



Tennessee Statewide
**Wellness Through
Employment**
Conference

September 23-24, 2025
Embassy Suites by Hilton
Nashville South - Cool Springs

This project is funded under a Grant Contract with the State of Tennessee, Department of Mental Health and Substance Abuse Services.

Sponsored by



In Partnership with



Tennessee Department of Mental Health and Substance Abuse Services



**WELCOME
REMARKS**

ALYSIA SMITH KNIGHT
Executive Director
Tennessee Association of Mental Health Organizations (TAMHO)

Tennessee Statewide Wellness Through Employment Conference

Tennessee Department of Mental Health and Substance Abuse Services



OPENING REMARKS

MARK LIVERMAN, Ed.S.
Director

STEPHANIE COOPER
Assistant Director
Office of Wellness and
Employment
Tennessee Department of Mental
Health and Substance Abuse
Services (TDMHSAS)

Tennessee Statewide Wellness Through Employment Conference

Tennessee Department of Mental Health and Substance Abuse Services



SPEAKER INTRODUCTION

CONSTADINA ‘DINA’ SAVVENAS
Director, Peer Wellness Initiative
Tennessee Association of Mental Health Organizations (TAMHO)

Tennessee Statewide Wellness Through Employment Conference



HOLLY DUCKWORTH

Confidence & Clarity

Coach | Speaker | Author

KEYNOTE SESSION:

**From Overwhelm to Empowerment:
Thriving in a Fast-Paced World**

BREAKOUT SESSION:

**The Wellness Advantage: Reclaiming
Energy, Focus, and Purpose at Work**

Holly inspires you, she helps you see what is possible for your life and shows you step by step how to get there. Holly works with you to reduce stress and create focus as you become the next version of you.



From Overwhelm to Empowerment

THRIVING IN A FAST-PACED
WORLD

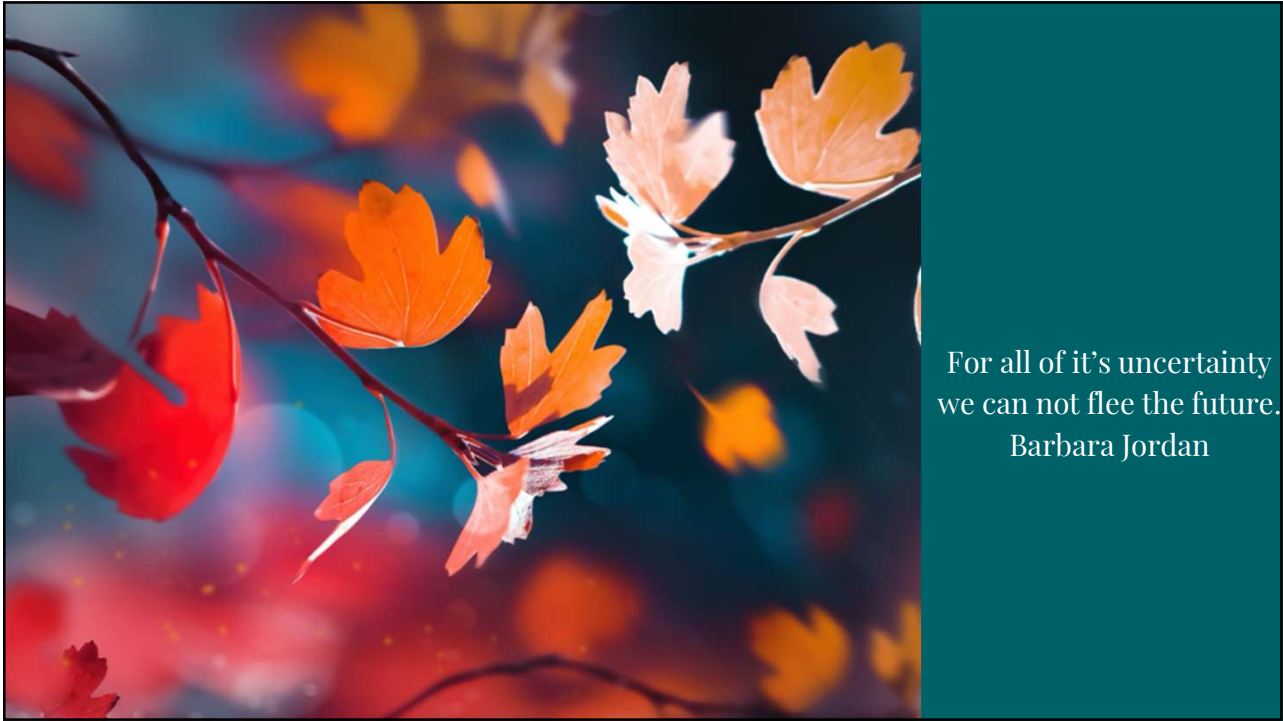
Holly Duckworth, CAE, CMP,
LSP



We Live In Interesting Times



**Let's take
a
moment**

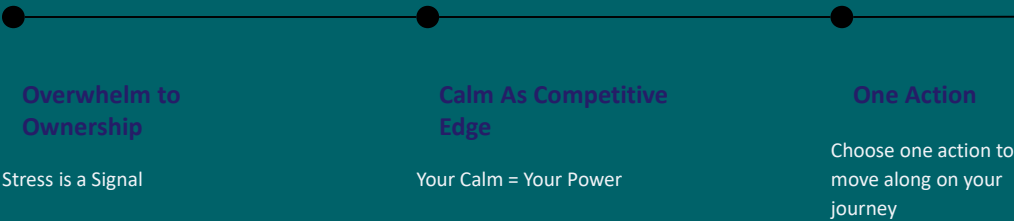


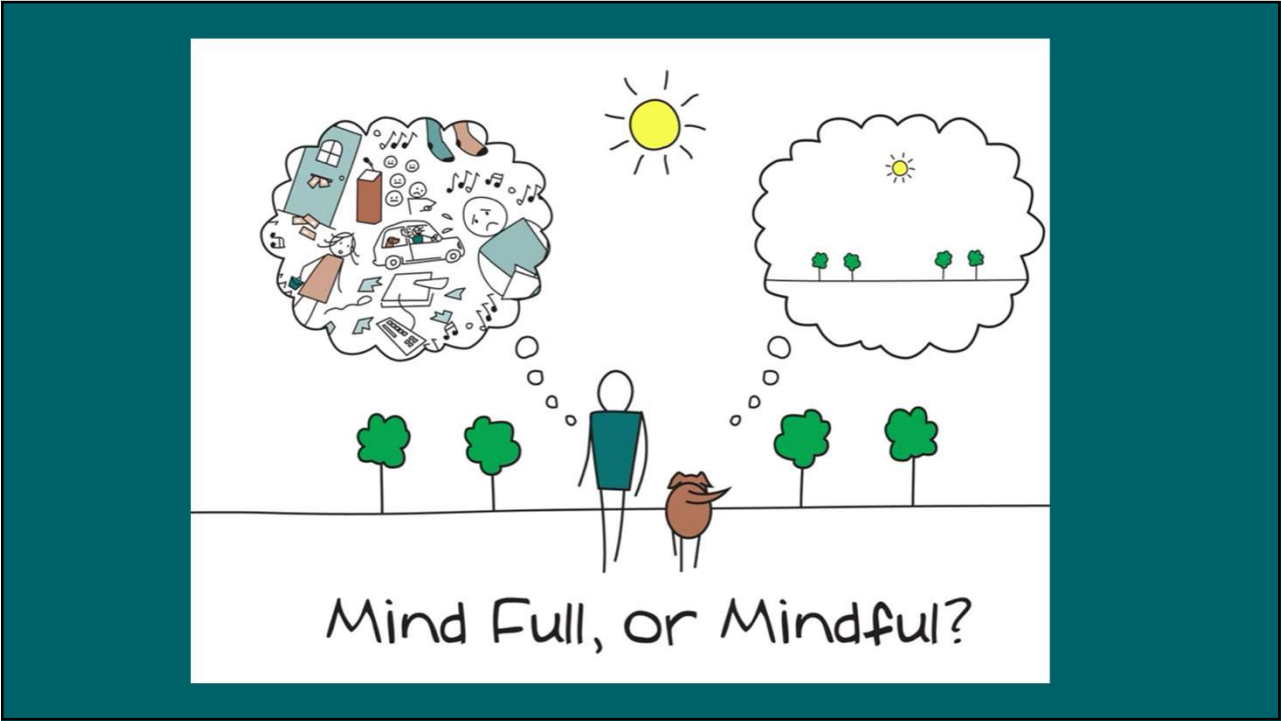
For all of it's uncertainty
we can not flee the future.
Barbara Jordan

Our Journey Today Key Takeaways:



Our Journey Continued





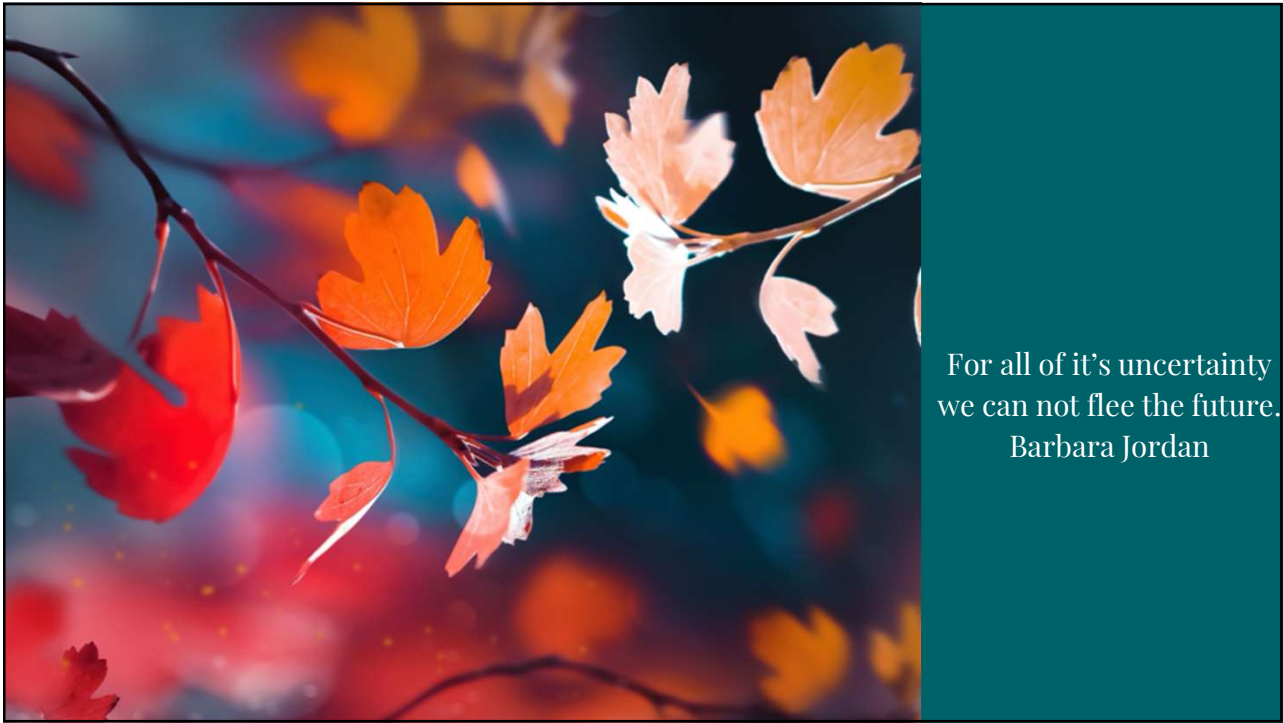


Understanding Overwhelm: Causes and Effects

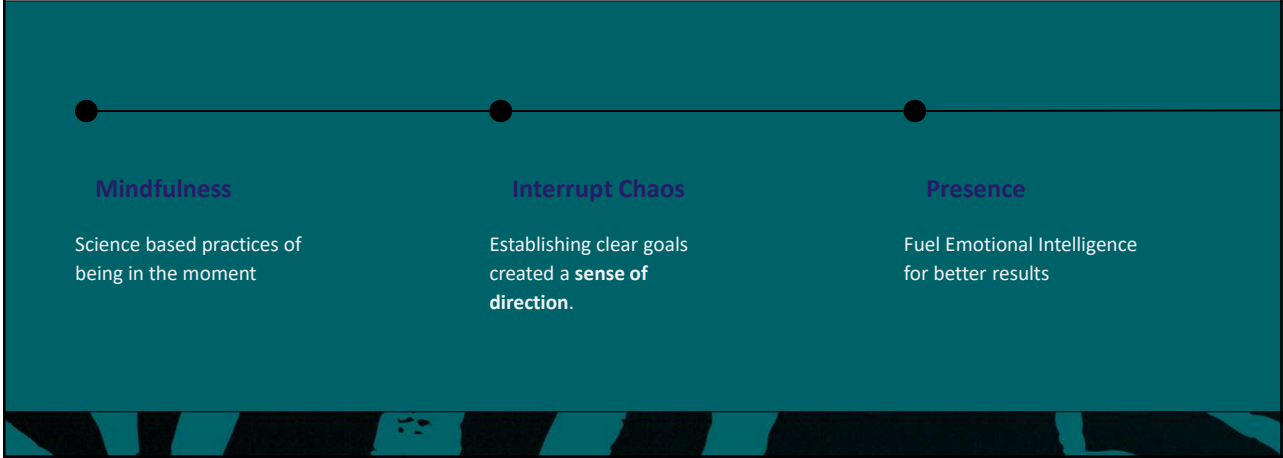
- 01 Stress can significantly impact daily life.
- 02 Anxiety often arises from overwhelming situations.
- 03 Burnout leads to decreased motivation and energy.



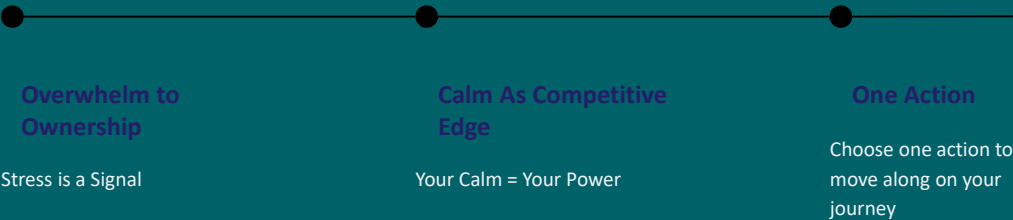




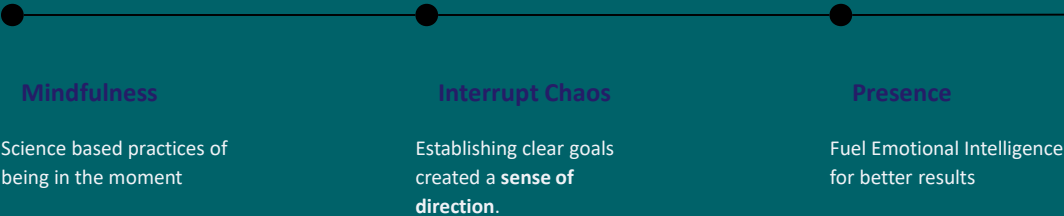
Our Journey Today Key Takeaways:



Our Journey Continued



Our Journey Today Key Takeaways:




Embracing Mindfulness

Mindfulness enhances **mental clarity** and focus, allowing individuals to navigate challenges effectively. It fosters emotional resilience, leading to improved well-being in our fast-paced lives.

Practicing mindfulness daily can transform your life, **promoting a sense** of peace and clarity that empowers you to thrive in any environment.






Mindfulness is a practice that invites you to be present and fully engaged in the moment. By focusing on your breath and observing your thoughts without judgment, you can cultivate a sense of calm and clarity. It's not about emptying your mind, but rather understanding and accepting your current state. Embrace mindfulness as a tool to enrich your daily life and unlock a more intentional way of living.

“

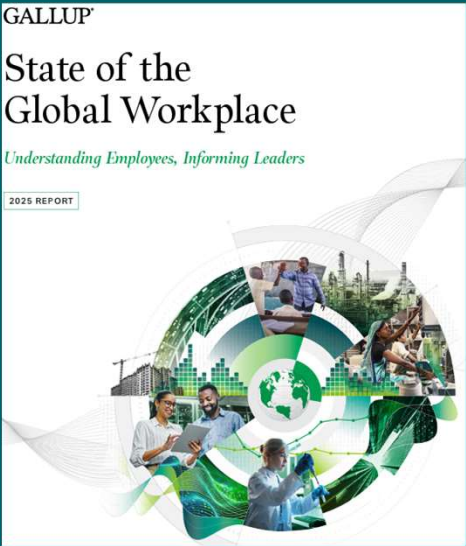
INSPIRING WORDS

“Almost everything will work again if you unplug it for a few minutes... including you.”

ANNE LAMOTT

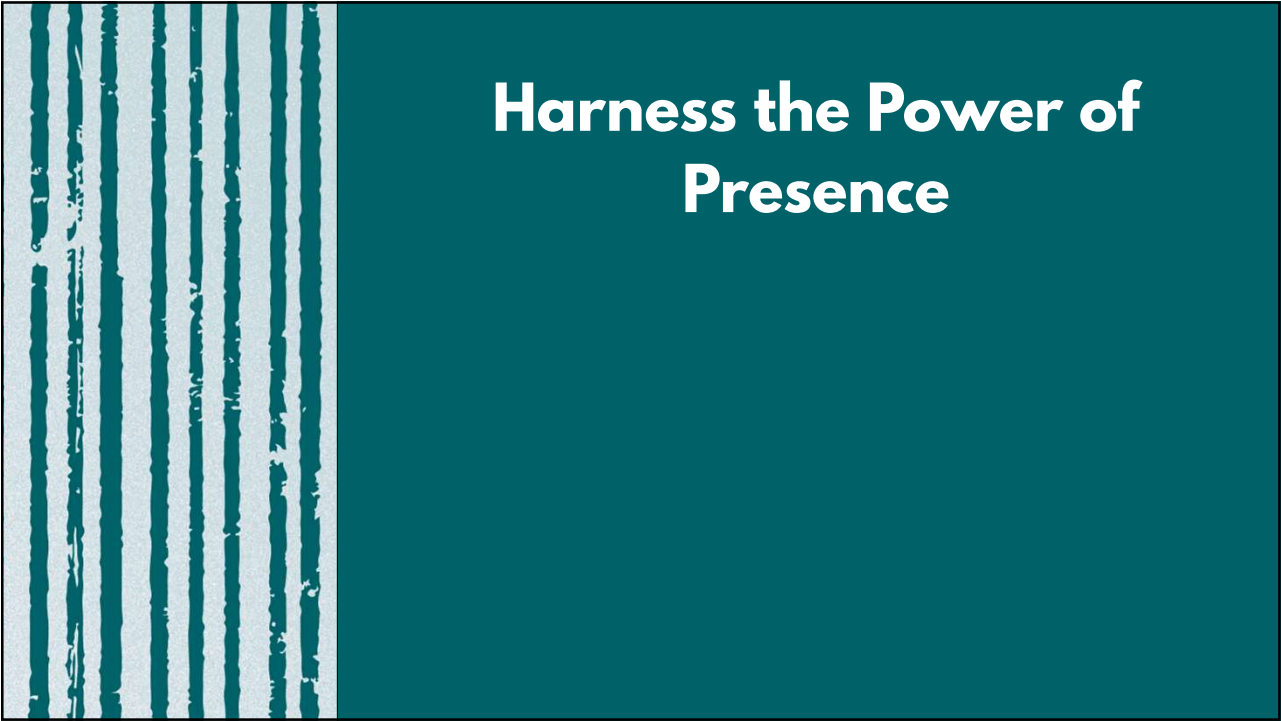
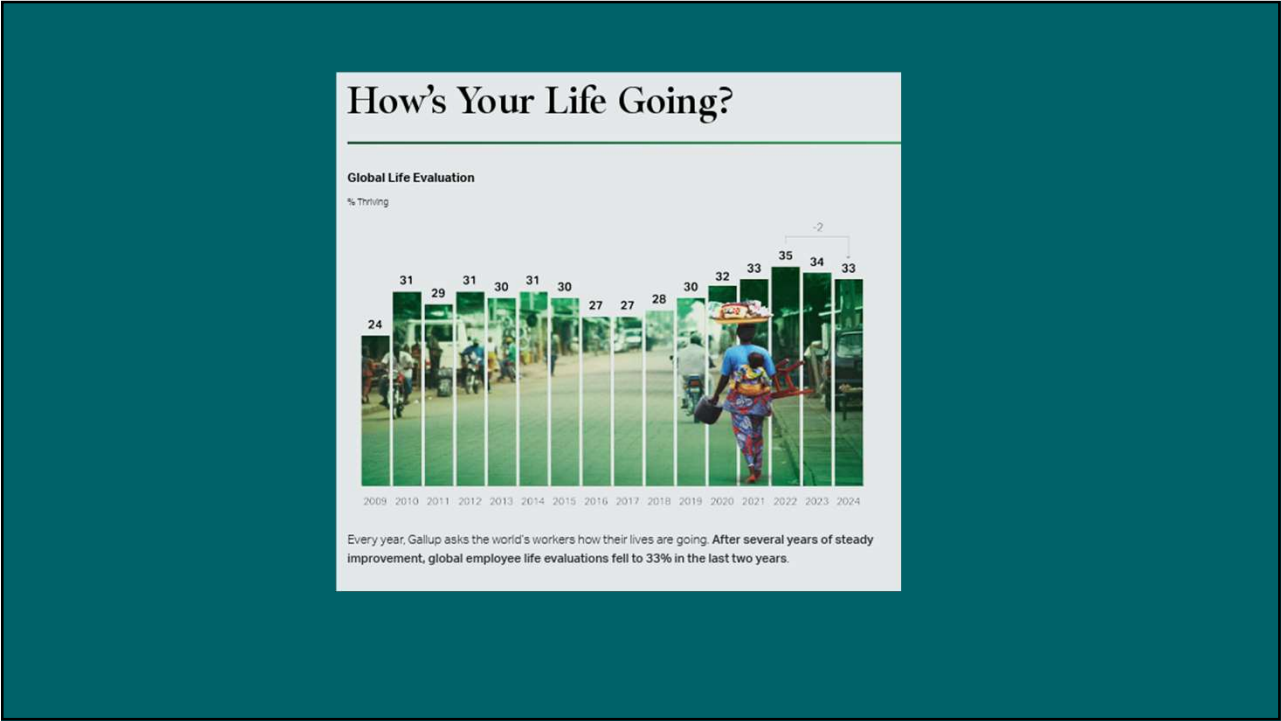


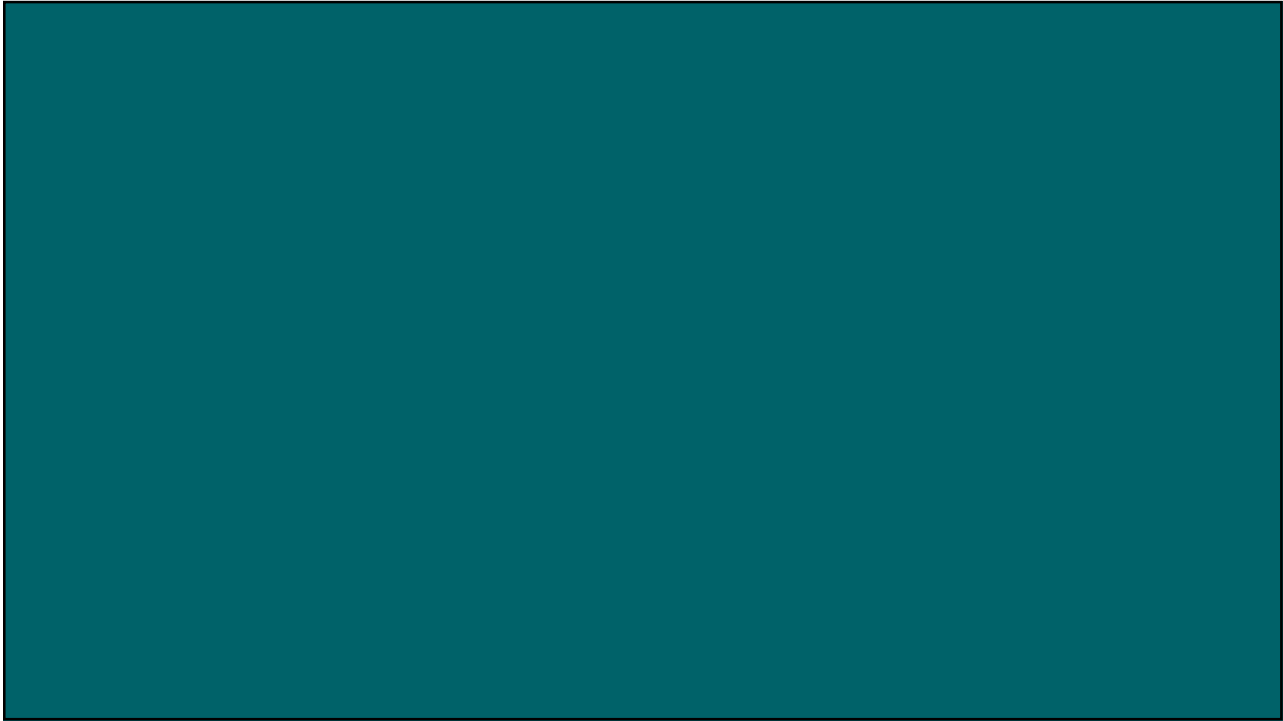
**Interrupt the Chaos
Cycle**



Employee Engagement on the Brink









Move from Overwhelm to Ownership

In the room: Pair activity
Online audience to share in chat
box


Think about the last time you felt really
overwhelmed at work.
What was your body telling you?

Strategies for Overcoming Overwhelm

Key steps to feel more empowered daily

- **Prioritize tasks** to manage your time effectively
- **Set boundaries** to protect your well-being
- **Practice self-care** for mental and physical health
- **Seek support** from friends and family






Calm as A Competitive Edge

In the room: private activity
Online: Optional use chat box to share

Intention Ideas				
Abundance	Confidence	Freedom	Joy	Serenity
Adventure	Connection	Grace	Light	Serendipity
Alignment	Courage	Gratitude	Love	Simplicity
Balance	Creativity	Growth	Motivation	Space
Beauty	Direction	Guidance	Passion	Strength
Being	Drive	Happiness	Peace	Sunshine
Brilliance	Empowerment	Harmony	Presence	Tranquility
Calm	Energy	Health	Productivity	Transformation
Change	Enjoyment	Inspiration	Prosperity	Truth
Clarity	Faith	Interest	Purpose	Vitality
Compassion	Focus	Intuition	Receptivity	Wholeness



Together, we can overcome challenges and **create a supportive environment** that empowers everyone to thrive and succeed.



We'd love to hear from you!

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Social:
<https://www.linkedin.com/in/hduckworth/>

Phone:
503.217.4112



Q & A


Questions & Answers

In-Person Attendees . . .

Please raise your hand if you'd like to ask a question or share a comment. A Mic Runner will bring a wireless handheld microphone to you. Kindly speak directly into the mic so that everyone—including our virtual participants—can hear you clearly.

Virtual Attendees . . .

Please post your questions and comments in the Chat Box to the right of your viewing screen. Our Chat Box Monitor will relay them to the speakers and panelists for response during the session.



IMPORTANT NOTE FOR AUDIENCE ENGAGEMENT | Virtual participants will not be able to hear any in-room dialogue unless it is spoken directly into a microphone. Please wait for a mic runner to deliver a wireless handheld microphone before speaking. Kindly direct your comment or question into the microphone to ensure it is heard clearly. Your support in fostering inclusive and effective communication is greatly appreciated by all—especially our virtual attendees.

September 23-24, 2025

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Tennessee Department of Mental Health and Substance Abuse Services

**COMPLETE CONFERENCE
EVALUATION FORMS
AND THE REQUEST FOR
DOCUMENTATION OF
CEs EARNED**

**Up to 7.0 CE units or contact
/ clock hours available for
this event.**

QUESTIONS?
Email: tamho@tamho.org

EVALUATIONS



<https://www.surveymonkey.com/r/WTE2025Eval>

REQUEST FOR CE DOCUMENTATION



<https://www.surveymonkey.com/r/WTE2025CE>

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