game Designer, Author: ***SuperBetter, The Power of Living Gamefully***

Panelists:

Mark Aloia, Global Lead, Health Behavior Change, **Philips HealthTech**

Dr. Steven Goldberg, Executive Director, Chief Population Health, **Quest Diagnostics**

Dr. Bernard Monteleone, Medical Director, **Cablevision**
Nikole Yinger, Talent Design Program Manager, **Airbnb**

Refreshment Break: 10:20 – 10:50 am

Session J: 10:50 – 11:40 am

Case Study: Developing Resilience and Agility from the Middle-Out and Bottom-Up

The pace of change in this new world of work continues to accelerate. The most successful companies transform themselves constantly to seize opportunities and protect from threats. Unfortunately, 70% of transformations fail from a lack of resilience, agility and support for middle and front-line managers, leaving companies vulnerable and employees disengaged. Individual and organizational resilience and agility are the new rules of engagement and necessary to survive in these times of uncertainty. Learn how coaching at scale is the catalyst for behavior change at the individual level—making resilience and agility a lifelong capability, strengthening your leadership pipeline and developing leaders that adapt and innovate sustainably, to move your organization forward.

Ellie Harris, Senior Learning & Development Consultant, **Logitech**
Eddie Medina, Co-founder & COO, **BetterUp**

Session K: 11:40 am – 12:30 pm

Case Study: A Culture of Health & Wellbeing at Unilever

In this session, you will learn how Unilever's holistic approach to wellbeing – involving aspects of physical, emotional, and mental health, as well as purposefulness- creates a culture where employees can bring their best self to work. The speakers will present Unilever's wellbeing philosophy and framework and will detail how Unilever engages employees in a variety of settings across North America to make their wellbeing a priority.

Bronwyn Ott, Manager of Benefits & Wellbeing, **Unilever**
Amanda Popiela, Research Associate, **The Conference Board**
Sandy Zornek, Director of Benefits & Wellbeing, **Unilever**

REGISTRATION INFORMATION

Online www.conferenceboard.org/resilience
Email customer.service@conferenceboard.org
Phone **212.339.0345**
8:30am – 5:30pm ET, Monday – Friday

Pricing:	
Members	\$2,295
Non–Members	\$2,895

Fees do not include hotel accommodations.

Location

Westin New York at Times Square
270 West 43rd Street
New York, NY 10036
Tel: (212) 201-2700

Cancellation Policy

Full refund until three weeks before the meeting. \$500 administration fee up to two weeks before the meeting. No refund after two weeks before the meeting. Confirmed registrants who fail to attend and do not cancel prior to the meeting will be charged the entire registration fee.

Team Discounts per Person

For a team of three or more registering from the same company at the same time, take \$300 off each person's registration. One discount per registration. Multiple discounts may not be combined.