



**LIVING HEALTHY WORKS.**  
GOOD&HEALTHY SOUTH DAKOTA WORKPLACES

# WORKWELL WORKSHOP:

## ELEVATING EMPLOYEE WELLBEING

APRIL 30TH, 2024

Enter a drawing to receive 2 FREE BCBH-SD Lay Leader Training + Worksite Wellness Cross-Training Registrations for your organization, valued at \$800.

**8:30-9:00 Registration**

**9:00-12:00 Best Practices for Employers to Improve Retention and Support of Entry Level Workers**

Tracy Palecek LPC-MH, QMHP  
Palecek Therapy and Consulting

### Learning Objectives

Attendees will:

- Identify what it is like to be the “working poor” in South Dakota.
- Learn how the “crisis adapted” brain interacts with the work environment.
- Learn how to maximize Scheduling and Flexibility to increase retention.
- Identify key components of Employee and Manager Collaboration.
- Learn how Basic Needs Support and creative interventions in the workplace can lower turnover costs.
- Learn how to leverage Resource Navigation to increase employee engagement.
- Understand what businesses across the country are doing to save money and keep people employed.

**12:00-12:30 Lunch**

**12:30-1:15 Move & Groove: Active Workplace Strategies**

Emily Kranz, MS, Extension Field Specialist/Health and Physical Activity

### Learning Objectives

Attendees will:

- Review the importance of sitting less and moving more.
- Identify sedentary behavior health risks.
- Identify benefits of physical activity on physical and mental health.
- Review current physical activity guidelines.
- Learn strategies to build more movement into the workday for various workplace settings.
- Brainstorm in small-group discussions at your tables to incorporate specific ideas into individual workplaces.
- Identify BCBH-SD Worksite Wellness training opportunities for your organization.

**1:15-1:45** **Better Choices, Better Health® SD**  
Megan Jacobson, MS, LN, RDN SDSU Extension

**Learning Objectives**

Attendees will:

- Identify an effective, low cost, embeddable program that has the potential to improve the health and work life of employees.
- Learn how two organizations in South Dakota have integrated the BCBH-SD Worksite Wellness program into their employee well-being program.

**1:45-2:15** **Living Healthy Lifestyles at Work**  
Claudia Botzet, MS, RDN  
SDSU Extension Nutrition Field Specialist

**Learning Objectives**

Attendees will:

- Learn how to read food labels.
- Understand the importance of hydration.
- Learn the explanation of nutrient-dense snacks and examples.

**2:20-2:40** **Worksite Round Table Session**  
During this session you will interact and engage with worksites at your table.  
The WorkWell committee will guide this session.

**2:45-3:45** **Reframe Up**  
Tracy Palecek LPC-MH, QMHP  
Palecek Therapy and Consulting

**Learning Objectives**

Attendees will:

- Learn why venting is contributing to a toxic work environment and how to change that habit in the workplace.
- Understand how to regulate your own emotions before having difficult conversations.
- Learn how to create and use scripts for more impactful communication.
- Understand why your definition of success is a key component of mental wellness.

**3:45** **Wrap Up/Closing**



*Please take the time to complete*

*the survey using the QR code.*

**THANK YOU ALL FOR ATTENDING!**

We greatly acknowledge our committee members for their commitment to planning the 2024 WorkWell Workshop.

**THERESA FERDINAND**, Monument Health • **AMY GOULD**, Wellmark Blue Cross Blue Shield

