

**JOY IN WORK  
FOUNDATIONS COURSE**

September 24<sup>th</sup>, 2024,  
University of Utah Alumni House  
OC Tanner Ballroom

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**07:30 am – 08:25 am**

**EARLY ARRIVAL BREAKFAST + CHECK-IN**

**08:30 am – 08:40 am**

**WELCOME REMARKS**

John Inadomi, MD, Director of Internal Medicine, University of Utah Health.

**08:45 am – 09:10 am**

**JOY IN WORK: PROFESSIONAL FULFILLMENT AMIDST THE CHALLENGES IN  
HEALTHCARE AND PUBLIC HEALTH**

Amy Locke, MD, FAAFP, Chief Wellness Officer, University of Utah Health

**09:15 am – 09:30 am**

**JOY IN WORK: AN INTRODUCTION TO THE IMPROVEMENT SCIENCE FRAMEWORK**

Jennifer Ellen Mueller, MSPH, CHES, Joy in Work Programs, Resiliency Center, University of Utah Health

**09:35 am – 10:25 am**

**WELLNESS & RESILIENCE: PROMOTING PERSONAL & PROFESSIONAL WELL-BEING**

Megan Call, PhD, MS, Associate Chief Wellness Officer, University of Utah

**10:30 am – 12:25 pm**

**MORNING BREAKOUT SESSIONS (SEE BELOW FOR DETAILS)**

**12:30 pm – 01:15 pm**

**LUNCH**

**01:20 pm – 03:25 pm**

**AFTERNOON BREAKOUT SESSIONS (SEE BELOW FOR DETAILS)**

**03:30 pm – 04:00 pm**

**CLOSING REMARKS**

Jennifer Ellen Mueller, MSPH, CHES, Joy in Work Programs, Resiliency Center, University of Utah Health

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## COHORT 1- INDIVIDUAL ATTENDEES | FINDING PERSONAL JOY IN WORK

**10:30 am – 11:20 am**

### **BUILDING PERSONAL RESILIENCE: STRATEGIES FOR WELLNESS AND BALANCE**

Jamuna Jones, LCSW, Well-being Specialist, Resiliency Center, University of Utah Health

**11:30 am – 12:25 am**

### **ENHANCING WORKPLACE DYNAMICS: TEAMWORK AND CAMARADERIE**

Jake Van Epps, PhD, Associate Director, Resiliency Center, University of Utah Health

## **LUNCH**

**01:20 pm – 02:20 pm**

### **WHAT MATTERS TO YOU?": DISCOVERING PERSONAL JOY BY ALIGNING DAILY TASKS WITH CORE VALUES**

Jake Van Epps, PhD, Associate Director, Resiliency Center, University of Utah Health  
and

Jamuna Jones, LCSW, Wellbeing Specialist, Resiliency Center, University of Utah Health

**02:30 pm – 03:25 pm**

### **CONTRIBUTING TO CONTINUOUS IMPROVEMENT: DAILY IMPACT AND GROWTH**

Mike Day, BS, Operations Manager, Resiliency Center, University of Utah Health



## COHORT 2- MANAGERS & TEAM LEADERS | CATALYSTS FOR JOY IN WORK

**10:30 am – 11:20 am**

### CAMARADERIE AND TEAMWORK: BUILDING A STRONGER, CONNECTED WORKFORCE

Jake Van Epps, PhD, Associate Director, Resiliency Center, University of Utah Health

**11:30 am – 12:25 am**

### PARTICIPATIVE MANAGEMENT: CREATING AN EMPOWERED TEAM WHERE EVERYONE BELONGS

Mckell Ashton Gubler, MHA, MSN, RN, Director of Outpatient Services, Huntsman Cancer Institute

### LUNCH

**01:20 pm – 02:20 pm**

### ELEVATING TEAM ENGAGEMENT THROUGH "WHAT MATTERS TO YOU?" CONVERSATIONS

Jennifer Ellen Mueller, MSPH, CHES, Wellbeing Specialist, Resiliency Center

**02:30 pm – 03:25 pm**

### DAILY IMPROVEMENT: HARNESSING THE POWER OF CONTINUOUS ENHANCEMENT

Dane Falkner, MBS, LSSBB, System Quality Manager, University of Utah Health





## COHORT 3-SENIOR LEADERS | CULTIVATING THE CULTURE OF JOY IN WORK

**10:30 am – 11:20 am**

**SENIOR LEADERS' ROLE IN JOY IN WORK: OVERVIEW, SELF-ASSESSMENT, AND MEANINGFUL CONVERSATIONS**

Megan Call, PhD, Associate Chief Wellness Officer, University of Utah Health

**11:30 am – 12:25 am**

**FACILITATING 'WHAT MATTERS TO YOU?' CONVERSATIONS AS A SENIOR LEADER**

Amy Locke, MD, FAAFP, Chief Wellness Officer, University of Utah Health

**LUNCH**

**01:20 pm – 02:20 pm**

**FOSTERING A CULTURE OF TRUST AND CONTINUOUS IMPROVEMENT: PART 1**

Amy Locke, MD, FAAFP, Chief Wellness Officer, University of Utah Health

and

Michael Danielson, MS, Senior Organizational Development Consultant, University of Utah Health

**02:30 pm – 03:25 pm**

**FOSTERING A CULTURE OF TRUST AND CONTINUOUS IMPROVEMENT: PART 2**

Michael Danielson, MS, Senior Organizational Development Consultant, University of Utah Health

