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## PROFESSIONAL DEVELOPMENT JUSTIFICATION

### Training & Travel Approval Request

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|---------------------|-------------------------------------------|
| <b>Event Name</b>   | National Native Wellness Leadership Event |
| <b>Dates</b>        | Oct 25 - 28, 2026                         |
| <b>Location</b>     | Oahu, Hawai'i                             |
| <b>Format</b>       | Immersive · 4 Days · 20 Participants      |
| <b>Presented By</b> | Native Fitness — nativefitness.org        |

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### PURPOSE OF ATTENDANCE

I am requesting approval to attend the Native Fitness National Native Wellness Leadership Event, October 25-28, 2026, in Oahu, Hawai'i. This is a structured, immersive leadership training program — not a conference or retreat — limited to 20 tribal wellness professionals selected from across the country.

The program delivers practical instruction in wellness leadership, employee engagement, and preventative health program implementation. The goal is to gain actionable tools to increase participation in physical activity and wellness programming within our workplace and community.

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### PROGRAM STRUCTURE

- Pre-Event (30 days before): Goal-setting Zoom session to prepare for immersive training
- 4-Day Immersive Program (October 25-28, Oahu): Hands-on training in wellness leadership, physical programming, cultural engagement, and activation planning
- Post-Event (30 days after): Implementation Zoom to review and support community rollout

Participants leave with a written **30-Day Wellness Activation Plan** tailored to their specific community and program.

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### ORGANIZATIONAL BENEFIT

**Upon return, I will implement the following directly within our organization:**

- Design and launch a structured community wellness activity program based on the 30-Day Activation Plan
- Deliver staff education on wellness frameworks and engagement strategies learned during training
- Improve participation rates through evidence-based activation and accountability methods
- Strengthen community buy-in for preventative health programming through cultural leadership principles

Expected outcomes include increased wellness program participation, improved employee health engagement, and expanded community health programming that advances our organization's long-term preventative health goals.