



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.

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Tennessee Department of Mental Health and Substance Abuse Services

BREAKOUT A1

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

Tennessee Statewide Wellness Through Employment Conference

Tennessee Department of Mental Health and Substance Abuse Services



OPENING REMARKS
SPEAKER INTRODUCTION

Mark Liverman, Ed.S.

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Tennessee Department of Mental Health and
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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.

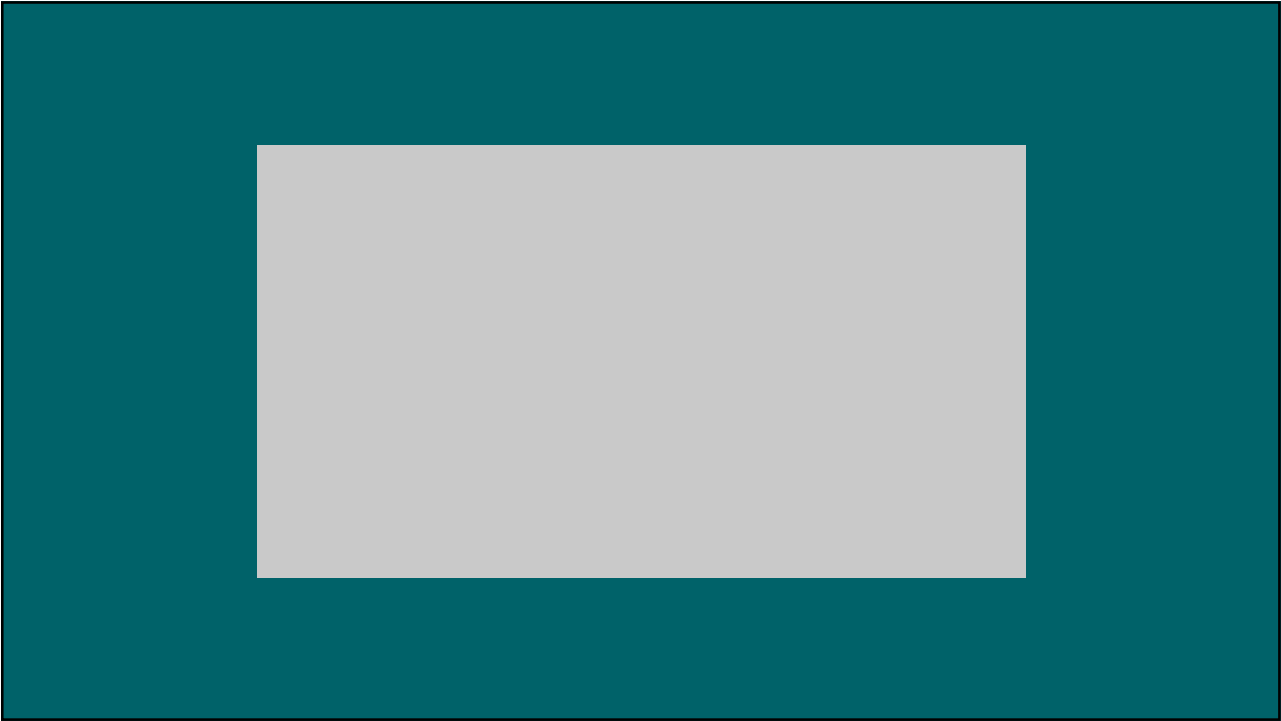



WELLNESS THROUGH EMPLOYMENT
CONFERENCE 2025

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

Holly Duckworth, CAE, CMP, LSP








Key topics we will cover today:

- Whole Self Wellness
- Science of Energy
- Beware of Burnout
- Micro Moments of Restoration
- Reconnect to purpose-driven work culture



Whole Self

Thriving at work begins with thriving as a whole human being.



Mental Wellness - What does that look like for you?



Physical Wellness: How will you define it?



Physical Wellness: How do you fuel yourself?




Community: Where to you feel connected to others?



Emotional Wellbeing: How do you allow yourself to feel safe expressing emotions?



Financial Wellness: How do you define this?




“Wellness is not a destination, it’s a journey. It encompasses every aspect of our lives, guiding us towards better choices that enhance our energy, focus, and sense of purpose at work every day.”

– ALIE UNSON, WELLNESS ADVOCATE




Strategies for Reclaiming Energy





Work with Your Energy, Not Against It

- Notice when you feel most alert (often mid-morning) and schedule deep-focus tasks for that window.
- Save routine or lighter work (emails, admin tasks) for lower-energy times.
- This aligns with the principle of energy management rather than just time management.



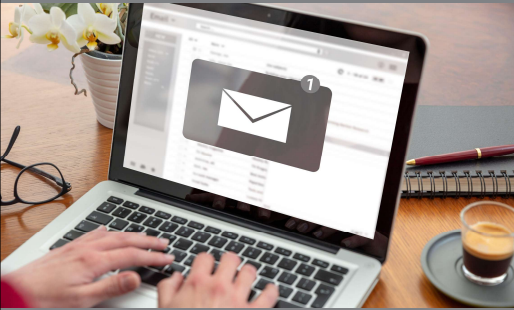
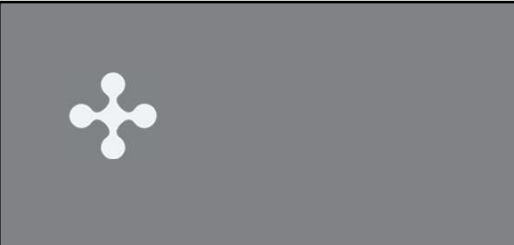




Use the “Single Touch & Single Task” Method


- Multitasking reduces productivity by up to 40% according to the American Psychological Association.
- Instead, choose one important task, set a timer for 25–50 minutes (Pomodoro technique), and give it your full attention before taking a short break.


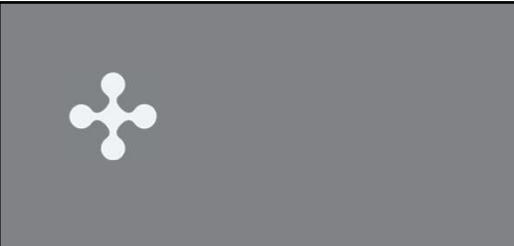




Reduce Visual & Digital Clutter


- Close unused tabs and apps.
- Silence non-essential notifications for set focus periods.
- Research from the University of California, Irvine found it takes an average of 23 minutes to refocus after a digital interruption.





Build in Micro-Breaks

- Stand up, stretch, or take 3 deep breaths every hour.
- These short breaks restore mental clarity and prevent fatigue buildup.
- Even a one-minute pause can reset your nervous system.





Benefits of Wellness at Work

Wellness initiatives improve
employee well-being and
productivity

Improved Productivity

Wellness programs lead to **higher output** and efficiency among employees.

Reduced Stress Levels

Implementing wellness initiatives helps **lower stress**, creating a healthier work environment.

Enhanced Job Satisfaction


Employees engaged in wellness programs report **greater job satisfaction** and loyalty.



Understanding Workplace Wellness Strategies


Essential practices for enhancing energy and focus

Workplace wellness encompasses programs and policies that promote **employee health**. Adopting strategies such as flexible work hours, regular breaks, and wellness initiatives can significantly boost productivity and overall workplace satisfaction.



Reclaim Purpose

When we reclaim our well-being, we reclaim our why





Set Daily Priorities -

- Each morning, identify the top 3 tasks that will move the needle most.
- Write them down where you'll see them.
- Completing these ensures progress even if unexpected demands pop up.








Ground with Mindfulness

- Start meetings or projects with a 1-minute grounding exercise: a breath, a pause, or simply asking, “What matters most right now?”
- This pulls attention away from scattered thoughts and back into the present moment.






**““Your purpose in life is to find your purpose
and give your whole heart and soul to it.”**

– UNKNOWN



What questions do you have for us?

Feel free to reach out anytime for more
insights!



Keep In Touch



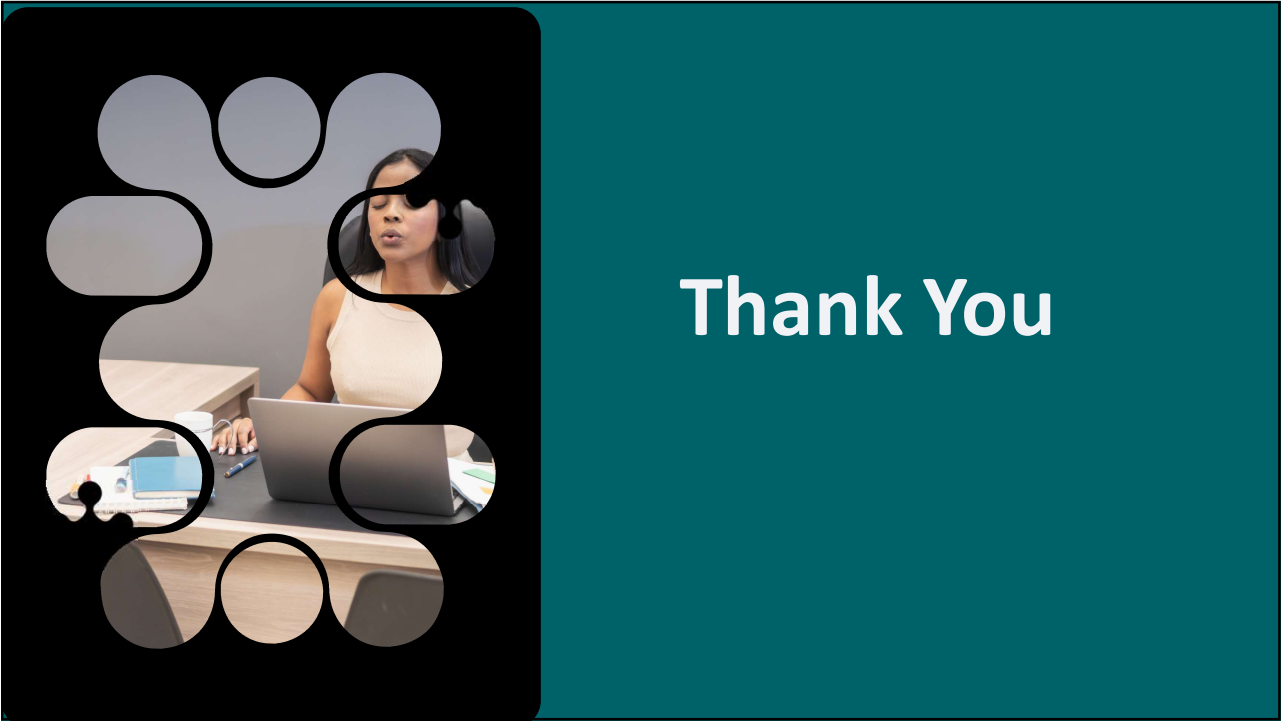
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Professional Speaker/Trainer &
Certified Workplace Mindfulness...



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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.

Tennessee Department of Mental Health and Substance Abuse Services

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AND THE REQUEST FOR
DOCUMENTATION OF
CEs EARNED

Up to 7.0 CE units or contact
/ clock hours available for
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QUESTIONS?
Email: tamho@tamho.org

EVALUATIONS



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