



Strengthening the Healthcare Team

Friday, September 12, 2025

8:00 a.m. – 4:45 p.m. (CT)

Carter Hall

7:15 – 7:55 a.m. *Registration and Light Breakfast*

7:55 – 8:00 a.m. **Welcome**

Dr. Julie McCullough, RDN

Dean, Kinney College of Nursing and Health Professions

8:00 – 8:15 a.m. **Body Scan**

8:15 – 9:45 a.m. **Making the Team**

Sue Kunkle, Head Coach of USI's Women's Softball, shares insights from years of leading successful teams on and off the field. In this energizing session, she will highlight the core qualities she cultivates each season and how these principles translate into high-performing teams in any professional setting.

9:45 – 10:00 a.m. *Break*

10:00 – 10:15 a.m. **Centering**

10:15 – 11:15 a.m. **Burnout Reset: Finding Balance in the Busy**

Dr. Zack Ward, Associate Professor of Healthcare Administration at USI, leads a thoughtful session on identifying personal burnout and building strategies for recovery. Through guided introspection and practical tools, participants will learn how to assess their own well-being and take meaningful steps toward renewed energy, purpose, and professional fulfillment.

11:15 – 11:30 a.m. **Mindful Eating**

11:30 – 12:15 p.m. *Lunch*

12:15 – 1:15 p.m. **Grouphink & Constructive Team Conflict**

Dr. Wes Durham serves as the Chair of the Communication and Media Department at USI. He will explore how to navigate challenging communication scenarios with confidence and empathy. Through real-world examples and interactive discussion, Dr. Durham will guide participants in reframing tough topics—turning potential conflict into opportunities for connection, clarity, and growth.

1:15 – 1:45 p.m. **Chair Yoga & What is Mindfulness?**

Dr. Wendy LeMasters, Continuity of Care Area Director for Ascension Indiana, brings her expertise in mindfulness to the workplace. In her interactive sessions, she will demonstrate how consistent mindfulness practice can enhance well-being, reduce

stress, and improve job satisfaction. Participants will engage in short, guided exercises throughout the day, gaining practical tools to foster focus, balance, and emotional resilience.

1:45 – 2:00 p.m. *Break*

2:00 – 3:15 p.m. **Team Work**

Dan Schenk, Global Brand Planner at Nike, draws on his professional journey and passion for sports to explore what makes teams thrive. In this engaging session, he will unpack the key elements of successful collaboration and collective goal achievement.

3:15 – 4:15 p.m. **Highlights & Huddles**

In this fast-paced closing segment, we'll roll the tape on some fun communication moments. We will explore how teams navigate challenges, celebrate wins, and build trust through everyday interactions. After each "highlight," you'll huddle up with your small group to unpack what worked, what didn't, and how these lessons can elevate your own team's communication game.

4:15 – 4:30 p.m. **Loving Kindness**

4:30 – 4:45 p.m. *Evaluation*

This is an interprofessional educational opportunity, presented jointly by the following:

