



A TEXAS CORPORATION

Greetings:

As a leader, you've earned the responsibility to positively influence individual lives. We would like to help you make strides in improving the overall health consciousness of your organization. We are Educator Well-Health, Inc., a company designed to work with organizations in providing leadership training, team building, health promotion and wellness program development and implementation. Health, wellness awareness and implementation are pressing issues and concerns within the American legislature and action needs to be taken to aid Americans in developing healthier lifestyles. Educator Well-Health's belief is that health awareness is essential to the viability of any thriving organization and because of this belief, Educator Well-Health will host ***The Organizational Wellness Conference for Leadership/Team Building Health/Wellness Promotion*** in Spring 2017 and would like to invite you to be apart of this exciting event!

As leaders within our perspective organizations, we must start with a decision to be healthy through diet and exercise. With that decision, we can raise the awareness of health and physical fitness through educational and nutritional seminars, group trainings, boot camps, etc. for our employees and co-workers so they too can learn to make healthier decisions in order to increase the overall productivity within the organization. Educator Well-Health, Inc. is prepared to aid you in that challenge.

The Organizational Wellness Conference for Leadership/Team Building Health/Wellness Promotion is intended to draw focused and dedicated individuals with a desire to change the culture of their organizations. Usable plans will be developed during this time for program implementation. Please review the enclosed information for ***The Organizational Wellness Conference for Leadership/Team Building Health/Wellness Promotion*** commencing March 27-29, 2017 in Galveston, Texas.

Should you have any questions, please contact Dr. Tania R. White using the contact information below. Thank you in advance for allowing Educator Well-Health, Inc. to service your organizational needs.

Sincerely,

Dr. Tania R. White
President and Program Coordinator
trwhite@educatorwellhealth.com
Office: (817) 654-5138
Cell: (817) 501-7616



**EDUCATOR
WELL-HEALTH, INC.**

PRESENTS

The Organizational Wellness Conference

Leadership/Team Building & Health/Wellness Promotion 2016

Galveston, Texas • March 27-29, 2017

**REGISTER
ONLINE TODAY**

@ <http://www.educatorwellhealth.com/Conferences/index.html>

SESSIONS INCLUDE:

- 🍏 How to Feel Good
- 🍏 Building Healthy Work Cultures
- 🍏 Connection: The Currency of Wellness
- 🍏 Weight Management - Society's Massive Problem with Motivational Interventions
- 🍏 Creating a Conscious Culture of Healthy Relationships
- 🍏 Management Coaching: Healthy Workplace One Conversation at a Time
- 🍏 How To Be the Best Boss
- 🍏 Creating an Ideal Work Environment for Health and Wellness Promotion
- 🍏 How to End Each Day With More Energy Than You Started
- 🍏 Why Are You Here? Discovering Your Personal Mission Statement
- 🍏 The Economics of Your Emotional Balance: Creating a Surplus of Positive Emotions for Overall Wellness
- 🍏 Reaching Your Goal
- 🍏 The Impact of Incentives on Health Assessment Participation
- 🍏 Breaking the Sugar-Stress Cycle
- 🍏 Fitness After 40: Smart Activity Programs
- 🍏 Cross-Fit Experience
- 🍏 How to Lose Weight Without Starving Yourself
- 🍏 How to Make Yourself Irreplaceable
- 🍏 And others by request



Three-Day Conference Schedule

“The Organizational Wellness Conference”

Leadership/Team Building Health/Wellness Promotion 2017

Day One	Day Two	Day Three
6:30 AM – 8:00 AM Breakfast (on your own)	6:30 AM – 8:25 AM Breakfast (on your own)	6:30 AM – 8:45 AM Breakfast (on your own)
7:00 AM – 8:00 AM Registration	7:30 AM – 8:25 AM Cross Fit Experience	7:30 AM – 8:25 AM Cross Fit Experience
8:00 AM – 8:30 AM General Session (Group Assignments)	8:30 AM – 9:25 AM Concurrent Sessions	9:00 AM – 9:55 AM Concurrent Session
8:30 AM – 9:00 AM Group Meeting	9:30 AM – 10:25 AM Concurrent Sessions	10:00 AM – 10:55 AM Concurrent Sessions
9:15 AM – 12:00 PM (Team Building)	10:30 AM – 11:25 PM Concurrent Sessions	<div style="background-color: #ADD8E6; padding: 10px;"> <p style="text-align: center;">11:00 AM – 1:00 PM LUNCH (Together)</p> <ul style="list-style-type: none"> Presentations Closing Remarks </div>
Noon – 1:00 PM LUNCH (on your own)	11:30 AM – 12:30 PM LUNCH (on your own)	
1:00 PM – 2:15 PM Continue Team Building	12:30 PM – 1:00 PM General Session (New Group Assignments)	
2:30 PM – 3:25 PM Concurrent Sessions	1:00 PM – 1:30 PM Group Meeting	
3:30 PM – 4:25 PM Concurrent Sessions	1:30 PM – 4:30 PM (Team Building)	
4:30 PM – 5:00 PM General Session – Concluding Activity	4:30 PM – 5:00 PM General Session – Concluding Activity	
Break for Dinner	Break for Dinner	

Individual Registration Worksheet – “The Organizational Wellness Conference” Leadership/Team Building & Health/Wellness Promotion 2017

(Reproduce and distribute to each participating member) -

FAX to (682) 708-3256 or Submit ONLINE REGISTRATION Below

REP ID#: _____



Individual Contact Information (Please print legibly or type if registering by fax or mail)

First Name _____ Last Name _____

Home Address _____

City _____ State/Province _____ ZIP/Postal Code _____

Home Phone _____ Other Phone _____

Email (MANDATORY – must be accessible all year) _____

Organization Name _____

Address _____

Phone _____ Fax _____

Organizational Wellness Site Team Role: Project Lead Team Member

Site Coordinator/Administrator Other (specify) _____



Conference and Session Selection

Conference date: Monday - Wednesday

March 27-29, 2017

(The Moody Gardens Convention Center, Galveston, Texas)

Choose six (6) Session titles you are interested in attending and check those sessions. Detailed session descriptions are available online at educatorwellhealth.com.



Payment Method

Early Bird

Postmarked or received
by February 1, 2017

Regular

Postmarked or received after
February 1, 2017; before March 10, 2017

Late

Postmarked or received
after March 10, 2017

Three-day conference \$ 385 \$ 435 \$ 485

If you are sending payment by fax or mail, please complete the fields below to indicate how payment will be made. Registration and session selection ARE NOT guaranteed until payment is received by Educator Well-Health. Please make checks and purchase orders payable to Educator Well-Health, Inc.

Purchase Order # _____ Check # _____

Visa Mastercard # _____ - _____ - _____ - _____ Expiration Date ____ / ____
month / year

Print Name on Card _____ Phone Number _____

Billing Address _____ City _____ State _____ ZIP _____

Signature _____ Date _____

Signature authorizes Educator Well-Health to charge the above credit card for “Seminars At Sea” – Leadership/Team Building & Health/Wellness Promotion 2014 registration fees as indicated.

For Educator Well-Health, Inc. use only: Received Date _____ Initials _____ Enter Date _____ Initials _____

Session Titles

 Please select at least six sessions you would like to attend and place the number beside the session title in the space marked “Session Selections” on the registration sheet:

- How to Feel Good
- How to End Each Day With More Energy Than You Started
- Why Are You Here? Discovering Your Personal Mission Statement
- Building Healthy Work Cultures
- Connection: The Currency of Wellness
- Creating Ideal Work Environment for Health and Wellness Promotion
- Creating a Conscious Culture of Healthy Relationships
- Management Coaching: Healthy Workplace...One Conversation At A Time
- The Impact of Incentives on Health Assessment Participation
- Reaching Your Goal
- How To Be The Best Boss
- Weight Management – Society’s Massive Problem: Motivational Interventions – Our Effective Solution
- Breaking the Sugar-Stress Cycle
- The Economics of Your Emotional Balance: Creating a Surplus of Positive Emotions for Overall Wellness
- Fitness After 40: Smart Activity Programs For The Second Half of Life
- Cross-Fit Experience
- How To Lose Weight Without Starving Yourself
- How To Make Yourself Irreplaceable

Site Team Registration Worksheet – “The Organizational Wellness Conference” Leadership/Team Building & Health/Wellness Promotion 2016

8 Steps to Health/Wellness Promotion

1. Select a Site Team Health / Wellness Coordinator Contact. (This is typically a person who is energized about motivating health and wellness within the building.)
2. Select Site Team Members
3. Select the sessions to attend
4. Have each Team Member complete an Individual Registration Worksheet.
5. Complete this Site Team Registration Worksheet with information from the Individual Registration Worksheets.
6. Determine your method of payment and registration:
 - Credit Card – Follow Step-One Online Registration Procedures and pay online with a credit card immediately secure your conference and session choices.
 - Purchase order – Follow Step-Two Online Registration Procedures and fax your Individual and Site Team Registration Worksheets with a copy of the purchase Order as soon as it is available. Session selections and eligibility for Early Bird discounts are secured when Educator Well-Health, Inc. receives the faxed Purchase Order.
 - Check -- Follow Step-Two Online Registration Procedures and mail your Individual and Site Team Registration Worksheets with a check as soon as possible. Session selections and eligibility for Early Bird discounts are secured when Educator Well-Health, Inc. receives your check.
7. Go to www.educatorwellhealth.com and follow the step by step guide for payment.
8. If you are unable to register online, follow the procedures for registering by fax or mail.

Organization Contact Information (Please print legibly)

Contact Name _____

Organization Name _____

Email (**Mandatory** – must be accessible all year) _____

Contact Phone (with area code) _____

Site Team Member Information

EACH MEMBER MUST COMPLETE AN INDIVIDUAL REGISTRATION WORKSHEET AND SELECT SESSIONS

Team Member Name	Sessions	Paid For By (Organization, Self)	Payment Method (Credit Card, PO, Check)
1. _____	_____	_____	_____
2. _____	_____	_____	_____
3. _____	_____	_____	_____
4. _____	_____	_____	_____
5. _____	_____	_____	_____
6. _____	_____	_____	_____
7. _____	_____	_____	_____
8. _____	_____	_____	_____
9. _____	_____	_____	_____
10. _____	_____	_____	_____

1) **How to Feel Good**

Most of us have been raised with inhibitions, myths, and fallacies (IMFs) on life and how we should live it. Life IMFs are the result of many factors, including: 1) how we were raised, 2) how our parents were raised, 3) the part of the country in which we were raised, 4) our religion, 5) our ethnic background, and 6) society's attitude toward women and their roles, and so on. This session will focus on self-renewal and self-expectancy regardless of the IMFs that we have encountered in life. Learning to live and love life is a viable component to the overall health and wellness one experiences!

2) **How to End Each Day With More Energy Than You Started**

It's been said that the best way to predict the future is to create it. While obviously there is a great deal that is out of your control with respect to events that have not occurred yet, you should at least have some control over how you spend your time from the beginning of the day to the end of the day. This session will discuss how you can ensure you use your time intelligently by learning how to imagine in advance how the end of your day will be before it begins. This will be more than just writing down a "to-do" list. This will be a form of mental programming.

3) **Reaching Your Goal**

We are told to write our visions down and make them plain. For some, this can be a daunting task because it is difficult sometimes to really believe that our visions are truly attainable. This session will help you to focus on the vision you have for yourself physically and provide you with the knowledge you need to attain and possibly surpass that vision!

4) **Building Healthy Work Cultures**

Healthy work cultures do not happen by accident. Cultures are built upon two variables: the emotional strength of its members, and the quality of interaction those members have with one another. Wellness Leaders, leaders who build healthy cultures (Wellness Cultures), do not subscribe to the theory that "the traditional work ethic is dead," or that "you just can't find good help anymore." Rather, Wellness Leaders proactively build individuals and processes, rather than waste their time attempting to fix people and problems after the fact. "Building Healthy Work Cultures" will allow leaders to take apart and examine the elements of their culture so that they can effectively focus and enrich the cause variables - those variables that have profound effects on productivity, job satisfaction, and the bottom line. Once the essential elements of a healthy culture are identified, effective leaders place their focus on building them.

5) **Connection: The Currency of Wellness**

Wellness approaches life from the perspective that all human beings function at four levels: the physical, intellectual, emotional and spiritual levels. For optimum health we need to look at the whole person. Each of these levels has an impact on the well-being of an individual. Just picking the dimension of wellness that you like and ignoring the others doesn't work in the long run. This session will delve into the four functioning levels of human beings and discuss their connection to one another.

6) **Creating Ideal Work Environment for Health and Wellness Promotion**

Creating a healthy work environment is good business. This session titled “Creating Ideal Work Environment for Health and Wellness Promotion” is geared to foster a sense of community, a shared vision and a positive outlook on health and wellness promotion. There are tools designed to aid in cultivating a social climate that supports individual and organizational growth. This session will help teach educational leaders, managers and supervisors how to assess their work atmosphere and assists in developing an action plan for creating a more cohesive, healthier and more productive work group.

7) **Creating a Conscious Culture of Healthy Relationships**

Culture determines how fully people take ownership for the success of the organization. In an unhealthy culture you find decision-paralysis, poor accountability, blame-shifting and hiding mistakes, and the use of fear to motivate. Healthy cultures have a very different feeling: The organization regularly meets its targets, work is purposeful and focused, there is pride and energy, and people have a sincere positive connection to the customer. This session will focus on creating a conscious culture of healthy relationships.

8) **Management Coaching: Healthy Workplace...One Conversation At A Time**

“People are our greatest assets.” You’ve heard this before. You may even say it. But how many of your employees continue to complain that their employers’ management, communications, and leadership skills are woefully lacking? This session will provide information from outsourced coaching and mentoring professionals on how to appropriately create a healthy workplace environment through the use of conventional conversations and discuss the impact it has within the workplace environment.

9) **The Impact of Incentives on Health Assessment Participation**

This session promises to provide participants programming ideas for immediate implementation that will add new life and spice to their programs. Discussions on the core principles of successful incentive strategies that have been integrated with benefits will occur with many worksite examples. If you are looking for a fun, fast paced session that challenges your creativity and innovation, then this is the workshop to choose!

10) **How To Be The Best Boss**

This session will discuss the importance of employees executing their jobs well and what is needed in order for that to happen. Employees need teachers, coaches, cheerleaders and mentors. A boss can be whatever is needed for them and should relish at the opportunity. Employees do not really want their boss to be a father figure, second mother, best friend, soul mate, or even confidant. They want them to be their boss! A strategy-mapping, consistent, objective, organized and predictable boss with an inspiring vision, and a boss who has the same high expectations for everyone they manage—including themselves is definitely information you will walk away with.

11) **Weight Management – Society’s Massive Problem: Motivational Interventions – Our Effective Solution**

Two thirds of Americans are considered overweight, while 25% are obese. Obesity is the most common health problem facing U.S. today, regardless of ethnicity, gender, or socioeconomic status. Lack of preplanning and interventions tend to be a threat to the safety of individuals as they live with this problem. This session will focus on motivational interventions that can be incorporated into a workplace health and wellness program as an effective solution to some of the weight management concerns within society.

12) **Breaking The Sugar-Stress Cycle**

How many times have we pushed ourselves too hard or worried too much about deadlines or problems? Ever get overwhelmed and decide to self-medicate with a chocolate bar? Sugary foods, in most cases, are used as a mechanism to cope in stressful situations. We also find ourselves consuming too much caffeine, or there is a lack of exercise in our routines, we are irritable at home, we have somehow increased in weight, we sometimes experience lack of sleep, or we experience an increase in tension when work demands are brought to our attention. This session will focus on how we can begin to break the sugar-stress cycle that many of us have become accustomed to and learn other methods of dealing with the stress we experience.

13) **The Economics of Your Emotional Balance: Creating a Surplus of Positive Emotions for Overall Wellness**

In this session, educators will have an opportunity to explore basic capacities, including attitudes, aptitudes and skills underlying the learning process. These capacities also may be seen as the basis of the development of “an educated person” or a “good person.” They can be grouped under the headings of: emotional; self-reflective and self-directed; meaning-making; contemplative; ethical; caring and social; ecological and bodily awareness; and creative. Educators will reflect on their personal knowledge of these capacities in their personal lives, in their lives as teachers, and in their classroom curriculum. This session will offer concrete examples in both readings and in-class experiences. Working both individually and in groups, educators will begin to design a program relevant to their educational setting.

14) **Fitness After 40: Smart Activity Programs for the Second Half of Life**

While the spirit may be willing, experts say, by the time you're 40 or older, your body needs a little extra attention if you are to benefit in both the short and the long run. To help put you on the path to a fit and healthy future, this session will offer guidelines to help ensure your midlife workout plan is a success.

15) **Cross-Fit Experience**

Experience the latest fitness craze! Have the best of both worlds – the camaraderie of group experience but with the results of hard-core training. The goal of this experience is to learn how to “spice up” your current workouts and expedite your results! If you are looking for fun and a challenging experience, this is for you!

16) **How to Lose Weight Without Starving Yourself!**

Did you know you need food to lose weight? What if you could eat more of what you wanted and still shed the pounds? This session will show you how to make better food choices that will maximize calorie burn and reduce that troublesome belly fat.

17) **How to Make Yourself Irreplaceable**

You are one of a kind and everyone within your work environment is one of a kind as well. Learn what it takes to be invaluable! ([Learn how to tell your story! People do things either out of fear or respect for you.](#))

18) **Why Are You Here? Discovering Your Personal Mission Statement**

What drives behaviors? What motivates you to do what you do? How can we reach our goals? Using introspection and guided activities, this presentation will help you develop a mission statement driven action plan for life that will help you reach your goals and give you a guide for helping others reach their goals.



A TEXAS CORPORATION

Dear Potential Sponsor:

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Please review the sponsorship information for ***The Organizational Wellness Conference for Leadership/Team Building Health/Wellness Promotion*** which will be held March 27-29, 2017. Benefits of sponsoring at ***The Organizational Wellness Conference for Leadership/Team Building Health/Wellness Promotion*** include:

- Having your organization or company recognized as being **a leader in the field of health and wellness for individuals and organizations**
- **Exposure of your company** to an elite group of leaders in the field of education who are seeking solutions and help in developing their own health and wellness program within their educational environments
- **Acknowledgement** of sponsorship within the conference program
- **Acknowledgement** of sponsorship and web link on the ***The Organizational Wellness Conference for Leadership/Team Building Health/Wellness Promotion*** webpage (Level 1)
- **Free** registration (dependent upon sponsorship)

Should you have any questions, please contact me directly. Thank you for your consideration.

Sincerely,

Dr. Tania R. White
President and Program Coordinator
trwhite@educatorwellhealth.com
Office: (817) 654-5138
Cell: (817) 501-7616



The Organizational Wellness Conference
Leadership/Team Building & Health/Wellness Promotion
March 27-29, 2017 ♥ Galveston, Texas

Program Ad Information Form

GENERATE AWARENESS & MAXIMIZE YOUR EXPOSURE *The Organizational Wellness Conference - Leadership/Team Building & Health/Wellness Promotion 2017*

Check all that apply:

REP ID#: _____

- **Package 1**— \$549 for a Limited Time —Only \$429!

1. **The Organizational Wellness Conference Attendee** – One Registration PLUS
2. **Literature distribution** – 1 piece of your company’s literature added to each attendee’s bag

Get Even Greater Exposure!

- **Package 2**—With the purchase of an ad in the Leadership/Team Building & Health/Wellness Magazine and On-site Organizational Wellness Conference Program, **add package 1 for only \$159!**

- **Package 3**—FREE Package 1 with the purchase of a sponsorship of \$3,000 or more – See below for available sponsorships

- **Leadership/Team Building & Health/Wellness Magazine Advertisement - (Get complimentary On-site Program Advertisement)** See requirements and procedures for ads below

Ad size -	Color
Full page (7.5" x 10")	- \$1,500.00
Half Page (3.5" x 10") or (7.5" x 5")	- \$1,000.00
Quarter page (3.5" x 5")	- \$ 700.00
1/8 page (1.5" x 5")	- \$ 400.00

- **The Organizational Wellness Conference On-site Program Advertisement (only)** – See requirements and procedures for ads below

Ad size -	Black & White
Full page (7.5" x 10")	- \$800.00
Half Page (3.5" x 10") or (7.5" x 5")	- \$600.00
Quarter page (3.5" x 5")	- \$400.00
1/8 page (1.5" x 5")	- \$300.00

**Be sure to mail all information, including the form (and ad template) below with your check to:
Educator Well-Health, Inc.**

Attn: Dr. Tania R. White
Educator Well-Health, Inc.
5601 Bridge St. Suite 300
Fort Worth, Texas 76112

www.educatorwellhealth.com

This application is also available on-line, or FAX to 682 / 708-3256



The Organizational Wellness Conference
Leadership/Team Building & Health/Wellness Promotion
March 27-29, 2017 🍏 Galveston, Texas

Program Ad Information Form

Fax form to (682) 708-3256 ATT: Dr. Tania R. White
Phone: 817-654-5138 or email: trwhite@educatorwellhealth.com

2017 Sponsorships

REP ID#: _____

- | | |
|--|--|
| <input type="checkbox"/> Seminar Tote Bags \$ 5,000 | <input type="checkbox"/> Second Day Breakfast \$ 5,000 |
| <input type="checkbox"/> Portfolios \$10,000 | <input type="checkbox"/> Second Day Coffee Breaks \$ 1,000 each |
| <input type="checkbox"/> Lanyards \$ 2,500 | <input type="checkbox"/> Third Day Breakfast \$ 5,000 |
| <input type="checkbox"/> Leadership & Health Magazine \$ 4,000 | <input type="checkbox"/> Third Day Coffee Breaks \$ 1,000 each |
| <input type="checkbox"/> Opening / Welcome Ceremony \$ 4,000 | <input type="checkbox"/> Individual Scholarships \$ 400 ea |
| <input type="checkbox"/> First Day Breakfast \$ 5,000 | <input type="checkbox"/> Literature Distribution \$ 500 ea (600 pcs) |
| <input type="checkbox"/> First Day Coffee Breaks \$ 1,000 each | <input type="checkbox"/> Other - Contact Educator Well-Health, Inc. |

Sponsorship Total : \$ _____

Payment Information:

Name _____ Date _____

Company _____

Billing Address _____ City, State Zip Code _____

Telephone (_____) _____ Fax_(_____) _____

E-mail _____

Payment Options:

Check . MasterCard . VISA

Credit Card # (CC#): _____

Expiration date: _____ 3 digit CVVC# _____

Fax to: (682) 708-3256

If paying by check, make check payable to: Educator Well-Health Inc.

www.educatorwellhealth.com

This application is also available on-line, or FAX to 682 / 708-3256

Full Page (7.5" X 10")

Half Page (3.5" X 10")

Quarter Page (3.5" X 5")

Business Card Size (1/8 – Page) (1.5" X 5")

Business Card Size (1/8 – Page) (1.5" X 5")

Half Page (7.5" X 5")

Quarter Page (3.5" X 5")

Business Card Size (1/8 – Page) (1.5" X 5")

Business Card Size (1/8 – Page) (1.5" X 5")