



C O R P O R A T E
health & wellbeing
S U M M I T

STRONGER WORKPLACE. BETTER BUSINESS OUTCOMES.
13 March 2018, SKYCITY Auckland



YOUR SUMMIT WORKBOOK



The essential one-day conference leading the way in boosting the health and wellbeing of your people, and the bottom line of your company.

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13 March 2018, **SkyCity Auckland**

Dear attendee,

Thank you for attending the Corporate Health & Wellbeing Summit. We are here to be of service to you during the conference, so please don't hesitate to call on myself, Cass, Lauren or Louisa for any questions you may have during the event.

The workbook you are reading contains short biographies of the presenters you will hear today, as well as a full program of events and important information about the day. Before we start, we just have a few housekeeping points to take note of:

- **Badges.** You will have been given a badge at registration; please make sure you wear your badge at all times whilst in the conference area, for security purposes.
- **Evaluation forms.** You will find an evaluation form on your desk. It is invaluable to our speakers, and to us, to know what you think, so please fill this in before you leave.
- **Lunch.** A buffet lunch will be served in the pre-function area of the main conference room. Staff will be on hand to direct you at the appropriate times.
- **Questions.** You are encouraged to ask questions at the end of each presentation, should you wish to. Please wait for the hand-held microphone, and state your name and company before asking your question.
- **Mobile phones.** Please, as a courtesy to our speakers, have these either turned off or on silent.

We very much hope you enjoy the event, and we look forward to your feedback.

Yours sincerely

James Matthews

Director, Corporate Health & Wellbeing Summit 2018

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ABOUT THINKTANK MEDIA

ThinkTank Media specialises in business to business conferences and training. The conferences and training we offer are designed to help our customers stay at the forefront of their industry.

ThinkTank Media is owned and operated in Australia, led by an experienced management team based in Sydney. Our purpose is to provide you with events that will help you reach the top - or stay at the top - of your chosen field.

THE THINKTANK TEAM



Lauren Hindmarsh
Operations Director



Cass Brownlow-Davies
Corporate Partnerships
Manager



James Matthews
Director

Please come and find us if you have any questions or need anything throughout the event. You can contact us after the event on **09 801 1200**, or by email at **info@thinktankmedia.net**.

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UPCOMING THINKTANK EVENTS

THE CORPORATE PA SUMMIT

Designed to help EAs and PAs become the best they can be, professionally and personally, the Corporate PA Summit has been running since 2005 and welcomes thousands of top EAs every year.

Held annually in Sydney, Melbourne, Perth, Auckland, Chicago and Los Angeles



THE CORPORATE HEALTH & WELLBEING SUMMIT

Focused squarely on improving productivity and business performance through a healthy, happy and invigorated workforce.

Held annually in Sydney, Melbourne and Auckland



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WELCOME TO THE CORPORATE HEALTH & WELLBEING SUMMIT

12-14 March 2018
SKYCITY Auckland

12 March 2018 Pre-Summit Masterclass
Stress and Fatigue Management
Led by Dr Adrian Medhurst. Epsom Rooms

13 March 2018 Summit Day
The Corporate Health & Wellbeing Summit
Auckland rooms

14 March 2018 Post-Summit Masterclass
**The essentials in cultivating a sustainable workplace
wellbeing culture**
Led by Dr Aaron Jarden. Epsom Rooms

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THE SUMMIT PROGRAM

08.30 Registration and Welcome Coffee

09.00 Opening remarks from the chair

NADINE HIGGINS

09.10 Keynote Address: Putting mental health first - Building a mentally resilient organisation

SIR JOHN KIRWAN, KNZM MBE

10.00 Creating the best workplace culture for a healthy and resilient workforce

GERRY LYNCH

10.30 Morning coffee

11.00 The stress mastery challenge

DR ADRIAN MEDHURST

11.45 Exciting new science explains the secrets of good brain health

SIR RICHARD FAULL, KNZM, FRSNZ

12.15 Lunch break

13.15 Nutrition Focus

NADIA LIM

14.00 The wealthy body in business and its essential role in employee wellbeing and business profitability

TIM BEAN

14.45 Afternoon tea

15.15 Sponsor prize draws

15.25 Wellbeing program case study: The Warehouse

ANNA CAMPBELL

15.55 Leaving a legacy of national wellbeing and a flourishing economy despite catastrophic odds

RT HON SIR JOHN KEY GNZM AC

16.45 Closing remarks from the chair followed by networking drinks



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09.00 - 09.10

OPENING REMARKS FROM THE CHAIR

NADINE HIGGINS



News presenter and reporter Nadine Higgins has been appearing on screens for nearly a decade.

She's been a presenter for TVNZ, and host on Breakfast, Business, Seven Sharp and One News.

Today, she's delivering news on Newstalk ZB, writing a regular column for the Sunday Star Times and is a popular fill in on TV3's The Project.

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09.10 - 10.00

**PUTTING MENTAL HEALTH FIRST - BUILDING
A MENTALLY RESILIENT ORGANISATION**

SIR JOHN KIRWAN



The former All Black and 1987 Rugby World Cup winner became a "Sir" in 2012. However, unlike his fellow All Blacks, Kirwan was recognised as much, if not more, for his contribution outside of rugby; for services to Mental Health, having been for several years at the forefront of the campaign to heighten public awareness of depression, an illness he has suffered from himself.

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10.00 - 10.30

**CREATING THE BEST WORKPLACE CULTURE
FOR A HEALTHY AND RESILIENT WORKFORCE**

GERRY LYNCH



Gerry Lynch is GM of Mars NZ. He has been with the company for 11 years, three of these as Marketing Director and the last 8 years as the GM.

Just over a decade ago, Mars NZ had a 40% staff turnover and did not even make it into the top 100 Best Workplaces in NZ. By 2016 Mars NZ was a finalist in the IBM/Kenexa Best Workplaces for the tenth year running, having won its category 8 times and been the supreme winner of all categories on two occasions.

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11.00 - 11.45

THE STRESS MASTERY CHALLENGE

DR ADRIAN MEDHURST



Adrian is a psychologist, author and thought leader on a mission to optimise performance and wellbeing for people and organisations. Adrian's expertise has grown from a doctorate in organisational psychology, over 10 years in corporate consulting, university lecturing and dedicated ongoing scientific study and practise in performance psychology, wellbeing science, organisational innovation and mindfulness meditation.

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11.45 - 12.15

**EXCITING NEW SCIENCE EXPLAINS THE
SECRETS OF GOOD BRAIN HEALTH**

SIR RICHARD FAULL



Distinguished Professor Sir Richard Faull is Director of the Centre for Brain Research at the Uni of Auckland, and Co-Director of the Centre for Research Excellence "Brain Research New Zealand". He has an international reputation for his research studies on human neurodegenerative diseases. He is committed to helping families and people who are touched by brain disorders.

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13.15 - 14.00

NUTRITION FOCUS

NADIA LIM



As a budding young cook, Nadia was 12 years old when she came up with the idea of 'Nude Food', and it has been her mantra ever since. It's been a big ride for the Otago University qualified dietitian and former MasterChef NZ winner over the last few years. She has six best-selling cookbooks, is one of the founders of My Food Bag and has her own lifestyle Magazine 'Nadia' which was launched in October 2016.

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14.00 - 14.45

**THE WEALTHY BODY IN BUSINESS AND ITS
ESSENTIAL ROLE IN EMPLOYEE WELLBEING
AND BUSINESS PROFITABILITY**

TIM BEAN



Tim has spent the last 20 years at the top end of the international health and wellness industry. He has presented on television programmes and hosted a weekly radio show on health, personal performance, training, nutrition, weight loss, de-stressing and de-ageing strategies.

Tim informs and inspires business audiences around the world.

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15.25 - 15.55

**WELLBEING PROGRAM CASE STUDY: THE
WAREHOUSE**

ANNA CAMPBELL



Anna took up the role of Global Chief Executive Office of FAB group in December 2017.

Prior to this, Anna had been Chief People Officer for The Warehouse Group since the beginning of 2014, and had also been acting Chief Customer Support Officer. She has held senior human resources roles within The Warehouse Group since 2004.

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15.55 - 16.40

**LEAVING A LEGACY OF NATIONAL
WELLBEING AND A FLOURISHING ECONOMY
DESPITE CATASTROPHIC ODDS**

RT HON SIR JOHN KEY



Rt Hon Sir John Key was Prime Minister of New Zealand from 2008 to 2016, winning three general elections as leader of the centre-right National Party. He led the country through the aftermath of the global financial crisis and a series of devastating earthquakes in New Zealand's second-biggest city. When he retired from office New Zealand had one of the highest growth rates and best fiscal positions of any advanced economy.

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**WE HOPE YOU ENJOYED THE
SUMMIT!**

**WE LOOK FORWARD TO YOUR FEEDBACK
AND WE HOPE TO SEE YOU AGAIN IN 2019!**

1 - 3 April 2019, Cordis, Auckland



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