In this workshop, we explore in detail how it is we can end up in an inward or self-centered mindset and the impact that has on our work and others. We also leverage a framework that will guide us to work in an outward mindset where we “see people” more clearly.

Organizations populated by people who have the same mindset as they’ve always had will continue to produce more or less the same results as they’ve always produced. Attempts to improve behavior alone can produce marginal improvements, but breakthrough results require a change mindset. Specifically, they change mindset. Specifically, they help individuals, teams, and organizations to change from inward mindset orientations to outward mindset orientations to outward organizations to change from inward mindset to outward.

When acting from an inward mindset (the Box), people focus on themselves and their own objectives. They want others to behave in ways that further those objectives. They focus on what they themselves do and measure their success by what they themselves accomplish.

When acting from an outward mindset, on the other hand, people work to help others be successful – their customers, for example, their coworkers, their managers, and their direct reports. They focus on their impact on what others are trying to do and measure their success in terms of what others are able to accomplish as a result of their efforts.

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Monday, March 7, 2016

Keynote by Fit2Fat2Fit’s Drew Manning

The ELW committee has planned a fantastic surprise for this year, only it’s not a surprise. Have you ever been obsessed with being fit, then gained 70 pounds in 6 months, and then gotten back to fit again in 6 more months? No? Us either. But let us introduce you to Drew Manning.

Drew has a passion for fitness. After playing sports and learning about fitness in college he became a certified personal trainer through NASM. He began training clients on both proper nutrition and workout plans. When his overweight clients would talk about the physical and emotional barriers to losing weight, he couldn’t fully understand. By going from fit to fat to fit Drew gained that understanding of how hard it really is to be overweight and the issues with being overweight.

Drew shares his story and teaches people how to get back in shape. His goal is to inspire people to get fit and stay fit.

Mini-Workout with Drew

As part of Drew’s 90 minute keynote, he will lead employees through a mini-workout (optional). Learn and experience some of his exercise techniques. Wear loose fitting clothing and supportive shoes if participating.

Book Signing

Also optional, pick-up a copy of Drew’s NY Times Best Seller “Fit2Fat2Fit” and Drew will sign it for you. Bring money if you plan on purchasing his book.

Monday Agenda

8:00am 5K Walk/Run
10:00am – 10:00 pm Wellness Vendor Fair
Healthy Utah Testing Session
2:00 – 3:30 pm Drew Manning Keynote
Optional Mini-Workout
Book Signing

Registration

Please pre-register for each of these events so we can make sure to provide the best experience for everyone, including food! Login to Training Tracker through the faculty/staff portal and register.

Employee 5K, Vendor Fair and Healthy Utah Testing

We know that hearing Drew Manning share his story is going to be a highlight of the day. But his keynote, workout and book signing is just the icing on the cake. What’s the cake? It’s our Employee 5K and Wellness Vendor Fairs including Healthy Utah Testing. These events will also take place on Monday, before you can even see Drew. So why not do them all?

Faculty/Staff 5K walk/run

What better way to pursue wellness than joining your co-workers in a fun 5K, walk or run? That's right, we said FUN 5K, walk, run, limp or crawl along side your co-workers and your day started off right.

The ELW Committee will be there to cheer you on and give you hydration and fuel along the way. See one beautiful campus from a different perspective as you make a loop around it all.

No pressure, no timing, but those who want to go fast can simply claim bragging rights for coming across the line first!

Participating in the 5K will earn you the PHYSICAL (P) pie piece!

Wellness Vendor Fair

What is a Wellness Vendor Fair? We’ve gathered organizations, non-profits, companies and businesses all in the local area who provide products or services in the six areas of wellness. Come see and purchase products, talk to experts, sign-up for programs, and get thinking about overall wellness.

Here is just a sample of our 20+ vendors:
- The Bike Shoppe
- Beautiful Basket
- Competitive Edge
- Striders
- Adventure West Soils

Join us in Ballroom A from 10 am – 1 pm on Monday, March 7th.

Wellness Vendor Fair

Pick-up your Pie Tin at any of the three main events on Monday (5K, Vendor Fair and Keynote). The tin comes with instructions on collecting pieces of the pie during your Pursuit of Wellness and how to turn it in at the end of the week once it’s completed for your chance to win fantastic prizes!

Healthy Utah

Healthy Utah will be one of the vendors at our Wellness Fair. Get a FREE health screening and get a $50 rebate on NSHIEmployees, with PEHP in their primary medical insurance can participate in the Healthy Utah screening and rebate each year. Schedule an appointment by logging into your account at www.pehp.org or calling 801-386-7700. Appointments can be made from 9 am – 12 pm and again from 1:30 pm 4:00 pm. Come to the fair and get your health screen at the same time!

Tuesday, Wednesday, March 8-9, 2016

Playing the Pursuit of Wellness

It’s just like Trivial Pursuit, collect a piece of the pie in six areas. Here’s how to get started - attend any (or all) of the events on Monday and pick up a Pie Tin. Attend one event/class in each of the six areas of wellness and collect pieces to add to your pie. When your pie is full with six pieces, enter to win amazing wellness prizes. Categories are designated by color. Make sure to get a piece of each color. (Pie tins will also be available in classes. Pie pieces collected from each instructor at end of class)

Here’s How to Play

Pick-up a purple pie tin at one of the major events on Monday, or at your first class on Tuesday/Wednesday.

Plan your schedule for the week, making sure to pick one event/class in each of the six areas of wellness, which are:

- Organizational/Career (O)
- Emotional (E)
- Social (S)
- Financial (F)
- Physical (P)
- Community (C)

At the end of each event/class, the instructor will give attendees a piece of the pie. Place all six pieces of the pie in/on your tin, place it in the envelope you were given and mail it back to OWL. The envelope you receive with your tin is pre-addressed and contains instructions as well.

Completed entries will be entered to win prizes such as Trivial Pursuit games, FitBit Charge HR, GoPro, Gift Cards, Financial Books and Tapes, Drew Manning’s Book or similar items. Entries in our Wellness Fair will also be donating prizes and gifts.

All course descriptions and classroom locations are in Training Tracker.

In addition to attending these classes, don’t forget you can get a piece of the pie for participating in the following:

- Monday Faculty/Staff 5K (P)
- Monday Wellness Vendor Fair (C)
- Monday Drew Manning Keynote (E)
- Thru/Fri Supervisor Conference (O)

Tuesday, March 8th

Morning
8:00 – 8:30 Happier Spending: The Science of Smart Spending (F)
9:00 – 9:30 Weight Lifting Intro (P)
10:00 – 10:50 Inside Money: Managing Income and Debt (F)
11:00 – 11:50 Couponing 101 (F)
12:00 – 12:50 Compassionate Problem Solving (S)
1:00 – 1:50 Tomorrow in Focus: Saving to Retire (F)
2:00 – 2:50 Sustainability – Green Living (C)
3:00 – 3:50 Weber Pathways (C)

Afternoon
12:00 – 12:50 Adobe Photoshop (O)
1:00 – 1:50 Tomorrow in Focus: Saving to Retire (F)
2:00 – 2:50 Sustainability – Green Living (C)
3:00 – 3:50 Adobe Illustrator (O)
4:00 – 4:50 Trends in Health (F)
5:00 – 5:50 Employee 5K Walk/Run (P)

Wednesday, March 9th

Morning
8:00 – 8:50 Stress Relief Center Tour (E)
9:00 – 9:50 Power Napping (E)
9:00 – 9:50 Paying Yourself: Income Options in Retirement (F)
10:00 – 10:50 Guided Meditation (E)
10:00 – 10:50 GoPro Hangouts (O)
11:00 – 11:50 Diversity and Inclusion (S)
11:30 – 12:20 Intramurals and Social Wellness (S)

Afternoon
12:00 – 12:50 Humor Me: Stress Management and Humor in the Workplace (O)
12:30 – 1:20 Cooking 101 (P)
12:30 – 1:20 Cooking 101 (P)
1:00 – 1:50 Couples Communication (S)
2:00 – 3:00 QPR – Suicide Prevention (E) (90 minute class)
2:30 – 3:20 Happier Spending: The Science of Smart Spending (F)
3:00 – 3:50 Group Exercise Class Sampler (P)
3:00 – 3:50 Microsoft Publisher (O)

Some classes are limited in size due to location resources or supplies. All classes require pre-registration. Log into Training Tracker through the faculty/staff portal. Locate the course of the class you’d like to take, and ‘add to schedule.’