

HH@WA's 3rd Annual Hawai'i Wellness Leaders Conference

NOV 8
2018

Join us!

Thursday, Nov 8, 2018
8:00 am—1:00 pm

Pomaika'i Ballrooms
Dole Cannery

Healthy Breakfast and
Wellness Partner exhibits

Register by November 1st at
hhawaconference.eventbrite.com

Registration rates:

HH@WA Business Members:

- First 2 attendees FREE!

Non-members:

- **Conference Bundle**
(Includes 2 event tickets
see details below)
- \$199 until November 1st
- \$250 at the door

For more information, contact **Betty Hahn:**
808.532.2156 or email at workwell@hhawa.com

Conference Bundle (Register by November 1st for \$199)

As a HH@WA Business Member, your new membership includes:

- Two free seats at this year's 3rd Annual Hawai'i Wellness Leaders Conference
- Access to special events and workshops
- Member-only website access to wellness toolkits articles, discounts and more

For more information, visit: hhawa.com/membership

Presenting Sponsor



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Avoid Burnout and Drive Greater Performance at Work

Join us for "The Practice of Sustainable Peak Performance" to learn about:

- **The Growth Equation**
- **Priming**
- **Purpose**

Keynote speaker Brad Stulberg will share these evidence-based principles:

- Stress + Rest = Growth and how this cycle applies to both individuals and organizations
- Priming and routine
- The science behind the power of purpose/ mission and how to make it work for you



Keynote Speaker: Brad Stulberg
Co-Author of the book Peak Performance,
and a columnist at Outside Magazine.

If your organization is working to drive **higher performance** and **sustainable growth**, this year's Wellness Leaders Conference can't be missed!



BECOME is the step-by-step process of developing our best selves and our best organizations! Becoming revolves around 6 core components:

- Motivation
- Planning
- Practices
- Policies
- Environment
- Outcome



Work WellSM
SOLUTIONS
Believe • Belong • Become

Our new workplace model is one that will help employers to better understand how they can support the well-being of their employees while improving the well-being of their businesses.

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