

BUILD CONFERENCE

Helping coaches strengthen their competence, confidence, and connections.

September 30th, 9:00 am – 3:30 pm EST Workplace Options HQ, 2912 Highwoods Blvd, Raleigh, NC 27604.

ABOUT

The BUILD conference, hosted by Workplace Options, will bring together coaches in person to maximize their professional development.

Our thought leaders will share insights about the ICF and NBHWC core competencies and look at best practices. It will provide a potent mix of relevant content, presented by our team, and impactful networking for professional coaches.

This conference is approved for 6.0 hours by the NBHWC and may also be applied to ICF resource development credits.

Morning stretch session and boxed lunch included with registration fee.

AGENDA

Pre-conference session (September 22nd) – Building Culture Competence in Coaching, facilitated by Debbie Jongkind, RD, LDN, PCC, NBC-HWC

Explore the impact of cultural competency in coaching. Coaches from around the world will share perspectives on how coaching is perceived and best practice for building coaching engagement.

8:00 AM – Doors open

8:30 AM – Morning stretch with Lauren Lisko, NBC-HWC, Corporate Fitness Trainer (optional)

9:00 AM - Welcome Remarks & Spotlight on Your Career Blueprint, facilitated by Gretchen Hofing, MPH, RD, LDN, PCC, NBC-HWC

Coaches will build on their professional visions through written self-reflection, assessment of career satisfaction, and identification of areas and steps for growth and development in their career. They will connect with others to share their learnings, knowledge, and next steps for the near- and longer-term future.

10:00 AM - Surveying Trends in Employee Wellbeing, facilitated by Cynthia Abbott, Vice President Global Marketing and Communications.

Learn about workforce wellbeing trends and gain valuable insight into marketing strategies that influence key stakeholders of wellbeing programs.

11:00 AM - Ethical Building Blocks, facilitated by Gretchen Hofing, MPH, RD, LDN, PCC, NBC-HWC and Billie Smith Jones, MA

Examine the intersection of coaching and health concerns that may be better addressed by other professionals: substance use, eating disorders, and others.

Coaches will review their scope of practice and the signs that a referral for additional support may be in order. It will help them gain confidence and competence in their ability to best serve clients through case studies and small group discussions.

12:45 PM - Mindfulness exercise with an Aware Specialist

1:00 PM - Expanding your Toolbox facilitated by Simone Horvitz, ACC, NBC-HWC

Steeped in realistic scenarios and supported by our collective knowledge, re-imagine the application of foundational coaching tools. Experience the power of using an image as a metaphor, to quickly deepen your coaching conversation and reveal client awareness.

2:00 PM - Infrastructure in Coaching Support, facilitated by Susan Hochberg, PCC, NBC-HWC, NCTTP, TTS

Engage in a panel discussion with experienced coaches who will offer their perspectives from being employed in a corporate setting.

3:00 PM – Closing Remarks

SPEAKERS



DEBBIE JONGKIND
RD, LDN, PCC, NBC-HWC



GRETCHEN HOFING
MPH, RD, LDN, PCC, NBC-HWC



CYNTHIA ABBOTT
VP of Marketing



BILLIE SMITH JONES,
MA



SIMONE HORVITZ,
ACC, NBC-HWC



SUSAN HOCHBERG,
PCC, NBC-HWC, NCTTP,
TTS, NBC-HWC

