

INNOVATIVE BENEFIT PLANNING PRESENTS



INNOVATIVE'S



WELL★BEING @ WORK

SUMMIT



Innovative
BENEFIT PLANNING

JOIN THE REVOLUTION IN WORKPLACE WELL-BEING

Dear friends,

Welcome to the fifth annual Wellness Summit hosted by Innovative Benefit Planning LLC.

The Innovative Workplace Well-being@Work Summit is a training event dedicated to making workplaces healthier. Well-being in the workplace has drastically changed over the last few years. There's been a shift from focusing on physical or mental health to fostering an environment of well-being that promotes a sense of belonging. Many studies show cultivating connection and community in the workplace makes for happier, healthier, and more productive employees.

We would like to congratulate all of you for coming together to learn, share, and explore the latest trends in workplace well-being.

We look forward to you learning from our keynote and panelists of industry thought leaders, as well as network with other employers who are in different phases of their workplace wellness journeys.

This year's summit will include inspirational sessions that will provide tangible takeaways including a panel of industry leaders who will share their perspectives. There will be a variety of topics discussed, such as improving employee satisfaction in the workplace, enhancing diversity and inclusion, and building a culture that embraces and fosters a sense of psychological safety. Our goal is to provide employers with resources and tools to return to their workplace feeling inspired and ready to make effective and lasting changes.

Please be sure to explore our health fair to learn about the latest resources to enhance employee health.

About Innovative Workplace Wellness

Innovative's workplace wellness assists employers in creating a culture of health. Our skilled wellness team works hand-in-hand with organizations to design and implement customized wellness programs that improve your population health and ultimately lower claims costs.

We help employers focus on each individual employee, guiding your team to effectively manage their own mental, physical, and emotional energy so your employees and your business thrive.

Warmly,

The Innovative Team



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AGENDA

10:00 - 10:45 am

**Registration/Vendor Fair/
Breakfast/Biometric Screenings**

Breakfast will be served and time to visit with vendors. Biometrics limited to 50 people

10:45 - 11:00 am

Opening Remarks

Terriann Procida, CEO, Innovative Benefit Planning and our Keynote Sponsor BPAS

11:00 - 12:00 am

**Keynote Speaker: The Time is Now:
A Blueprint for Building Workplace
Wellness**

Speaker: Dr. Malik Muhammad

12:00 - 1:00 pm

**Lunch/Networking/Vendor Fair/
Biometric Reviews**

Lunch served and time to visit with vendors.

1:00 - 2:00 pm

**Fostering a Sense of Belonging
through Connection and Inclusion**

Moderator: Cheldin Barlatt Rumer

Panelists: Kristine Quinby, Nicole Sargent,
Magda Moncrief, Tiffany Walker-Winters

2:00 - 2:30 pm

**Break/Vendor Fair/Biometric
Reviews**

2:30 - 3:30 pm

**Tuning In, Turning Up, or Tapping
Out? The Great Mindset Reset!**

Speaker: Christopher Ridenhour

3:30 - 4:00 pm

**Closing Remarks/Raffle Winners/
Vendor Fair**

We will announce our raffle winners from
the day

4:00 - 5:30 pm

Happy Hour

MEET OUR KEYNOTE SPEAKER



Dr. Malik Muhammad

“The Time is Now: A Blueprint for Building Workplace Wellness”

For nearly three decades, Dr. Abdul-Malik Muhammad has been serving both youth and adults as an educator, transformational leader, entrepreneur, and author. Always working with the underserved in urban and rural areas, he has focused on the development of boys to men, been active in social justice, and building progressive organizations. His previous leadership journeys have included being a principal, career college president, Corporate Director of Education, and Regional Vice-President of a national mental healthcare organization. Throughout this time, he has launched 18 schools and specialized programs, led a staff of 2,400 across 11 states and spoke on leadership and community building across four continents.

He is currently the founder and CEO of Akoben LLC, a professional development company, and Transforming Lives Inc., a provider of alternative education services. Through this work, he is continuing to diligently “transform lives, one community at a time.” He is the author of “The Restorative Journey – Book One: The Theory and Application of Restorative Practices” and the forthcoming, “We Can Save Our Boys of Color. He was a contributing author of “Colorizing Restorative Justice: Voicing Our Realities.” He has a BA in International Affairs from Franklin & Marshall College, an MA in Educational Leadership from the College of Notre Dame of Maryland, and an Ed.D in Educational Leadership from the University of Delaware.

ADDITIONAL SPEAKERS



Christopher Ridenhour

"Tuning In, Turning Up, or Tapping Out? The Great Mindset Reset!"

For the last 2 decades, I've served as Chief Learning Officer to 2 multi-site Healthcare/Social Services companies. My responsibilities included ensuring that all levels of personnel demonstrated a commitment to the organization's Mission, Vision, and Values through their daily behaviors. I directed system-wide Onboarding, DEI, Leadership Development, and Team Engagement strategies that resulted in above-industry increases in staff retention and morale. Additionally, my enthusiasm and outcome-based successes have led to hundreds of invitations to travel as a national Conference Keynote on Workplace Culture, Performance Improvement and DEI. The Pioneer Network/Greenhouse Project, LeadingAge(all state affiliates), Argentum, AHCA/NCAL, NADONA, ANFP, ACF, ASHHRA, and AHE count among the many associations who annual invite my participation. As recognition for the years of service to hundreds of organizations across the country, LeadingAge awarded me "Facilitator of the Year."

ADDITIONAL SPEAKERS



Cheldin Barlatt Rumer

"Fostering a Sense of Belonging through Connection and Inclusion"

Cheldin Barlatt Rumer is the CEO and Executive Producer of THIS IS IT NETWORK™, a global female, minority-owned digital streaming platform. Each day, THIS IS IT NETWORK™ shares inspiring stories with a diverse community of female leaders, executives, and entrepreneurs through educational entertainment. This inclusive and engaging content consists of online video programs and lifestyle blogs hosted and written by various captivating personalities and professionals. Rumer uses her magnetic personality, unmatched energy, and industry expertise to promote the accomplishments and ambitions of her international guests while captivating her global audience of remarkable women. Through a layered media strategy, she intentionally caters to her community's multifaceted lives, both personally and professionally. Through her SCREAM YOUR DREAM™ online courses and in-person classes, she provides participants with the measurable tools and tactics needed to clarify their personal brand, share their brand stories, and generate results. As an immigrant from Sierra Leone, West Africa, a former Division 1 athlete, a mother of two, an adjunct professor, a personal branding expert, and an author, Rumer works diligently to encourage her audience to no longer whisper their wishes but to scream their dreams. Rumer's new book, SCREAM YOUR DREAM™ - 66 Lessons to Build Your Personal Brand, debuted at #1 on Amazon's Hot New Release list and is available now on Amazon.

PANEL

Fostering a Sense of Belonging through Connection and Inclusion



Kristine Quinby

Nearly every person who has experienced success in their career will cite a particular moment – the turning point – when the path forward becomes clear. For Kristine Quinby, that moment came around 2005.

At the time, she was a self-employed, certified Applied Behavior Analyst (ABA) consultant carrying a caseload of about 15 children, all with an autism diagnosis. Kristine had long been a believer in the merits of ABA and was inspired by the tremendous progress this small group was making. If she could help a dozen or so children surely, she could help hundreds.

In 2006, she founded Potential, Inc.

Based in Newtown, Pa., Potential provides services and support for individuals with autism (from toddlers to older adults), their families and the community. In 2010, Potential's "Springtime School" was licensed as an Elementary School and five years later, High School licensure was added. For Kristine, it's the culmination of years of hard work and a relentless drive to serve the autism community.

After receiving her bachelor's degree in Elementary Education and Psychology from Rider University, Kristine earned her Special Education Certification (master's level) from Holy Family University and her master's in Special Education from Penn State University.

For the next few years, Kristine worked to hone her skills by serving in a variety of roles across several organizations. The most recent of these was as a Special Education Teacher in the Autistic Support Classroom for Bucks County Intermediate Unit and Pathway School. She became an independent ABA consultant in 2000.

A staunch advocate for the autism community, Kristine is a member of the Council for Exceptional Children, Association for Behavior Analysis, the ABA in PA Initiative, the Association for Professional Behavior Analysts and the National Association of Private Special Education Centers. She has also participated in the Pennsylvania Autism Task Force, Community Connections for All Children and the Bucks County Autism Task Force. As a guest speaker, Kristine has presented extensively on the topics of ABA and autism at private and public schools in Pennsylvania and New Jersey.

Kristine is a past Board Member of the Pennsylvania Association Council for Exceptional Children (PACEC) and has presented PACEC workshops on developmental and age appropriate practices for children on the autism spectrum and on reducing problem behavior in the classroom through positive reinforcement.

She resides in New Hope, PA with her husband, her teenage daughter who's learning to drive and their dog! The couple's son has flown the coop as a college graduate, and the family's chickens have multiplied to nine!

PANEL

Fostering a Sense of Belonging through Connection and Inclusion



Magda Moncrief

Magda Moncrief is the VP, Human Resources for the Philadelphia 76ers, New Jersey Devils, and Prudential Center. In this role, she leads Harris Blitzer & Sports Entertainment's Human Resources team across multiple locations and organizations, serving a variety of functions including employee relations, benefit administration, and talent management. Moncrief joined HBSE in 2022 as the Director, Human Resources for the 76ers and has since expanded her role across the department and portfolio.

Prior to her role at HBSE, Moncrief served as the Assistant Vice President of Human Resources at KenCrest, a nonprofit that provides community-based services to individuals with intellectual and/or physical disabilities in Pennsylvania, Delaware, & Connecticut. During her time at KenCrest, she was responsible for the optimization and alignment of the Human Resources function across programs throughout the agency. Moncrief worked as a part of the executive leadership team to inspire organizational collaboration and efficiency.

Moncrief also spent nearly a decade at Iron Hill Brewery as an HR Manager and Business Partner, where she was part of the team that received the Delaware Valley's 2013 HR Department of the Year Award. During that time, she specialized in learning and development, compliance, relationship management, and benefit administration and played a pivotal role in scaling the business from 10 to 18 locations. Additionally, Moncrief was nominated for the HR Person of the Year Award in 2015.

After obtaining her undergraduate degrees in Human Resources Management and Psychology from King's College in Wilkes-Barre, PA, Moncrief pursued her MBA from La Salle University after returning to the Philadelphia area. Moncrief completed her MBA in 2013 and shortly after joined and remains an adjunct professor in La Salle's Management and Leadership department.

Moncrief resides in Philadelphia with her husband, brother-in-law, and daughter. In her free time, she enjoys supporting her daughter's school with fundraising and school events. She is also a member of her parish finance committee.

PANEL

Fostering a Sense of Belonging through Connection and Inclusion



Tiffany Walker-Winters

Though no single title could ever contain the full force and scope of her impact on the business and nonprofit community she serves, Tiffany Walker has been a passionate Leader, Business Owner, Consultant, Coach, Facilitator, and Educator who helps leaders and teams cultivate meaningful change. Recently named South Jersey Biz's Women to Watch: Female Business Leader, her dynamic and varied background enables her to bring a unique approach when helping others enhance skills and resolve organizational challenges. She has over 5 years of experience as an organizational coach and trainer with RLR Consulting Group where she is passionate about harvesting a healthy, happy workplace with real emphasis on a strong organizational culture.

Tiffany has a B.A. in Leadership and Social Innovation with a specialization in Business Leadership from Rowan University and has a degree in Early Childhood Education. Tiffany has held progressive roles in a variety of industries including government, nonprofit, education, crisis management, risk management, public relations, and marketing. She is also the owner of Number 9 Tattoo Shop in Sicklerville, NJ.

She considers it an honor and privilege to be a part of her local community. This is evident in her active roles as a twice-elected committeewoman and the former vice president of her local school board. She has been recognized with numerous awards, including the NAACP Presidential Award and the GC Women's Achievement Award for her work with women, children, and minorities.

She is committed to community engagement and volunteerism while actively serving on various boards including the executive board for the Gloucester County NAACP, and CGS Family Partnership, working with colleagues and government officials from across the state on civil rights issues and helping youth and families with emotional, behavioral, and substance abuse challenges. Tiffany lives in South Jersey with her husband Xazavir, and her two amazing children Devon and Carter.



Nicole Sargent

Nicole Sargent is currently the Director of Operations for an international membership association and the founder and CEO of My Meaningful Voice, LLC who focuses on education, advocacy, and membership/employee retention and recruitment. Her journey began with overcoming sexual violence and ignited a commitment to empower others. Nicole currently has her MS in Counseling with a concentration in college student personnel and is completing her MBA, allowing her to continue to advocate for marginalized voices and communities.

At My Meaningful Voice, the focus is on creating inclusive spaces for individuals to amplify their voices, fostering a society where every voice is valued and empowered. As a mother, survivor, and advocate, I am passionate about empowering others to recognize the significance of their voices. Together, let us champion human dignity and uplift voices, building a future where every individual is heard and valued.

WELLNESS SUMMIT RAFFLE GAME


Innovative Benefit Planning is happy to offer a friendly game to have some fun and win prizes. Compete with other attendees by filling up your bingo card to be entered into the raffle.

How to play:

1. Visit every vendor table during our health fair.
2. While at the table, using the ink bottle to “blot” the vendor space on your bingo card.
3. Fill up your entire board, and write your name at the top.
4. Drop off your Bingo card at the raffle table.
5. Wait for your name to be called at the end when we announce raffle winners!

STOP BY AND SEE OUR VENDORS!
Fill all your stamps and enter to win one of four raffle prizes.

Name: _____



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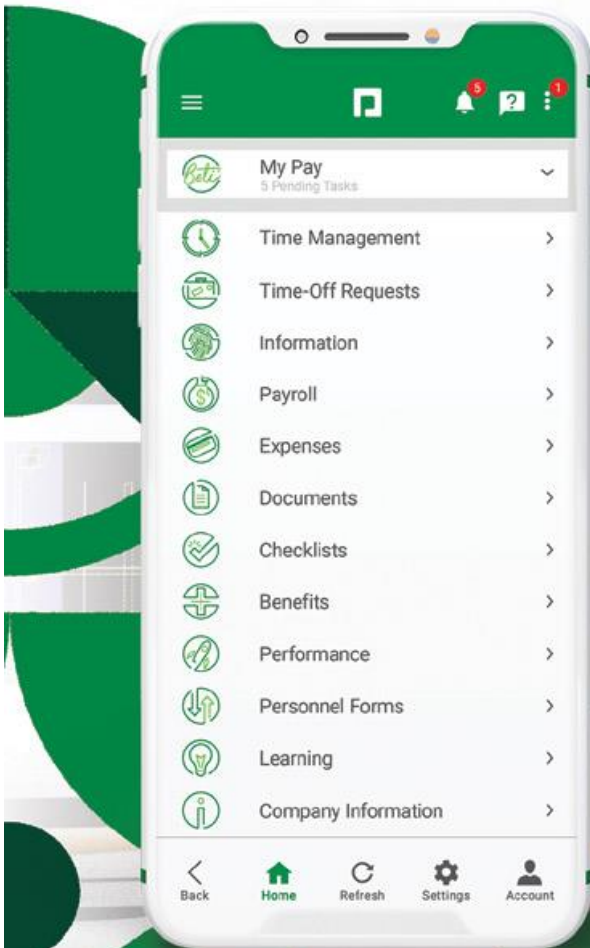
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A hand is shown holding a white puzzle piece that fits into a larger green puzzle. The word 'BENEFIT' is printed in green on the white piece. The background is a solid green color, and the puzzle pieces are arranged in a grid pattern on the right side of the image.

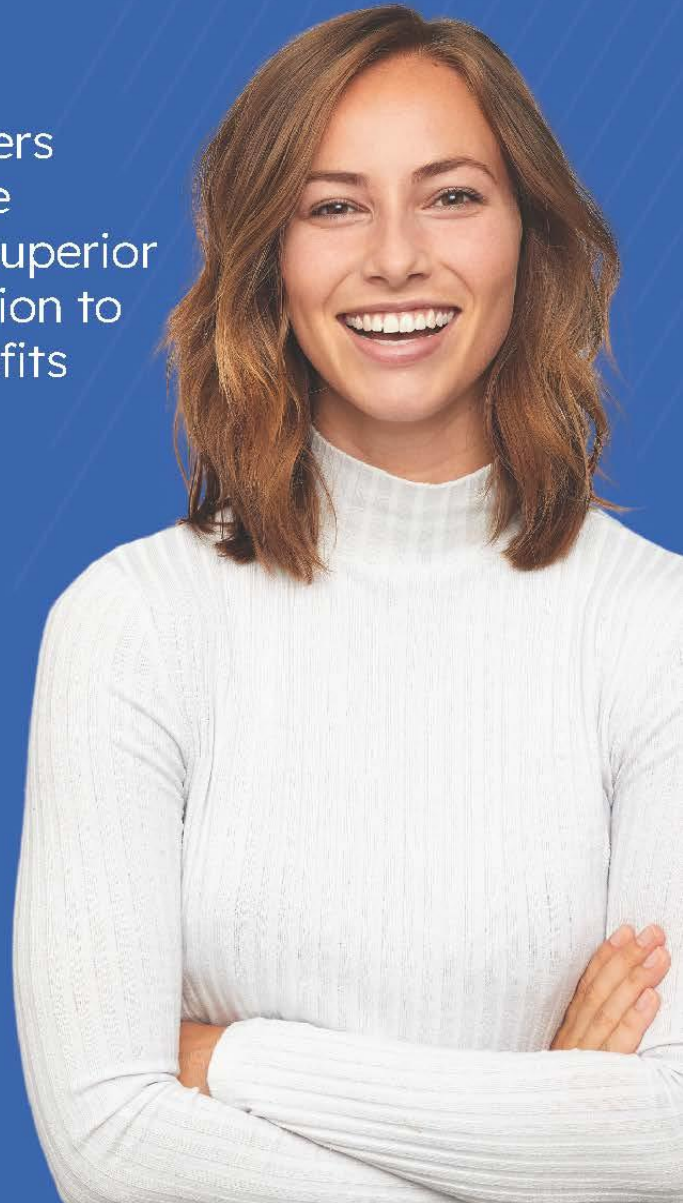
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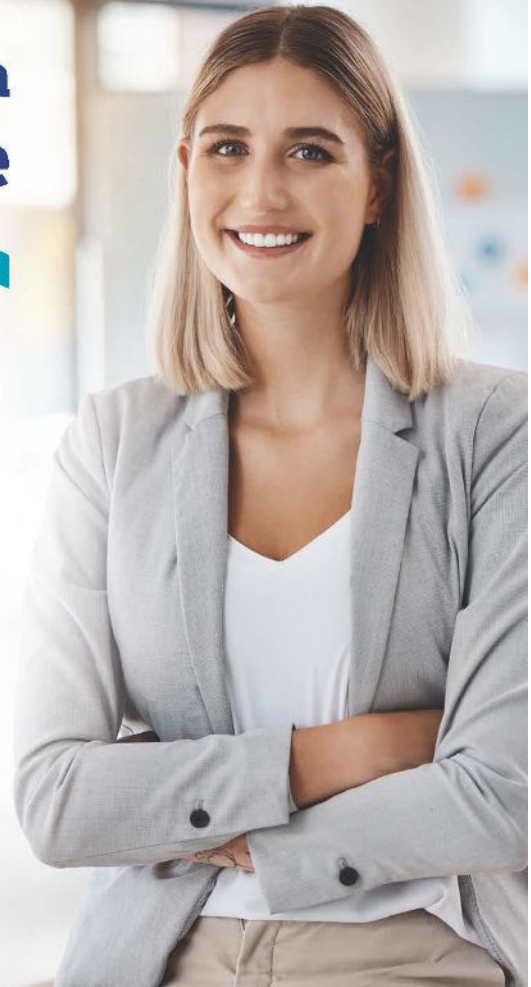
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Your greatest asset is a healthy workforce



AmeriHealth Administrators is proud to support Innovative's Annual Well-Being @ Work Summit. We recognize Innovative Benefit Planning for its commitment to promoting healthier workplaces.

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Enterprise Well-being Platform

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The Propel® Difference

Unparalleled customization. Propel delivers an ultra-customized well-being platform made to fit our client’s brand, goals, voice, initiatives, culture and vision.

Engagement-first approach. Propel is dedicated to helping organizations achieve measurable results through unique, creative, evidence-based engagement strategies that motivate healthy habits.

Comprehensive, holistic well-being. Propel is built to run an unlimited number of custom challenges, launch tailor-made incentive programs, deliver highly impactful, holistic well-being education, and integrate key well-being initiatives like biometric screenings, health coaching, and health assessments.

Sustainable well-being. Propel’s engagement strategies help our clients integrate well-being into their organizational culture in ways that sustain long-term well-being engagement.

Industry-leading support. Each client receives a dedicated team to manage planning, program design, content management, communication design, program marketing planning, challenge planning and ongoing guidance.

About Us

Propel has been successfully implementing fully customized well-being platforms and engagement programming for more than 20 years to clients across dozens of industries ranging in size from fewer than 500 employees to well over 200,000, and operating in more than 75 countries.



Learn more about Propel:
www.PropelWellness.com

Key Features

Fully mobile-optimized web platform that has a built-in content management system allowing instant access to make changes any time.

Holistic resources. Propel provides a robust set of evidence-based well-being education, engagement tools and resources that can be leveraged in a variety of ways to meet the client’s program design needs.

The most flexible challenge engine in the industry allowing the client to launch an unlimited number of challenges that can be individual, team or group-based covering any measurable action(s); also allows individuals to create their own private individual or team challenges.

Fully customizable incentive program engine. Allows the client to run multiple, global programs with unique program rules and global reward options.

Superior admin tools and support. Admin tools include full access to platform content management tools, dozens of real-time on-demand reports, ability to launch fully custom polls and surveys, ability to integrate multiple

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ibpllc.com/events