

Time	2026 30 th Annual VSHC Expo Agenda
7:30 to 8:30am	Registration Breakfast Networking Wellness Activities
8:30 to 8:45 am	Opening remarks - Kathy Brouillette – VSHC President
8:45am to 9:45am	Keynote Presentation – Hang Up and Drive – Jacy Good and Steve Johnson
9:45 – 10:00am	Transition time Vendors Networking Wellness Activities
10:00 – 11:00am	Breakout sessions (5 options) 1. From Stress to Sage: Positive Intelligence (PQ) Tools for Safer Decisions and Whole-Employee Well-Being – Jessica Redmond - Rhino Foods 2. What to Do If OSHA Shows Up at Your Worksite: Essential Steps for Compliance and Preparation – Rich Sarnie - United Safety Professionals 3. Beyond Policy and Protocol: Leading the Whole Employee Toward a Stronger Safety Culture – Matt Harrington - Harrington Brands 4. To the battle weary: Not so Spartan self-care – Lisa M. Donohue, MA, LMT - UThrive 5. Ongoing Wellness Activities Room
11:00 – 11:15am	Transition time Vendors Networking
11:15am – 1pm	Governor’s Excellence in Worksite Wellness Award Ceremony
	Lunch Vendors Networking
1:00 – 2:00pm	Where do Wellness and Safety Meet? - Panel Discussion Panelists: Dirk Anderson – VT Dept. of Labor, Bobby Arnell – Invest EAP, Tom McGrail – Smugglers Notch Moderated by Dan Whipple, Integrity Safety
2:00 – 2:15pm	Transition time Vendors Networking Wellness Activities
2:15 – 3:15pm	Breakout sessions (5 options) 1. Meaningful Social Connection & Thriving Workplaces - Jeanette Langston - Social Roots Studio 2. From Job Analysis to Injury Prevention: Building Safer, Healthier Workforces – Charles Alexander & Erica Galipeau, IHMS 3. Train Smart: How Safety and HR Can Partner to Build a Safer, Stronger Workforce — with Vermont Training Program Support – Jessica Redmond – Rhino Foods 4. Be Excellent at Anything! – Ross Gibson – The Richards Group 5. Ongoing Wellness Activities – Escapade
3:15 – 3:20pm	Transition time
3:20 – 3:30pm	Closing remarks, Prizes