

FABOH
Fond du Lac Area Businesses on Health
21 East 2nd Street, Suite 101
Fond du Lac, WI. 54935

JANUARY 22, 2026

2026 Wellness Conference



Fond du Lac Area Businesses on Health

**21st Annual
Wellness Conference**

January 22, 2026

South Hills Golf & Country Club
1175 Fond du Lac Avenue
Fond du Lac, WI 54935

2026 FABOH Wellness Conference

Featured Speaker: Shawn Gulyas

Shawn exists to design and facilitate creative experiences that challenge one's thinking and action – helping individuals and companies find their authenticity and elevate their people touchpoints. After a 25-year leadership career in Human Resources, Shawn founded **humanworks8** to work with organizations in need of bringing their work to life through championing people.

Shawn and his team have guided organizations to improve their bottom line by building sustainable people practices through four end-to-end service solutions: The Core Value Touchpoints – Culture Development Solution, The Talent Canvas – Talent Optimization Solution, The Leadership Model – Leadership Development Solution, and The Way – Strategic Planning Solution.

Think of Shawn as a “jump-starter” of energy and ideas around the belief that Everyone Matters and as a leader who creates cultures and communities where values, natural instincts, and well-being are the essence of success. Other things Shawn believes in: Peace, Wonder, and Yoda.

Featured Speaker: Ted Neitzke

Ted Neitzke is a lifetime educator and has served at high levels of leadership in public schools in the United States. Ted is known for his ability to develop successful strategic plans for schools, private companies, and government agencies. His focus on collaboration and process have allowed for others to find success.

Ted is a nationally recognized motivational speaker and works with organizations to support their success. His leadership has supported international recognition in employee engagement, regional recognition in strategic excellence and local recognition for service and non-profit support. Ted is the creator and host of The Smart Thinking Podcast; a weekly podcast filled with stories and processes to support leadership everywhere.

Featured Speaker: Aaron Sadoff

Aaron Sadoff was born in 1971 in Fond du Lac, Wisconsin. He is a Gulf War veteran and a graduate of UW-Madison and Marian University. His passion is developing, leading and sustaining a community and culture of happiness. He believes that the science of happiness and positive psychology can revolutionize the way that organizations and communities are working to best impact the success of the people they serve. He is grateful for his wife Kelly of 30 years and his three awesome adult children, Paige, Lilly, and Ethan.

Serving 25 years in education, formerly the Superintendent of North Fond du Lac School District, Aaron was honored to be chosen as the 2019 Wisconsin Superintendent of the Year. He is a past Executive Director of the Fond du Lac Area Foundation and now serves as the 18th President of Marian University.

Agenda

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| 7:30 am | Registration and Breakfast |
| 8:00 am | Welcome and Introduction
Jeff Butz, Executive Director |
| 8:15 am | The Four Pillars: Going Back to Workplace Well-Being Basics
Shawn Guylas, humanworks8 |
| 9:15 am | Break/Networking |
| 9:30 am | Minefield and Seasons
Ted Neitzke, CESA 6 |
| 11:00 am | Break/Snack/Networking |
| 11:15 am | MindCraft the Art of Positive Thinking RIGHT NOW!
Aaron Sadoff, Marian University |
| 12:15 pm | Final Remarks and Conference Wrap Up
Jeff Butz |

How To Register

**FREE To
FABOH
Members**

\$30 registration fee for Non-FABOH members

Checks Payable to:

FABOH ~ 21 E. 2nd Street, Suite 101
Fond du Lac, WI 54935

*Cash or Check Only— Sorry, No Credit Cards

Participants can earn 3.5 SHRM PDC's

Registration deadline: **Friday, January 16, 2026**

Participants must pre-register

Select the link below to sign-up:

<https://www.signupgenius.com/go/10C054DA5A723AAFAC70-60703038-2026>



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