

June 27-29, 2022 – Orlando, FL
NATIONAL WELLNESS CONFERENCE



CALL FOR PROPOSALS

Session Proposals must be submitted by **January 5, 2022** through the **ONLINE Submission Portal ONLY**.

Presenting a session during the annual National Wellness Conference (NWC) provides an opportunity to build your professional network and share your wellness knowledge, experiences, and ideas. The conference's program will showcase future directions and leading-edge techniques, best practices, and stories of successful collaborations and program implementations. Through the NWC's engaging and interactive sessions, participants gain new skills, tools, and relationships to grow their professional wellness promotion competencies.

ABOUT NWC SESSIONS

60-Minute Breakouts (In-Person or Pre-recorded)

In-person breakouts are scheduled for 60-minute time blocks throughout the Main Conference. Pre-recorded (on-demand) sessions are also 60 minutes but are available for registrants to view *online only* during, and for up to two months following, the NWC. Proposals that align with the 2022 theme, "WELL Connected," are highly encouraged, as are proposals that apply a multicultural competency lens to the proposed topic. Sessions focus on multiple dimensions of wellness and attract professionals from a variety of disciplines, including but not limited to worksite wellness, HR/benefits, health and wellness coaching, higher education, health education and community wellness, and integrative health. The best in-person breakouts are highly interactive with real-world application.

120-Minute Workshops (In-Person)

A very limited number of 120-minute workshops will be offered throughout the Main Conference. Workshops are an opportunity for participants take a deep dive into a particular topic and gain immediately applicable skills and tools. Proposals for these workshops should highlight how the presenter(s) will incorporate highly interactive learning activities, group discussion, and intensive skill-building to advance participants' wellness promotion competencies. Proposals must demonstrate intended outcomes through participation in the workshop.

Note to Previous NWC Presenters: All proposals go through a blind peer-review process; having presented at the NWC previously does not increase the likelihood of proposal acceptance. NWI also reserves the right to consider your past NWC session evaluations during the final proposal selection process. **Proposals for identical sessions that have been presented at previous National Wellness Conferences will NOT be considered.**

IMPORTANT DATES

Late submissions or requests will not be accepted nor acknowledged. All proposals must be submitted ONLINE. Emailed proposals will not be accepted.

November 1, 2021: Online submission portal opens.

January 5, 2022: Session proposals must be submitted online on or before this date.

January 26, 2022: NWI will begin notifying session applicants via e-mail of proposal acceptance status.

June 27-29, 2022: Sessions take place at the 47th Annual National Wellness Conference (or, if on-demand, become available online).

Visit NationalWellness.org/NWC to submit all proposals by **December 13, 2021**.
E-mail nwc@nationalwellness.org or call 715.342.2969 with questions.

PRESENTER BENEFITS & MATERIALS

ALL presenters who will be part of the session must be included in the proposal and will be listed in program materials, if accepted. *Maximum of two presenters (main presenter and one additional presenter) per session.* Session presenters may not be substituted or added once the proposal has been reviewed.

Registration: All accepted presenters are responsible for registering for the conference and securing and paying for travel and lodging. Please plan and budget accordingly before submitting your proposal. **Breakouts or Workshops accepted for in-person delivery** include ONE (1) complimentary *non-transferable* full Main Conference registration. **If a session has more than one presenter, the additional presenter must pay the conference registration fee for the day of their session** and any additional days of attendance. **Breakouts accepted for on-demand delivery only** include ONE (1) complimentary access link to the on-demand session library and 50% off ONE (1) full Main Conference registration.

Marketing during presentations: Presenters are prohibited from using their sessions as an opportunity to promote their products or services. Non-compliance will result in declination of future proposals.

Sharing of Resources: Accepted presenters will be asked to upload related resources (documents or links) *prior* to their presentation. These resources provide support for the presentation and then become a part of the conference proceedings so that your valuable information is accessible beyond your session. If your proposal is selected, you will be provided with instructions for uploading your presentation materials. Providing attendees with printed materials is at your discretion and expense.

SELECTION PROCESS

Proposals are selected to ensure the conference offers a comprehensive, nonpromotional, objective, and diverse program. Attention will be given to diversity of topics, institutions/organizations, and presenters.

All Proposals are evaluated through a blind peer-review process on these criteria:

- Practical methods and techniques that others can use and apply
- Clear learning goals and key takeaways
- Relevance to the field of wellness/Alignment with the [NWI Wellness Promotion Competency Model](#)
- Relevance to Conference theme: **WELL Connected**
- Depth of knowledge conveyed related to wellness promotion
- Inclusion of evaluation data and/or established theoretical models
- Focus on established or emerging trends, practices, data, and knowledge
- Evidence of successful outcomes or lessons learned

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SESSION TRACKS

Attendee and topic examples listed below are provided as a guide and are not intended to be inclusive.

Emotional Wellness & Mental Health. These sessions are designed for counselors, employee assistance professionals, psychologists, psychiatrists, social workers, therapists, and other professionals incorporating mental and emotional wellness interventions into their practice. Topic examples include stress and resilience, coping and thriving, mental illness, mental disorders, happiness, anxiety and depression, substance abuse and misuse, eating disorders, health consciousness, sleep, healthy alternatives, multicultural competency, assessment and evaluation, mindset, trauma, healthy emotions, primary prevention programs, advocacy, and ethics.

Health & Wellness Coaching. These sessions are designed for health and wellness coaches, or individuals exploring the coaching field. Content focuses on the knowledge and skills required to facilitate healthy lifestyle change and improved quality of life. Topic examples include behavior change theories, models, tools, and techniques; assessment; active listening; motivational interviewing and mindful communication; establishing a coaching practice; strengthening personal resilience and self-care; technology; and coaching in various environments and for diverse populations.

Health Education & Community Wellness. These sessions are designed for health educators, public health professionals, and individuals implementing wellness and health interventions in a community context or at the community-wide level. Topic examples include strategies for building community capacity; assessing, planning, implementing, and evaluating health-related interventions; health literacy; healthy spaces; and leading advocacy initiatives.

Mind-Body Medicine & Integrative Health. These sessions are designed for practitioners focused on the science and skills of integrating traditional and complementary practices and holistic therapies in any setting. Topic examples include meditation; guided imagery; mindfulness; biofeedback; yoga, Tai Chi, and Qigong; and creative expression in words, drawings, and movement to benefit session attendees' professional wellness practice.

Physical Activity and Nutrition. These sessions are designed for personal trainers, group exercise instructors, health coaches, nutritionists, dietitians, and individuals who provide nutrition and physical activity education and programming to a variety of populations. Topics examples include healthy eating; fitness and exercise; nutrigenomics; physical activity and nutrition across the lifespan; program assessment, planning, implementation, and evaluation; advocacy; and environmental and policy changes related to physical wellness.

Post-secondary & K-12 Education. These sessions are designed for faculty or staff in post-secondary institutions or K-12 schools. Topic examples include wellness/health promotion curriculum and program development; community collaboration; assessment and evaluation; school culture; multicultural competency; funding; and student wellness program implementation.

Student Wellness & Career Development. These sessions are designed specifically for undergraduate or graduate students, particularly those seeking degrees in wellness and health promotion. Topic examples include mentorship, leadership, campus culture, career exploration and development, networking and relationship-building, and student-led health and wellness initiatives.

Wellness in Clinical Practice. These sessions are designed for nurses, physicians, chiropractors, physical and occupational therapists, and other medical professionals and students. Session content focuses on integrating the principles of evidence-based health behavior, coaching, wellness promotion, and disease prevention principles into clinical practice. Topic examples include policy and privacy issues, leadership development, multicultural competency, holistic practices, and self-care for clinical professionals.

Worksite Wellness. These sessions are designed for individuals managing or implementing employee wellness programs in a variety of settings (e.g., corporations, universities, medical or assisted living facilities), such as wellness coordinators, managers, directors, and consultants; employee wellness champions; human resources and benefits specialists; and insurance consultants and brokers. Session content focuses on wellness program assessment, planning, design, implementation, evaluation, and reporting. Additional topic examples include environmental and policy change; communication; leadership; organizational culture; strategic partnerships; employee engagement; program sustainability; diversity, equity, and inclusion; and compliance.

Other Topics for Wellness Professionals. These sessions are typically relevant to a wide range of wellness professionals working in multiple settings. Session content focuses on professional growth and leadership; foundations and innovations in whole-person wellness applicable to multiple disciplines; and wellness interventions targeting special populations (e.g., aging population, disabled, economically disadvantaged). Topic examples include building a wellness business, multicultural competency, financial wellness, environmental sustainability, legal issues, privacy and compliance, spirituality, healthy communication, social wellness and connection, ethics, social justice, self-care, technology, and global wellness.

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PROPOSAL SUBMISSION CHECKLIST

The following information should be submitted for EACH proposed session. *Individuals may submit a maximum of three session proposals; however, having more than one proposal accepted is rare.* Please adhere to all word-count limitations. Incomplete submissions will not be considered.

PRESENTER PROFILE

(The person submitting the proposal, Main Contact, receives all communication related to the proposal.)

Provide the following information for the Main Contact/Presenter of this session. If applicable, provide the name and email of an additional presenter (1 maximum) for this session, who will then receive an email requiring them to also provide the following:

- Presenter contact information.
- Curriculum vitae/résumé to be uploaded as a PDF or Word document (include all degrees earned and name, city/state of institution).
- Brief presenter bio (50-75 words) to be used in program materials.

SESSION PROPOSAL INFORMATION

No identifying information—including presenter name(s) or organization(s)—should appear within information provided in, or documents upload for, the proposal to ensure the impartiality of the blind-review committee. If a proposal is a collaborative submission, all identifying information from all contributors must be excluded from the proposal.

- Title of proposed presentation (15 words max)
- Type of Session. Select which type of session you are proposing to present (in-person, on-demand, or workshop).
- Brief description (50-100 words) to support your qualifications as an effective presenter and what qualifies you as a content expert in the material to be presented.
- Proposal/Long Description (250-500 words). Provide a very detailed description of your proposed session so the review committee has as much information as possible to best evaluate the program. The description must not only address what will be shared, but also include evidence-informed methods and best/promising practices; what the participants are expected to gain through attendance; instructional methods and specific instructional techniques to be used (e.g., lecture, discussion, experiential learning); and any tools/resources/handouts participants will likely receive in the session. Including how the presentation aligns with the NWI Wellness Promotion Competency model and theme ("WELL Connected") and incorporates aspects of multicultural competency is also recommended.
- Brief (50-75 words) session description for program guide. Be concise and accurate; describe the program in a way that conveys its value and creates a desire to attend your presentation.
- Overall Learning Outcome (25 words max). What will attendees be able to do as a result of participating in the educational activity? The learning outcome must be observable and measurable.
- Three learning objectives written in behavioral terms to complete this statement: "To support the achievement of the overall outcome, following this session, participants will be able to [identify, define, outline, assess, etc.] _____" (15 words max).
- Brief Description of Target Audience (50 words max). Who will find the most value in this session? Include specific disciplines, content level (beginner, intermediate, advanced), and any other information to describe the subset of NWC attendees for which the content is intended.
- List of current evidence-based references (published within the last 5 years) used to develop the content of the session/ support the material being presented, uploaded as a PDF or Word document.
 - Proposals submitted with no references, or with outdated references only, will not be considered.
 - References should be from multiple sources (and not be solely the presenter's own published work).
 - References from peer-reviewed journals are highly encouraged.
 - It is preferred that references be formatted in APA style.
 - Do NOT include your name on the uploaded document.
- Session Outline (**WORKSHOP** submissions **ONLY**), uploaded as a PDF or Word document. The outline **MUST** include teaching methods (e.g., lecture, small group activity, experiential activity, PowerPoint presentation), timeframe in minutes of each element, and content. The best outlines will illustrate the use of adult learning practices/theory.

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