

A wellness workshop for our healthcare community



Minnesota Cares

## EVENT SCHEDULE

FRIDAY, OCTOBER 7, 2022								
<b>SESSION 1: 8:00 AM – 12:00 PM</b>								
8-9	Welcome/Keynote #1 Kirsten Lind Seal, PhD, LMFT Room							
9-9:15	Transition/Exhibitors							
Workshop Round 1								
	Room	Room	Room	Room	Room	Room	Room	Room
9:15-10	Internal Compass	Expressive Recovery	HeartMath	Foam Roller Muscle Release	Re-igniting the Spirit of Caring	Stress First Aid	Art Journaling	Guided Meditation
10-10:15	Transition/Exhibitors							
Workshop Round 2								
	Room	Room	Room	Room	Room	Room	Room	Room
10:15-11	Habits: Building the Good, Breaking the Bad	Expressive Recovery	HeartMath	Mental Fitness	Creative Healing	Stress First Aid	Soma Yoga	Zumba
11-11:15	Transition/Exhibitors							
Workshop Round 3								
11:15-12	Title Room		HeartMath					
<b>SESSION 2: 12:30 PM – 4:30 PM</b>								
12:30-1:30	Welcome/Keynote #2 Jesse Ross Room							

1:30-1:45	Transition/Exhibitors							
Workshop Round 1								
1:45-2:30	Title Room							
2:30-2:45	Transition/Exhibitors							
Workshop Round 2								
2:45-3:30	Title Room							
3:30-3:45	Transition/Exhibitors							
Workshop Round 3								
3:45-4:30	Title Room							
<b>SESSION 3: 5:00 PM – 8:30 PM</b>								
5-6	Welcome/Keynote #3 Tim Eggebraaten Room							
6-6:10	Break							
6:10-7:20	Workshop Sampler							
7:20-7:30	Break							
7:30-8:30	Story Slam							
<b>SATURDAY, OCTOBER 8, 2022</b>								
<b>SESSION 4: 8:00 AM – 12:00 PM</b>								
8-9	Welcome/Keynote #4 Title 4, Keynote Speaker 4 Room							
9-9:15	Transition							
Workshop Round 1								
9:15-10	Title Room							
10-10:15	Transition							
Workshop Round 2								
10:15-11	Title Room							
11-11:15	Transition							

Workshop Round 3							
11:15-12	Title						
	Room						
<b>SESSION 5: 12:30 PM – 3:30 PM</b>							
12:30-1:30	Welcome/Keynote #5 Title 5, Keynote Speaker 5 Room						
1:30-1:40	Break						
1:40-2:50	Workshop Sampler						
2:50-3	Break						
3-3:30	Story Slam						

#### Session Themes

##### **Healing/Recovery**

Activities that aid in recovery from stressful events

##### **Grounding/In the Moment Techniques**

Activities that provide tools and techniques people can use on the job to re-set their autonomic nervous system so they can continue working while caring for themselves

##### **Strengthening Resilience**

Activities that strengthen the capacity to deal with stressors over time