



# 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.

SYDNEY 28-30 OCTOBER 2019



**Dr Libby Weaver**

Internationally-acclaimed  
nutritional biochemist



**Dr Norman Swan**

Multi award-winning producer,  
broadcaster and health journalist



**Georgie Harman**

CEO of Beyond Blue



**Dr Troye Wallett**

GP and winner of the 2017 Telstra  
Business of the Year

**10<sup>th</sup>**  
ThinkTank Media  
Corporate Health & Wellbeing Summit

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media



"BRILLIANT OPPORTUNITY  
TO CREATE GREAT  
CONNECTIONS WITH  
OTHERS IN THE FIELD"  
**MEDIBANK**

"EXCELLENT CONFERENCE.  
VERY PRACTICABLE AND  
IDEAS THAT I CAN PUT  
INTO THE WORKPLACE"  
**FINANCIAL OMBUDSMAN**

"I'VE BEEN SO IMPRESSED  
WITH THE SPEAKERS  
OVER THE PAST 3 YEARS"  
**LIQUIGAS**

## ABOUT THE CORPORATE HEALTH & WELLBEING SUMMIT

Welcome to the Corporate Health and Wellbeing Summit, back for its tenth event in 2019, 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.

The summit and its speakers are dedicated to improving the mental and physical health and wellbeing of your business, your culture and your staff.

## 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
- Effectively promote healthy physical and mental activity within the workplace
- Hear from leading organisations on what they do and how they've made it

"I FOUND THIS FANTASTIC.  
VERY PRACTICAL  
STRATEGIES THAT HIT  
A WIDE RANGE OF  
WELLBEING-ENHANCING  
ACTIONS"  
**HAGLEY COLLEGE**

SPONSORED BY



CHARITY PARTNER

### ABOUT YOUR VENUE

Hilton Sydney

488 George Street, Sydney NSW 2000. Tel: 02 9266 2000

With exceptional facilities for business or leisure, Hilton Sydney is superbly located right in the heart of the city, with magnificent views and convenient access to Sydney's favourite attractions, including Darling Harbour, Sydney Harbour Bridge and Bondi Beach.

The summit will be held in the exclusive State Room on Level 2 of the hotel, with natural light in abundance and offering exceptional networking opportunities.



**28-30 OCTOBER 2019 HILTON SYDNEY**

# A SELECTION OF **SPEAKERS** 2019



**Georgie Harman**

CEO of Beyond Blue

Georgie has significant and broad-ranging leadership, policy and service delivery experience in the community, public and private sectors. Georgie was appointed as the CEO of Beyond Blue in May 2014 where she has led a significant expansion of effort and results in service innovation, suicide prevention and digital solutions. Previously, she was the Deputy CEO of the National Mental Health Commission, providing independent advice to government on mental health reform.



**Dr Libby Weaver**

Acclaimed nutritional biochemist, bestselling author and speaker

Armed with an abundance of knowledge, scientific research and a true desire to help people regain their energy and vitality, Dr Libby empowers and inspires people to take charge of their health and happiness through her books, live events and nutritional support range. Dr Libby's health messages embrace her unique three-pillared approach that explore the interplay between nutrition, emotions and the biochemistry of the body.



**Dr Norman Swan**

Multi award-winning producer, broadcaster and health journalist

Dr Norman Swan is a multi-award winning producer, broadcaster and investigative journalist. His career has been highlighted by his desire to keep the Australian public informed of health developments as they happen, combining his expertise as a physician with media and journalism skills. Norman is also co-founder of Tonic Health Media, an integrated health television channel and production company which has an audience of over 10 million people per month.



**Alison Earl**

Author and behavioural change expert

Alison Earl is an international speaker, trainer, strategist and Positive Psychology Practitioner. She has lived in Sydney, London and New York, where she has worked with people and companies in more than 20 countries to help them empower self-directed change. She also leads a thinktank, dedicated to solving the most complex problems in behaviour change – bringing together leading academic and commercial minds – in collaboration with Harvard.



**Dr Troye Wallett**

GP and winner of the 2017 Telstra Business of the Year

Dr Troye Wallett is a GP and a Senior Clinical Lecturer at Adelaide University and co-founder and Clinical Director of the 2017 Telstra Business of the Year, GenWise.

Working at the intersection of health, technology, innovation and customer-service, Troye is driven by purpose and believes that ethics-based businesses are stronger and more sustainable.



**Simon Dowling**

Collaborative leadership advisor, speaker and author

Simon is a leading thinker on creating collaborative teams and workplaces. He works closely with leaders from some of Australia's most interesting organisations, equipping them with the inspiration and know-how to build strong, highly engaged cultures. Simon possesses a unique blend of creativity and pragmatism – something reflected in his past experience as both a commercial lawyer, and an experienced comedic improviser.



**Ingrid Jenkins**

HR Director of Microsoft

Ingrid is accountable for partnering with the Microsoft Business Leader community to align the people agenda to achieve the Microsoft vision of Mobile First, Cloud First. Ingrid has a keen passion for the IT & T sector and the opportunities for the HR function within this leading edge sector. She is motivated by the role HR plays in partnering with leaders to build a differentiated employment experience which inspires each team member to reach their full potential.



**Terry Robson**

Editor-in-Chief of WellBeing magazine

Terry Robson is a journalist, author, and broadcaster. He brings an entertaining blend of science, wit, philosophy, and inspiration to topics including the psychology of success, the nature of happiness, the potential for lengthening lifespan, and how your daily habits impact your life and work. Terry combs the scientific and medical journals finding the cutting edge, usually quirky, research that has real implications for how we live.

REGISTER ONLINE TODAY: [WWW.THINKTANKMEDIA.NET](http://WWW.THINKTANKMEDIA.NET)

# THE SUMMIT PROGRAM 2019

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**

TERRY ROBSON, Editor-in-chief of WellBeing Magazine

## **9.10 INSPIRATIONAL KEYNOTE ADDRESS: LEADING FROM THE TOP – CREATING A MENTALLY HEALTHY WORKPLACE**

GEORGIE HARMAN, CEO of Beyond Blue



Employees with mental health issues often feel they need to hide, to put on a mask every day. How can we, as business leaders, get better at supporting colleagues living and working with a mental health condition. With one in five working Australians experiencing a mental health

condition every year it's not like this is a fringe issue. In this presentation, CEO of Beyond Blue, Georgie Harman, discusses how we, as leaders, can lead, inspire and walk the talk on a supportive, mentally fit workplace.

- Focusing on improving leadership and communication in your organisation
- Treating psychological safety in the workplace as equal to physical safety in the workplace
- Tips to provide a safe, enjoyable place to work, where it's okay to bring your whole self to work
- Recognising the positive power of work: how staying engaged and included at work can create a true sense of purpose
- Remaining connected with those around you at work and avoiding isolation

## **10.00 MAKING BOLD: CREATING THE CONDITIONS FOR PEOPLE TO THRIVE**

SIMON DOWLING, collaborative leadership advisor, speaker and author



Any organisation serious about high performance must ensure its people are willing and able to contribute ideas, challenge the status quo, and try new things without fear of failure. We ask our people to show up and deliver the best version of themselves – but, too often, organisations

don't create a culture that makes that possible. So where do we go wrong and what do we do about it? In this engaging and practical presentation, Simon will explore:

- How our human need for connection underpins our emotional and mental wellbeing in the workplace
- Why traditional workplace cultures are driving poor engagement
- Simple and powerful ways in which leaders can create permission for people to play

**10.45 Morning Coffee Break**

## **11.15 HOW TO FUTURE-PROOF YOUR PEOPLE AGAINST THE STRESS OF CONSTANT CHANGE**

ALISON EARL, author and behavioural change expert

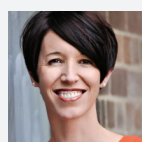


The world is changing at a rapid rate, which presents unprecedented opportunity for organisations and individuals to thrive... AND also unprecedented levels of stress and burnout in the workplace. It begs the question – how can we ensure our people are set up to thrive with the constant onslaught of change... and not just survive it? The stress of change is not going anywhere, in fact it will intensify as the future becomes even more uncertain, however we can improve our reaction to it. This is when change becomes growth. You will discover how to future proof your people and yourself through:

- Breakthrough research and scientifically proven tools you can implement immediately
- Assessment criteria to identify where your people sit on five "stress mindset" levels, from surviving to thriving, that includes implications for health, wellbeing and performance
- A usable empowerment framework that highlights the three essential ingredients that separate those who thrive, from those who don't
- The critical questions all organisations should be asking to boost resilience in their workforce

## **12.00 CASE STUDY DISCUSSION: HOW TO BUILD INTERNAL CAPABILITY TO ENSURE YOUR WELLNESS STRATEGY WORKS AND STICKS**

Facilitated by: KATRINA WALTON, workplace wellness strategist



Having a comprehensive and tailored wellness strategy is great. But it only solves half the problem. Many organisations fail to consider and build their capability inhouse to drive their strategy. Often employee wellness is tacked on to the health and safety or human resource officer's job description, who typically don't receive the necessary training or resources. They are left feeling their way in the dark with little guidance. Or organisations simply rely on external providers to keep their wellness strategy running which simply does not work. You need skilled and capable inhouse personnel – from senior leaders to frontline employees – to action your strategy and be accountable. This is critical for ensuring your strategy delivers its intended results, and for building a culture in which employee wellness ultimately becomes "business as usual".

This session will discuss how to build internal capability for an effective and sustainable wellness strategy. It will feature leading case studies from major Australian organisations showcasing how they have invested in, and leveraged, their leaders, dedicated wellness personnel and site-based champions as change agents within the business.



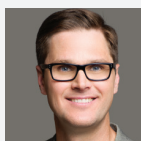
**28-30 OCTOBER 2019 HILTON SYDNEY**



## 12.45 Lunch Break

### 13.45 IT'S ALL IN YOUR HEAD: A PRACTICAL GUIDE TO WELLBEING

**DR TROYE WALLETT**, GP and winner of the 2017 Telstra Business of the Year



Dr Troye Wallett is a General Practitioner, a Senior Clinical Lecturer at Adelaide University and co-founder and Clinical Director of the 2017 Telstra Business of the Year, GenWise. Working in the intersection of health, technology, innovation and customer-service, Troye is driven by purpose and

believes that ethics-based businesses are stronger and more sustainable. Being an active partner in your employees' mental health isn't just an ethical decision, it's essential to business.

With 12 years of experience as a GP and 5 years as a start-up founder, Dr Troye talks with candour about his own self-care strategies as well as the advice he gives his patients and employees. He asserts that maximising happiness is the best way to prevent depression.

Hear his inspirational address, which will show you:

- The impact of happy employees on your culture and bottom line
- How a person's world view dictates their reality
- How to cultivate a positive environment in your workplace
- Tips and action points to increase your happiness and those around you
- Highly useful and relevant actionable takeaways, for both your personal and business life, and for individuals, teams and company wide

## INTERACTIVE SESSION

### 14.30 ASK THE DOCTOR ... ANYTHING! DECIPHERING THE EVIDENCE AND LATEST TRENDS TO ENSURE OPTIMUM WORKPLACE WELLNESS

**DR NORMAN SWAN**, multi award-winning producer, broadcaster and health journalist



Come armed with your questions for this 'whole of room' Q&A session. Ask anything you like about work, your own health or even questions on behalf of a 'friend'

Dr Norman Swan is a multi-award winning producer, broadcaster and investigative journalist. His career has been highlighted by his desire to keep the Australian public informed of health developments as they happen, combining his expertise as a physician with media and journalism skills. Hear invaluable and unbiased advice from Dr Swan, with simple, evidence-based ways to stay fit and healthy in today's increasingly competitive corporate world.

Areas of discussion will include:

- The key trends in physical and mental health issues facing employees today
- Practical, easily-implementable initiatives for combatting common workplace health issues
- Inspiring and engaging your employees to take personal responsibility for their overall health – self monitoring and testing options, and reward and recognition programs
- Building a healthy workspace to foster your healthy workforce – the factors to consider

## 15.15 Afternoon Tea

### 15.45 INDUSTRY CASE STUDY: ORGANISATIONAL CULTURE AND WELLNESS IN THE DIGITAL AGE

**INGRID JENKINS**, HR Director of Microsoft



Microsoft Australia's HR Director Ingrid Jenkins is part of an organisation with an iconic history of actively reinventing itself to remain competitive.

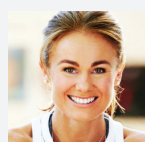
In this presentation, Ingrid will share why she believes organisational cultures grounded in employee wellness are the key to success in

this new era where the only constant is change, and true competitiveness comes from innovation and reinvention.

## 16.15 Sponsor Prize Draws

### 16.20 SUPPORTING OURSELVES AND OUR TEAMS IN THE 'ALWAYS-ON' ERA

**DR LIBBY WEAVER**, Internationally-acclaimed nutritional biochemist, author and speaker



With 24-hour connectivity, never has the line between work and life been so blurred. It's vital that we all take time to work out how we can achieve that elusive work/life balance for ourselves and our teams in this always-on world.

Dr Libby will share with you easy-to-implement tips to help on your own wellbeing journey, and practical advice that you can share with your colleagues, teams and leaders, including:

- The impact of always being switched on, for productivity, staff morale & wellbeing
- How to create a culture and policies that respect an individual's down time, while still meeting the needs of the company
- The importance of sleep hygiene, rest breaks & down time
- How to avoid career burnout and overwhelm
- How to encourage and improve the healthy eating habits and physical activity levels of the workforce

## 17.10 Closing Remarks From The Chair

## 17.15 Close of Summit followed by Networking Drinks

# PRE-SUMMIT MASTERCLASS 2019

SYDNEY  
MONDAY  
28 OCTOBER 2019

## THE WORKPLACE WELLBEING TOOLKIT: CREATING A BRAIN FRIENDLY WORKPLACE

BLYTHE ROWE



### ABOUT YOUR FACILITATOR, BLYTHE ROWE

Blythe Rowe, often described as a 'little pocket rocket' is widely recognised for her expertise in 'People, Culture and Performance' as well as her ability to shake things up.

Blythe has worked in Senior Human Resources & Organisational Development roles for over 13 years in global organisations and is the author of the book 'Bullies, Blamers & Bludgers'. She is on a mission to rid workplaces of toxic behaviours, build meaningful relationships and create workplaces worth belonging!

Blythe is as authentic as it gets. Audiences absolutely love her energy, passion and fun that she brings to their event as well as the simple and pragmatic strategies that they can apply!

### 8.30 Registration and Welcome Coffee

#### 9.00 SESSION ONE: HEALTH AND WELLBEING AT A MACRO AND MICRO LEVEL

Explore some of the potential unproductive behaviours and reveal current statistics on how this impacts health and wellbeing at a macro and micro level. You will learn:

- The 12 potential "people riots" (unproductive behaviours) and their impact on performance and wellbeing
- Why the brain is a control freak & how this impacts behaviour
- Some of the key triggers that might cause team members to engage in unproductive behaviours (& how you could be causing it)
- Why culture does not always eat strategy for breakfast
- The five key questions every employee (especially the cynical ones) needs answered to connect them to the organisation
- The five elements of the Business Connection Model and how they work together to drive connection and engagement

### 10.30 Morning Coffee Break

#### 10.50 SESSION TWO: CULTURE

We will delve deeper into one of the aspects of the Business Connection Model: CULTURE. Topics explored include:

- What exactly is culture?
- Defining what it means to have a "brain-friendly" workplace
- What the data geeks can teach us about human performance
- How you can trigger a "reward response" in your team to engage them in the right behaviours (including a focus on wellbeing)
- The power of "storytelling" to change behaviours, in order to change the overall culture

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.

### 12.30 Lunch

#### 13.30 SESSION THREE: HOW TO DEAL WITH UNPRODUCTIVE BEHAVIOUR

Deep dive into some of the critical factors needed to deal with toxic or unproductive behaviours in the workplace. You will learn:

- Why strong leadership is fundamental if you want to nip unproductive behaviours in the bud
- How the All Blacks have got it right: in terms of dealing or engaging with toxic team members
- How to make workplace values more than just a poster on the wall
- How to identify and address bullying, harassment and non-inclusive behaviour, and how best to approach this
- How to depersonalise those crucial conversations: separating the personal from the professional

### 15.00 Afternoon Tea Break

#### 15.20 SESSION FOUR: REFLECTIVE ON CURRENT PRACTICES AND BRAINSTORMING DIFFERENT APPROACHES

The final session will help you develop a brain-friendly workplace.

- Reflection: Unpacking some of the rituals that make up your current workplace culture: are they working for you?
- Tips on how to develop a brain-friendly workplace to boost performance: cognitive and wellbeing
- How to embed wellbeing into an existing culture
- Brainstorming some potential new rituals to instil in your workplace to create a brain-friendly workplace, worth belonging

### 16.30 Close of Masterclass



28-30 OCTOBER 2019 HILTON SYDNEY

# POST-SUMMIT MASTERCLASS 2019

**SYDNEY**  
WEDNESDAY  
30 OCTOBER 2019

## MASTERING THE GENTLE ART OF BUY-IN: CREATE BUY-IN AND ENGAGEMENT AROUND YOUR HEALTH AND WELLBEING PROGRAMS

SIMON DOWLING



### ABOUT YOUR FACILITATOR, SIMON DOWLING

Simon Dowling is a leading thinker on creating collaborative teams and workplaces. As a speaker, facilitator and educator, he works closely with leaders and teams from some of Australia's most interesting organisations, equipping them with the inspiration and know-how to build strong, highly engaged cultures.

Simon possesses a unique blend of creativity and pragmatism – something reflected in his past experience. He began his career as a commercial lawyer, and is also an experienced improviser, regularly performing with leading improvisation company Impro Melbourne. He was a regular cast member on Working Dog's hit TV show Thank God You're Here.

You have ideas. You have programs and initiatives that you need to get off the ground. But here's the rub — unless you can get others on board, those initiatives aren't going anywhere. So how do you build enthusiastic support and engagement for your programs — where people work with you, not because they have to, but because they want to? Join Simon, author of "Work with Me: How to get people to buy into your ideas", for this highly practical one-day workshop.

### 8.30 Registration and Welcome Coffee

### 9.00 SESSION 1: A ROADMAP FOR GENERATING BUY-IN

In this first session, we explore the opportunities and challenges associated with buy-in, and introduce the group to a simple but powerful framework for understanding the key elements in generating buy-in. Key topics include:

- What it means to generate true buy-in
- Understand the 3 'M's of buy-in
- It all starts with you: how to generate a level of conviction that underpins your influence

### SESSION 2: CREATING THE RIGHT MOOD FOR BUY-IN

In this session, Simon will lead you through a range of strategies for generating the right emotional platform for generating buy-in, with an opportunity to explore how these can be applied in your own context. Topics covered in this session include:

- How emotions govern our decisions
- People buy people first: how people's perception of you creates a bias that is key to achieving buy-in
- The 3 different categories of perception, and how to use them to adjust the way you show up

### 12.30 Lunch

### SESSION 3: THE WINDING PATH TO YES

In this session, Simon introduces a conversational framework for building agreement, offering language and examples of how to handle resistance and get people on board. Again, you'll have lots of opportunity to apply and practice principles learned in the context of your own examples. Learn how to:

- Building a yes-able proposition
- Dealing with pushback and resistance
- A powerful "go script" to use to structure any conversation or communication

### SESSION 4: IDEAS INTO ACTION

It's one thing to build agreement; but that doesn't guarantee action. One of the most critical aspects of mastering buy-in is creating movement and momentum. In this session, Simon will take you through 3 key strategies for turning agreement into action. Themes covered include:

- Why people don't always do what they commit to doing
- How to ensure the first critical steps of positive action
- How to scaffold the first 90 days to help people build habits
- Ways to build longer term, sustained change

The session will finish with an opportunity for you to create your own action plan for taking ideas and strategies from the masterclass back into your own environment, to get you straight into generating buy-in!

### 16.30 Close of Masterclass

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.

REGISTER ONLINE TODAY: [WWW.THINKTANKMEDIA.NET](http://WWW.THINKTANKMEDIA.NET)



# SUMMIT

## REGISTRATION FORM

To register for the Corporate Health & Wellbeing Summit, please complete and email this form to [bookings@thinktankmedia.net](mailto:bookings@thinktankmedia.net) or fax it to (02) 9555 5949. 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](http://www.thinktankmedia.net).

Name ..... Position .....

Company ..... Email .....

Mailing Address .....

Phone ..... Mobile .....

### Please select your Summit preferences

- ☐ **JUST THE SUMMIT (TUESDAY 29 OCTOBER 2019)**  
\$1195 + GST. Full rate, for bookings made after 27 September 2019
- ☐ **THE SUMMIT AND ONE MASTERCLASS**  
\$1795 + GST. Full rate, for bookings made after 27 September 2019
- ☐ **THE SUMMIT AND BOTH MASTERCLASSES**  
\$2395 + GST. Full rate, for bookings made after 27 September 2019

### Masterclass day options:

- ☐ **THE WORKPLACE WELLBEING TOOLKIT (MONDAY)**
- ☐ **MASTERING THE GENTLE ART OF BUY-IN (WEDNESDAY)**

Why not bring your team along? Group discounts apply:

3-4 attendees: 10%  
5-7 attendees: 15%  
8+ attendees: 20%

### Please select your payment method

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

☐ VISA ☐ MASTERCARD ☐ AMEX ☐ DINERS CLUB

Card number

Expiry date

/   CVV

Cardholder's Name .....

Signature .....

☐ Please send a credit card payment receipt

- ☐ **BANK TRANSFER** (details below - an invoice will also be sent)

Account name: **ThinkTank Media Pty Ltd**

BSB: 012 227

Account #: 4978 36793

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

### Cancellation Policy and Terms & Conditions

For full terms and conditions including cancellation policy, please visit [www.thinktankmedia.net/terms](http://www.thinktankmedia.net/terms)



# SUMMIT

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