

# NYSPHC Educational Series

## ENGAGING YOUR WORKFORCE

Wednesday, February 14, 2024  
12-1PM



Kendra Pokhis, MS

### Presentation Overview:

You work hard to build a culture of wellness with your employees, only to find wellness program participation is low year after year. It's one thing to schedule programs, but the key to success is for employees to engage. UR Medicine Employee Wellness has vast experience working with 70+ employers in the region to help them bring life-changing wellness programming to their employees. In this presentation, they will share insight into how to engage your workforce using the power of motivation, autonomy, competence, and relationships, and will explore creative ideas to take engagement to the next level.

### Session Learning Objectives

1. Describe why employee wellness matters.
2. Recognize what drives behavior change and thus, engagement.
3. Identify key components of a successful wellness program.

**Register Here!**

### Speaker Bio

Kendra Pokhis, MS in Medical Management, is the Sales/Marketing & Client Success Manager, UR Medicine Employee Wellness.

Kendra has 10 years in employee wellness and has worked with 70+ organizations to build and implement impactful and engaging wellness programs. She loves running, fresh air, sunshine, coffee, pastries, and being outside and active with her dog, two daughters, and husband. Kendra believes the most amazing thing to do is help people find what works best for them on their wellness journey, realizing that no two paths are the same. The tag line at UR Medicine Employee Wellness is "Dedicated to one goal. Yours" because that's really what it's about - helping.

### Future NYSPHC Educational Series Sessions *Second Wednesday of the month (12PM-1PM)*

- Unseen Tears – The Impact of Native American Residential Boarding Schools in Western New York: **April 12, 2024**
- Social Determinants of Health: **May 8, 2024**

A recording of each session will be posted to the Training Resource Center Website

*Questions? Please contact your Regional Fellowship Placement Coordinator*