



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

STRONGER WORKPLACE. BETTER BUSINESS OUTCOMES

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

MELBOURNE 29-31 OCTOBER 2018



Rt Hon Sir John Key
former Prime Minister of
New Zealand



Jessica Rowe AM
TV presenter and Beyond Blue
Ambassador



Narelle Hooper
One of Australia's most respected
business commentators and
communicators



Dr Lindsay McMillan OAM
Thought leader and social
commentator in the field of
human resources



"TRULY AN AWESOME DAY WITH AWESOME CONTENT"
WESTPAC

"FANTASTIC SPEAKERS, EVERYONE NEEDS TO HEAR THESE PEOPLE, THE WORLD WOULD BE A BETTER PLACE!"
TOYOTA

"THE SPEAKERS TODAY HAVE BEEN TOP CLASS! EVERY SINGLE PERSON HAD AMAZING STORIES AND ADVICE"
DOWNER

"THE SUMMIT IS A FABULOUS CHANCE TO NETWORK WITH LIKE-MINDED PEOPLE"
QSUPER

"PROBABLY THE BEST CONFERENCE ON EMPLOYEE WELLBEING I HAVE EVER ATTENDED. THANK YOU"
WEL NETWORKS

ABOUT THE CORPORATE HEALTH & WELLBEING SUMMIT

Welcome to the Corporate Health and Wellbeing Summit, back for its third year in 2018, packed full of new ideas, fantastic speakers and strategies. This inspirational high-level management conference is designed for senior management, focused exclusively on improving productivity and business performance through a healthy, engaged, inspired and invigorated workforce – the healthy heartbeat every business needs to thrive.

WHY ATTEND?

- Create a healthy workforce and a healthy bottom line for your company
- Combat absenteeism with an overall healthier team
- Engage, inspire and empower those around you

NETWORKING DRINKS SPONSOR:

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WELLNESS TECHNOLOGY

PRODUCED BY:

thinktank
media

EXHIBITION SPONSORS:

Cohort
SOFTWARE

morsl
making healthy easy

SNACKWIZE
healthy snacks delivered

Can Too



ABOUT YOUR VENUE

Park Hyatt Melbourne

1 Parliament Place, East Melbourne VIC 3002. Tel 03 9224 1234

Overlooking St. Patrick's Cathedral, Fitzroy Gardens and the cosmopolitan mix of Victorian and modern architecture, Park Hyatt Melbourne offers exclusive, luxury accommodation and function space in the heart of the city. This beautifully appointed luxury hotel centrally located in Melbourne's CBD provides a warm ambience and exceptional levels of personalised service and luxurious amenities.

A SELECTION OF **SPEAKERS** 2018



Jessica Rowe AM

TV Presenter and Beyond Blue Ambassador

Jessica Rowe's passion for news and current affairs has seen her become one of Australia's best-known TV presenters and admired by viewers for her warm, down-to-earth manner and infectious laugh. However in addition to news and current affairs, Jessica has made an indelible mark on Australian society with her advocacy work for mental health. This work saw her receive an Order of Australia for her work in mental health advocacy at the Australia Day honours in 2015.



Dr Adrian Medhurst

Psychologist, author and performance optimisation expert

Adrian is a thought leader on a mission to optimise performance and wellbeing for people and organisations. He firmly believes that when we mindfully live at the intersection of our optimal level of performance and wellbeing, we are on the path to discovering new peaks of our potential. "We need wellbeing to perform at our best - no exceptions. This means wellbeing AND performance deserve our mindful attention and effort - no exceptions."



Evelyn Field OAM

Psychologist, professional speaker, author and media commentator

Evelyn Field OAM, FAPS is a Fellow of the Australian Psychological Association, and is recognised for her expertise in working with young people and adults who have been bullied, harassed or victimised and has been awarded Order of Australia Medal (OAM) for her work. Evelyn specialises in helping those injured by school and workplace bullying and encouraging organisations to maintain respectful, safe schools and workplaces.



Tim Bean

International Health and Optimal Wellness Expert

Based in the UK, Tim has spent the last 20 years at the top end of the international health and wellness industry. He has presented on television programmes ('Turn Back Your Body Clock' - Channel 4) and hosted a weekly radio show on health, personal performance, training, nutrition, sleep, weight loss, de-stressing and de-ageing strategies. He is heralded as one of London's Top Health Gurus by the Telegraph, Evening Standard, London Magazine, Tatler and The Times.



Arron Wood (summit MC)

Deputy Lord Mayor of the City of Melbourne

Deputy Lord Mayor Arron Wood chairs the Finance and Governance portfolio for the City of Melbourne. At the heart of what makes Melbourne an incredible city, Arron is also a council representative on the City of Melbourne's Audit Committee as well as CEO of the Employment Matters Committee. Arron is also a highly accomplished and entertaining MC and we're very pleased to welcome him to the summit.



Narelle Hooper

Highly respected business commentator and communicator

During 20 years as a business journalist and editor she has worked for Australia's leading media groups including the ABC, Fairfax Media and SBS TV and has interviewed everyone from Prime Ministers to the heads of the Reserve Bank and Treasury and global business leaders. Narelle has long been committed to sustainable business and leadership models and is currently Editor in Chief of Company Director magazine.



Rt Hon Sir John Key

Former Prime Minister of New Zealand

Rt Hon Sir John Key GNZM AC was Prime Minister of New Zealand from 2008 to 2016, winning 3 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 of any advanced economy.



Dr Lindsay McMillan OAM

Thought leader and social commentator in the field of HR

Dr Lindsay McMillan OAM is Managing Director of global HR think-tank Reventure Limited and lead researcher of a future that works, a national campaign to renew workplaces. As a leading Australian academic, thought leader and social commentator on the complexities of the modern workplace, Dr McMillan is charged with undertaking research, raising public debate, and helping to renew workplaces for the future.

REGISTER ONLINE TODAY: WWW.THINKTANKMEDIA.NET

THE SUMMIT PROGRAM 2018

Welcome to the Corporate Health and Wellbeing Summit, the essential one-day conference leading the way in boosting the health and wellbeing of your people, and the bottom line of your company. Hear cutting-edge, highly beneficial and easily-transferrable content relevant to all leadership teams dedicated to creating thriving organisations.



8.30 Registration And Welcome Coffee

9.00 Official Welcome And Opening Remarks

Arron Wood

Deputy Lord Mayor of the City of Melbourne

9.10 INSPIRATIONAL KEYNOTE ADDRESS: LEAVING A LEGACY OF NATIONAL WELLBEING AND A FLOURISHING ECONOMY DESPITE CATASTROPHIC ODDS

Rt Hon Sir John Key GNZM AC, former Prime Minister of New Zealand



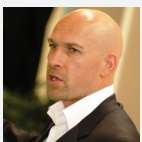
Sir John Key led the country through the aftermath of the global financial crisis and a series of devastating earthquakes in New Zealand's second-biggest city. When he retired from office, New Zealand had one of the highest growth rates and best fiscal positions of any advanced economy. Wellbeing has always been a priority for Sir

John, and whilst Minister for Tourism, he instigated the great New Zealand Cycle Trail, showcasing the best that NZ has to offer local and international tourists. Since retiring from politics, Sir John has been an ambassador for the International Sports Promotion Society. Here, Sir John will speak candidly on:

- Leading through disaster – recommendations on how business leaders can best communicate, motivate and provide hope through a crisis, and Sir John's experience of leading the country's recovery following the devastating Christchurch Earthquake
- Getting New Zealand's economy back on track – what leadership initiatives drove the turnaround and the statistics on current national wellbeing vs during economic downturn
- How leaders and teams can effectively implement organisational wellbeing and foster strong, positive-minded and resilient employees
- Implementing great wellbeing ideas – building the taskforce, setting budgets and timelines, measuring ROI, hurdles faced and how they were overcome

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

Tim Bean, International Health Expert and formidable Thought-Leader on Optimal Wellness



"Anyone can boost energy, engagement and performance by being in better shape. People who are in better shape are less stressed and perform better for longer – and so do their companies". Tim Bean's message sounds simple, but how practically can you rally your workforce into action and encourage them to lift their game given already high

levels of pressure and expectation? Hear his inspirational advice and key management tools and tactics, plus examples of what businesses are doing internationally:

- What does optimal business wellbeing look like? How actually from a practical sense can you embed wellbeing?
- Getting your organisation in shape – practical, implementable strategies to help you and your teams to get stronger, happier, healthier, energised, more agile, engaged and focused
- Best-practice ways to support those in your organisation who struggle to balance high pressure, high-performance careers with a healthy,

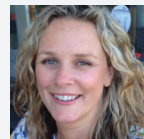
happy home life and personal lifestyle

- Overcoming resistance to health and wellbeing strategies
- Recommendations for businesses on how much of the budget should be attributed to health and wellbeing strategies
- How to align wellbeing initiatives to a model and how to measure employee wellbeing

10.45 Morning Coffee Break

11.15 LEADING INDUSTRY CASE STUDY: AUSTRALIA POST

Shivaune Cotter, Capability Consultant – Professional Development & Personal Skills, Learning & Development, Australia Post

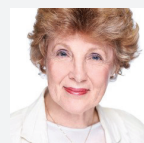


In this interactive session, Shivaune Cotter will take us on a journey through their curated learning experience, designed to guide participants through experiences that allow them to have personal insights about their own wellbeing and performance inside and outside the workplace. Shivaune is looking after an exciting and innovative initiative around wellbeing at Australia Post and she will be sharing her learnings with us for the first time.

- An overview of the program, covering Australia Posts approach to, and implementation of this online learning experience.
- Lessons learnt, even the unexpected and surprising, and the effect that this has had on individuals and the company as a whole.
- The challenges along the way, and how these were navigated and learnt from
- Key insights and metrics of the program
- 6 Key take aways that can be applied within any company, to garner positive change and engagement

11.45 COMBATING BULLYING – CREATING A SAFE AND RESPECTFUL WORKPLACE FOR ALL

Evelyn Field OAM, psychologist, professional speaker, author and regular media commentator



Evelyn has spent over 40 years dealing with workplace bullying. International research indicates that a third of employees can be bullied at work. Some remain unaffected or block the bullying, some targets are briefly affected, and others become seriously injured. In this presentation, Dr Evelyn will explain what bullying and harassment involves, the causes, personal injuries, organisational damage and possible consequences and the trends in bullying within businesses Australia and internationally. Find out how to reduce the individual and organisational damage caused by bullying by change an adversarial culture into a respectful, collaborative, inclusive and restorative one. Discover:

- The theory behind why bullying is so harmful and what can be done to tackle it
- What organisations can do to reduce bullying and create safe, respectful and more productive workplaces
- The options open to management, bystanders, human resources and to those who are bullied or accused of bullying using behaviours
- The six-step social survival skills model to improve each person's social and emotional resilience

12.30 Lunch Break

13.30 MAKING MENTAL HEALTH TOP OF THE AGENDA

Jessica Rowe AM, TV presenter and Beyond Blue Ambassador



Jessica's struggle with mental health was played out in the media across Australia. Jessica was honoured with an Order of Australia at the 2015 Australia Day honours for her work in broadcasting and mental health advocacy. Here, she'll share her experiences of suffering from depression, and the highs and lows she experienced throughout her professional career. Hear about the steps she took to overcome her battle, along with her insights into what organisations can do to help identify and support those suffering from mental health issues:

- The current statistics around mental health in the workplace
- Overcoming the stigma around mental health and creating a culture of openness
- What should we do if we suspect a colleague is suffering from a mental health issue?
- The role and influence of leaders in identifying and proactive mental illness prevention
- Ways in which workplaces can best support those suffering from mental health issues
- How to promote healthy habits throughout your organisation
- Ways in which companies can incorporate mindfulness to foster mental healthy employees
- What are the best mental health programs and supports available to organisations?

14.15 CASE STUDY: MARS INC – CREATING THE BEST WORKPLACE CULTURE FOR A HEALTHY AND ENGAGED WORKFORCE

Dr Gary Webb, Global Associate Health & Wellbeing Centre of Excellence, Mars Inc., and

Natalie Jones, People & Organisation Director at Mars Food Australia



In 2017, Mars Australia was awarded #1 Great Place to Work among companies with greater than 1000 employees. In addition to the principled culture, their success comes down to three things; Purpose, Development and a Culture of Wellbeing. Natalie & Gary share the Mars story and their strategic approach to building a great place to work and thriving associates.



- The essential ingredients every organisation needs for a healthy and engaged workplace culture
- Who's responsible in an organisation for employee engagement and driving a healthy culture? How to create the winning formula
- Importance of a long term strategy vs piecemeal approach
- The value of foundations first and healthy leadership as the core enablers of a thriving workplace
- The importance of managing both mental and physical health
- Creating a supportive environment and getting the biggest return on investment

14.45 Afternoon Tea

15.15 GENERATING POSITIVE CHANGE AND RESILIENCE IN THE WORKPLACE

Dr Lindsay McMillan OAM, leading Australian academic, thought leader and social commentator in the field of human resources.



Dr Lindsay has conducted a huge amount of research in helping to renew workplaces for the future. Alongside his research, his practical experience in leading organisations and chairing on boards has brought him great insight into what makes the Australian workplace thrive. He has worked alongside many CEOs, helping them to create

better cultures with higher levels of commitment and productivity. In this presentation, he will share his experience – with reference to many case studies – of those who are creating thriving and resilient, future-ready workplaces. Hear from Dr Lindsay on:

- Current trends in workplace wellbeing challenges nationally and internationally
- Best-practice ways to target stress, mental and physical health issues and absenteeism
- How to build a meaningful and purposeful workplace
- How to boost employee wellbeing, resilience and mental agility
- How to support those suffering from mental health issues
- Corporate strategies to drive employee engagement and performance
- Tackling resistance to wellbeing initiatives
- Who's doing it well? Examples of companies taking the lead

15.45 Sponsor Prize Draws

16.00 DRIVING ENGAGEMENT, INNOVATION AND GROWTH: THE DIVERSITY DIVIDEND

Narelle Hooper, adviser, author, director and one of Australia's most respected business commentators and communicators.



Narelle has worked with business leaders worldwide and has great insight into what and who make businesses tick. She is Founding Co-Chair of the Australian Financial Review-Westpac Women of Influence Awards and Editor of the award-winning AFR BOSS Magazine. Drawing on her vast knowledge and experience, hear from Narelle on:

- The view on diversity look like in organisations nowadays and what are the trends nationally and internationally
- The research linking diversity to better innovation, customer success and employee engagement
- How to foster diversity as a leader, and trust amongst your organisation – giving people the courage to stand up, be authentic and be heard
- What do business leaders need to do / change to promote greater diversity
- Changing from a reactive to a proactive culture
- Creating meaning, connection and a feeling of inclusion amongst the people across your organisation

16.45 Closing Remarks From The Chair followed by Networking Drinks

PRE-SUMMIT MASTERCLASS 2018

MELBOURNE
MONDAY
29 OCTOBER 2018

MASTERING STRESS AND FATIGUE MANAGEMENT: BOOSTING WELLBEING, PERFORMANCE AND PRODUCTIVITY

DR ADRIAN MEDHURST



ABOUT YOUR FACILITATOR, DR ADRIAN MEDHURST

Dr Adrian Medhurst is a psychologist, author, and co-founder of the work-life wellbeing tech business - Benny Button. He is on a mission to optimise performance and wellbeing for people and organisations.

Adrian firmly believes that when we mindfully live at the intersection of our optimal level of performance and wellbeing, we are on the path to discovering new peaks of our potential.

"We need wellbeing to perform at our best - no exceptions. This means wellbeing AND performance deserve our mindful attention and effort - no exceptions."

8.30 Registration and Welcome Coffee

9.00 SESSION ONE: THE BALANCING ACT

- The energy demands of modern work and life
- The impact of stress and importance of resilience fitness. How psychological, physical and social fitness help us master stress and fatigue
- How busy, hyperconnected cultures lead people to miss opportunities for rest and recovery - and what leaders need to be done about it
- The leader's role in encouraging and supporting 'Stress Mastery'
- Leading life on the see-saw: How balancing effort with ease is the key to sustaining wellbeing and performance.
- Rest and Relaxation - Getting good rest and relaxation, creating healthy sleep habits, and managing staff fatigue
- Physical Practice: Movement practice for energising mind and body

10.30 Morning Coffee Break

10.50 SESSION TWO: THE PARADOX OF PRESSURE

- How pressure is both a driver and drainer of our effort and energy
- Mastery - Outline the framework for performance and wellbeing resilience
- Mindset - Evidence-based strategies for developing growth-mindset and resilience for periods of change, challenge, pressure and uncertainty
- Meaning - How to create meaningful progress by cutting through biases and default patterns of thinking for more creative, adaptive and productive action
- Social Practice: Mindful meals and relationships

12.30 Lunch

Masterclasses will be conducted using a combination of presentation material and group exercises to maximise your learning potential. Please note that the masterclass content will be tailored to participants' individual needs so the length of each session may vary. Refreshments will be provided, including morning and afternoon teas and lunch.

13.30 SESSION THREE: STRESS MASTERY

- Mindfulness - the scientific benefits of mindfulness practices for 'stress mastery', resilience, rest and recovery
- Mindfulness - practical, science-based techniques for bringing more mindfulness into our lives and workplace cultures
- Mindful Leadership - key principles for leaders that establish more mindful teams and organisational cultures.
- Psychological Practice: Mindfulness practices for work and life (thorough debriefing and practical suggestions for establishing routines)

15.00 Afternoon Tea Break

15.20 SESSION FOUR: PRACTICE MAKES PROGRESS

- The 'Knowing Better but not Being Better' trap: Don't fall into the trap that this new knowledge will be sufficient for change, it won't. Einstein was right that "Nothing happens until something moves" - and we won't make progress without practice. We will explore how to move beyond cognition to intention and action
- The 'Do as I say, not as I do' leadership trap: Building Leadership commitment. When leaders are committed to stress mastery and energy management, not only do they benefit greatly, their role modelling is a powerful ingredient for team and cultural change.
- Creating a Practical Plan - because Practice Makes Progress. Integrating what we have learned, experienced and practiced into our lives now, and over time. Setting our intention, planning our practice, establishing a routine, evolving through progress
- Mind-Body Practice: Balancing energy and ease to close the masterclass.

16.30 Close of Masterclass



CORPORATE
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SUMMIT

29-31 OCTOBER 2018 PARK HYATT MELBOURNE

POST-SUMMIT MASTERCLASS 2018

MELBOURNE
WEDNESDAY
31 OCTOBER 2018

MAXIMISING YOUR WELLNESS INVESTMENT: HOW TO CREATE A STRATEGY THAT BOTH YOUR EMPLOYEES AND YOUR FINANCE MANAGER WILL LOVE

KATRINA WALTON



ABOUT YOUR FACILITATOR, KATRINA WALTON

Katrina Walton is a veritable thought leader in the wellness industry, and has travelled all over the world sharing her invaluable knowledge and experience around implementing and sustaining a results-orientated wellbeing strategy.

With her perfect blend of theory and practice, together with her broad, structured approach to workplace wellbeing, you'll come away armed with a plethora of tools, knowledge and strategies to implement straight away within your organisation to help you create a cost-effective, and positive health-driving wellness strategy.

No matter what your budget, cost-effective wellness delivery is critical to business success and sustainability.

You can create an award-winning wellness strategy, regardless of how large or small the budget, either by expanding on your existing strategy or implementing a new one. Arm yourself with the invaluable tips, resources and strategies you need to be able to deliver a thriving wellness strategy that really engages your staff and helps them to thrive, mentally and physically. Learn how to get results from workplace wellness and achieve your business goals. In fact, research shows that financial performance increases more than 2.5 times when health and wellness is encouraged:

This not-to-be-missed one-day masterclass is designed to appeal to all organisations, no matter how large or small, whose primary objective is to really drive great health and wellbeing amongst its staff whilst concurrently meeting or exceeding wellness budget.

8.30 Registration and Welcome Coffee

9.00 SESSION 1: CREATING AND EVOLVING A WELLNESS STRATEGY THAT WORKS

Many organisations offer one-off health checks, chair massages, occasional yoga classes and so on. While the intentions are good, the organisation probably won't see any real or lasting impact to their bottom line.

In this session, you'll find out what you need to consider when planning or revamping your wellness strategy, whether your organisation is large, medium or small. Katrina will outline the need to think strategically about health and wellness in the workplace so that it can be integrated into the very DNA of your organisation to ensure the best possible outcomes for:

- Your organisation's bottom line
- Wellness outcomes for your employees
- A strategy that will stand the test of time
- Walk away with a 6 step framework for creating a workplace wellness strategy that works

SESSION 2: THE FINANCIAL SIDE OF WELLBEING

While it would be wonderful to have an endless bucket of money to spend on a workplace wellness strategy, the budget is dependent on several factors that can fluctuate wildly over time. This session will provide you with the tools and know-how to make your wellness dollar go further.

- How to create a targeted and cost-effective wellness strategy
- The key implications for large, medium and small organisations looking to create a wellness strategy. What are the challenges for each?
- Our top ten tips for stretching your wellness dollar further
- How to effectively measure and monitor the human and financial success of your wellness program – what is your wellness ROI?

SESSION 3: ENGAGING YOUR STAFF

To derive the benefits from wellness programs, staff must embrace and participate in them.

Consider these questions: Are your programs poorly attended? Are the same 'healthy' employees turning up each time? Is there an element of cynicism or indifference toward the programs? Have you lost touch with what your employees really want? In this session, Katrina will outline practical strategies for addressing the above hurdles to a successful wellness strategy, and for engaging senior management, key stakeholders and employees in your wellness efforts

- How to build a transformational wellness culture
- How to leverage leaders as change agents
- How to engage and inspire your multi-generational, multi-cultural workforce to participate in your organisational wellbeing program – find out the key strategies
- Strategies for overcoming cynicism or indifference towards your program

16.30 Close of Masterclass

REGISTER ONLINE TODAY: WWW.THINKTANKMEDIA.NET



CORPORATE health & wellbeing SUMMIT

REGISTRATION FORM

To register for the Corporate Health & Wellbeing Summit, please complete and fax this form to **02 9555 5949** or email it to **bookings@thinktankmedia.net**. If you would like to register a group, or register over the phone, please call **02 9555 5940**. You can also register online at **www.thinktankmedia.net**.

Name _____ Position _____
Company _____ Email _____
Mailing Address _____
Phone _____ Mobile _____

Please select your Summit preferences

☐ **JUST THE SUMMIT (30 OCTOBER 2018)**
\$995 + GST - Early bird rate, valid until 28 September
\$1195 + GST - Full rate, for bookings made after 28 September

☐ **THE SUMMIT AND ONE MASTERCLASS**
\$1595 + GST - Early bird rate, valid until 28 September
\$1795 + GST - Full rate, for bookings made after 28 September

☐ **THE SUMMIT AND BOTH MASTERCLASSES**
\$2095 + GST - Early bird rate, valid until 28 September
\$2295 + GST - Full rate, for bookings made after 28 September

Masterclass day options:

☐ **STRESS AND FATIGUE MANAGEMENT (MONDAY)**
☐ **MAXIMISING YOUR WELLNESS INVESTMENT (WEDNESDAY)**

Why not bring your team along? Group discounts apply:

2-4 delegates, 10% discount
5+ delegates, 20% discount

Please select your payment method

☐ **CREDIT CARD** (an invoice will be sent which can be paid by all major credit cards)
☐ **BANK TRANSFER** (details below - an invoice will also be sent)

Account name: **ThinkTank Media Pty Ltd**
BSB: **112-879** Account number: **108 831 121**

☐ **CHEQUE** (please make payable to ThinkTank Media Pty Ltd and mail to PO Box 416, Balmain NSW 2041)

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