



# C O R P O R A T E health & wellbeing SUMMIT

**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.

AUCKLAND 12-14 MARCH 2018



**Rt Hon Sir John Key**  
former Prime Minister of  
New Zealand



**Nadia Lim**  
Celebrity Chef, Nutritionist  
and Author



**Sir John Kirwan**  
Former All Black, Author and  
Mental Health Expert



**Nadine Higgins**  
Summit MC, Leading Business  
Journalist and News Presenter



"TRULY AN AWESOME DAY WITH AWESOME CONTENT"  
**WESTPAC**

"IT IS GREAT TO HEAR FROM LEADERS WITH REAL LIFE STORIES AND EXAMPLES"  
**INVERCARGILL CITY COUNCIL**

"VERY ENJOYABLE, RELEVANT AND PRACTICAL"  
**HERITAGE HOTELS NZ**

## 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.

The summit is held annually in Australia and New Zealand, and the 2018 event is the seventh summit in the series. Held at the SKYCITY Convention Centre in Auckland's CBD, the summit is designed to maximise networking opportunities as well as effectively promote physical and mental wellbeing in the workplace and empower, inspire and motivate those around you to do the same.

## 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
- Understand financial wellness and its connection to employee wellness
- Effectively promote healthy physical and mental activity within the workplace

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

"THIS DAY HAS BEEN GREAT TO REENERGISE MY ENTHUSIASM AND PROVIDE SOME GREAT IDEAS FOR MY BUSINESS. CASE STUDIES ARE GREAT!"  
**MILKTESTNZ**

THE VENUE - SKYCITY AUCKLAND CONVENTION CENTRE



**SKYCITY Auckland Convention Centre**  
88 Federal Street, Auckland 1010  
Tel +64 9 363 6070

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**ZENO**  
PROJECT



# A SELECTION OF SPEAKERS 2018



**Sir John Kirwan MBE**  
Former All Black, Author and  
Mental Health Expert

Sir John Kirwan KNZM MBE is one of the highest try scorers in international rugby union history, having played 96 games for the All Blacks. In 1989, Sir John received a MBE for services to rugby, and in 2012 he became a Knight Companion of the NZ Order of Merit for his services to mental health. He speaks openly about his personal battle with anxiety and depression and how fostering mental wellbeing is something that needs to be put at the top of the business agenda.



**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."



**Nadia Lim**  
Celebrity Chef, MasterChef  
Winner, Nutritionist and Author

Nadia Lim brings fresh insight into nutrition. A co-founder of the 'My Food Bag' business, which has revolutionised boosting nutrition for the time-poor, Nadia brings her holistic insight and extensive knowledge around nutrition, health and wellbeing. Nadia also has her own lifestyle Magazine, 'Nadia', which was launched in October 2016. She is an ambassador of the Cambodia Charitable Trust, a charity that supports schools and teacher training colleges in rural Cambodia.



**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 has been heralded as one of London's Top Health Gurus by the Telegraph, Evening Standard, London Magazine, Tatler and The Times.



**Sir Richard Faull KNZM**  
Director, Centre for Brain  
Research, University of Auckland

Often described as New Zealand's Sir David Attenborough, Distinguished Professor Sir Richard Faull has an international reputation for his research studies on the human neurodegenerative diseases. He was appointed Distinguished Professor at the University of Auckland in 2012 and appointed as a Knight Companion of the New Zealand Order of Merit (KNZM) for services to medical research in the 2017 New Year Honours.



**Anna Campbell**  
Chief People Officer, The  
Warehouse Group

Anna is a leading authority on people, culture, communications and performance, and knows what it takes to build a strong culture and deliver outstanding business outcomes through people.

Under her direction, the Warehouse Group has won many industry awards, and Anna is the first New Zealander to have been awarded an Asia-Pacific Conscious Business Leadership award.



**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.



**Gerry Lynch**  
General Manager, Mars New  
Zealand

Gerry Lynch is General Manager of Mars New Zealand. He has been with the company for 11 years, three of these as Marketing Director and the last 8 years as the GM. Gerry is passionate about creating the best workplace culture in New Zealand, taking Mars NZ to the finals of the IBM/Kenexa Best Workplace for 10 years in a row, winning its category 8 times and the overall national title twice.

Register online today: [www.thinktankmedia.net/CHW](http://www.thinktankmedia.net/CHW)

# 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**

Nadine Higgins  
TVNZ News Reporter and Presenter

## 9.10 PUTTING MENTAL HEALTH FIRST - BUILDING A MENTALLY-RESILIENT ORGANISATION

Sir John Kirwan KNZM MBE, Former All Black and Mental Health Expert



Sir John Kirwan KNZM MBE is one of the highest try scorers in international rugby union history, having played 96 games for the All Blacks. In 1989, Sir John received a MBE for services to rugby, and in 2012 he became a Knight Companion of the NZ Order of Merit for his services to mental health. He speaks openly about his personal

battle with anxiety and depression and how fostering mental wellbeing is something that needs to be put at the top of the business agenda.

- Common forms of mental health issues experienced by employees and implementing coping strategies for when people's lives take a turn for the worse
- Warning signs to look out for to help identify someone who's suffering mentally and to offer them the appropriate support
- How to foster the cultural mentality of helping out a mate who's struggling – no more turning a blind eye
- Overcoming the stigma of mental health organisation-wide
- Which mental health initiatives work, and which don't
- Walking the talk, leading mental health by example and fostering mentally-healthy business practices
- Building workforce resilience and the power to charge through periods of adversity, instability and change to come out stronger and more productive

## 10.00 CASE STUDY: MARS NEW ZEALAND CREATING THE BEST WORKPLACE CULTURE FOR A HEALTHY AND RESILIENT WORKFORCE

Gerry Lynch, General Manager, Mars New Zealand



Gerry Lynch is passionate about creating the best workplace culture in New Zealand, taking Mars NZ to the finals of the IBM/Kenexa Best Workplace for 10 years in a row. Hear Gerry's experience and his learnings and invaluable advice on how you can help your organisational culture to thrive:

- The essential ingredients every organisation needs for healthy workplace culture
- Who's responsible in an organisation for employee engagement and driving a healthy culture? How to create the winning team formula.
- How much of the onus is on the individual vs organisation to create the right environment for employee engagement?
- Enabling your people to make the choice to be engaged and take ownership of their individual attitude
- Recommendations on how to transform a toxic culture into a thriving one, and how to target and tackle bullying
- How to recruit people with the right cultural fit

## 10.30 Morning Coffee Break

## 11.00 THE STRESS MASTERY CHALLENGE: TARGETING STRESS TO DRIVE THRIVING WELLBEING + BOOSTED BUSINESS PERFORMANCE

Dr Adrian Medhurst

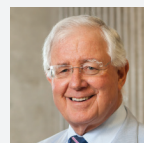


There is immense pressure in work and life these days. People are stressing, rushing and juggling in a wild attempt to prioritise their overcommitted schedules and get everything done. It's no wonder organisational productivity and profitability become adversely affected – people are struggling to sustain high levels of performance and their wellbeing at the same time. Optimal Performance and Wellness Expert, Dr Adrian Medhurst brings his fresh practical, insightful and scientific approach to leveraging the mind and body where everyone profits from optimal performance, sustained wellness and meaningful progress.

- Mastery – A framework for modern work and life that promotes performance and wellbeing resilience
- Mindset – Evidence-based strategies for developing growth-mindset and resilience during periods of change, challenge, pressure and uncertainty
- Meaning – How to create meaningful progress by cutting through default thinking patterns for more creative and adaptive action
- Mindfulness – practical, science-based approaches for bringing mindfulness into the business world and easily-implementable practices for building workforce wellbeing and resilience
- Rest – Getting good rest and relaxation, creating healthy sleep habits, and managing staff fatigue

## 11.45 EXCITING NEW SCIENCE EXPLAINS THE SECRETS OF GOOD BRAIN HEALTH

Sir Richard Faull KNZM, FRSNZ, Distinguished University Professor; Director, Centre for Brain Research, University of Auckland



Often described as New Zealand's Sir David Attenborough, Distinguished Professor Sir Richard Faull has an international reputation for his research studies on the human neurodegenerative diseases. He was appointed Distinguished Professor at the University of Auckland in 2012 and appointed as a Knight Companion of the New Zealand Order of Merit (KNZM) for services to medical research in the 2017 New Year Honours.

- The unique marvels and magic of the human brain determine our whole potential in life and suggest how to foster healthy brains and flourishing mentally-healthy organisations
- Myth-busting the brain – common misconceptions and the new science around what the brain can do, and the science behind generating new brain cells and boosting potential and productivity through brain health
- Physical exercise – how far does it go to promote brain health and fight brain disease?
- The science behind brain cells, ways in which we can repair the brain and neuroplasticity – creating new neural pathways
- Applications for business leaders on implementing strategies to promote brain health organisation-wide

## 12.15 Lunch Break

### 13.15 NUTRITION FOCUS

Nadia Lim, *Celebrity Chef, MasterChef Winner, Nutritionist and Author*



Nadia Lim brings fresh insight into nutrition. A co-founder of the 'My Food Bag' business, which has revolutionised boosting nutrition for the time-poor, Nadia brings her holistic insight and extensive knowledge around nutrition, health and wellbeing. In this presentation, she will focus on what businesses need to do to foster essential, good nutrition and lifestyle habits for a healthy, happy and productive workforce:

- The current killer – sedentary work – and how to fight the effects through good nutrition
- Effectively enhancing the power of nutritious food to boost performance
- Essential nutrition and wellbeing habits for de-stressing and fostering great sleep
- You are what you absorb – more information on essential nutrients and how to boost them
- Foods to foster happiness and boost immunity
- Innovative ways in which to engage your teams in healthy-eating habits and promote self-care
- Wellness strategies that work at work, and creating the right environment for them

### 14.00 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

## 14.45 Afternoon Tea

### 15.15 Sponsor Prize Draws

### 15.25 WELLBEING PROGRAM CASE STUDY: THE WAREHOUSE

Anna Campbell, *Chief People Officer, The Warehouse Group*



Anna Campbell is the Chief People and Customer Support Officer for The Warehouse Group. She is responsible for people, culture, communications and performance for the Group and holds several Advisory and Board positions.

She's well known for her passion for achieving commercial results through people, and an ability to innovate and make a difference. Pragmatism, creative problem solving and having the courage to do the right thing for your people and customers are close to Anna's heart.

Anna was the first New Zealander to be awarded an Asia-Pacific Conscious Business Leadership award.

### 15.55 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 – how Sir John instigated and implemented the New Zealand Cycle Trail, building the taskforce, setting budgets and timelines, measuring ROI, the hurdles faced and how they were overcome

## 16.40 Closing Remarks From The Chair

## 16.45 Networking Drinks

# PRE-SUMMIT MASTERCLASS 2018

AUCKLAND  
MONDAY  
12 MARCH 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

### 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

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 served at appropriate times, including morning and afternoon teas and lunch.

# POST-SUMMIT MASTERCLASS 2018

AUCKLAND  
WEDNESDAY  
14 MARCH 2018

## THE ESSENTIALS IN CULTIVATING A SUSTAINABLE WORKPLACE WELLBEING CULTURE

DR AARON JARDEN



**When it comes to designing, implementing, and embedding Wellbeing Programs that work and thrive, Dr Aaron Jarden from the Wellbeing and Resilience Centre at SAHMRI, Adelaide, is one of the world experts. With his extensive practical knowledge and experience in the field of Wellbeing Science, backed up by cutting-edge theory and research, Aaron will take you through the absolute essentials of setting up a Wellbeing Program that is not only relevant and successful, but which stands the test of time to support a healthier, more positive, and engaged workforce.**

Wellbeing is increasingly regarded as one of the keys to stress management, greater resilience, enhanced problem-solving and creative abilities. Research indicates that the links go from improved employee wellbeing to better engagement in the workplace to a more productive organisation. So how does one create a Wellbeing Program to facilitate capitalising on these links?

This masterclass is designed for anyone interested or involved in the development, supply or management of Wellbeing in organisations; large, medium and small, and provides invaluable information for programs at any stage of development. Whether your program is already implemented, or is in the early-stages of design, you'll come away armed with practical, innovative tools, ideas and solutions to helping set up and run your Wellbeing Program to its best potential. The workshop is also experiential within an applied training framework, so you will experience many of these empirically validated tools first hand during the workshop, to get a feel for a successful program first hand.

### 8.30 Registration and Welcome Coffee

### 9.00 SESSION 1: BACKGROUND AND CONTEXT

- What is wellbeing, and how is wellbeing different to wellness?
- What is work wellbeing, and what are workplace wellbeing programs?
- An overview of the main models and frameworks for wellbeing
- Why invest in wellbeing? Return on investment and the business case for Wellbeing, including the resources and strategies you may need to convince decision makers
- Results and key findings for businesses from international workplace wellbeing research

### 10.30 Morning Coffee Break

### 11.00 SESSION 2: ME (EMPLOYEE LEVEL)

- Key strategies and skills to include at the employee level:
- Character strengths
  - Growth mindsets
- Gratitude
  - Stress management techniques
- Useful explanatory frameworks – links between thoughts, feelings, and behaviours
- Encouraging individuals to take care of their own personal wellbeing and the tools to proactively arm them with
- Engaging hard to reach staff in your Wellbeing Program development and implementation

- Employee wellbeing across a multi-generational (including ageing), multi-cultural workforce

### 12.30 Lunch

### 13.30 SESSION 3: WE (RELATIONAL LEVEL BETWEEN EMPLOYEES AND MANAGERS, AND WITHIN TEAMS)

- Key strategies and skills to include at the relational level:
- Job crafting
- Positive leadership and high quality connections
- Positive communication (e.g., active constructive responding & techniques for challenging communication)

### 15.00 Afternoon Tea Break

### 15.30 SESSION 4: US (WHOLE ORGANISATION) AND OTHER IMPORTANT ASPECTS

- Appreciative enquiry
- Financing a wellbeing culture – where, when and how to invest your resources
- The policy impact of a wellbeing culture, and policies for wellbeing
- Readiness for change vs large change vs constant change
- Organisation communication – Best tried-and-tested communication methods to foster greater engagement in your Wellbeing Program
- Aligning your wellbeing program to the overall values of your organisation
- Setting realistic expectations and communicating goals around your wellbeing program
- Developing your Wellbeing Team and Champions – working out who to approach and engage within your business for best program success
- Common challenges around implementation and delivery
- Plan B: What to do when your Wellbeing Program isn't measuring up
- Resources and early-intervention strategies to help staff cope with life's challenges

### 16.30 Close of Masterclass

Register online today: [www.thinktankmedia.net/CHW](http://www.thinktankmedia.net/CHW)



# CORPORATE health & wellbeing SUMMIT

## REGISTRATION FORM

To register for the Corporate Health & Wellbeing Summit, please complete and fax this form to +64 9 801 0022 or email it to [bookings@thinktankmedia.net](mailto:bookings@thinktankmedia.net). If you would like to register a group, or register over the phone, please call +64 9 801 1200. You can also register online at [www.thinktankmedia.net/CHW](http://www.thinktankmedia.net/CHW)

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

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

Mailing Address .....

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

### Please select your Summit preferences

**JUST THE SUMMIT**  
\$895 + GST – Early bird rate, valid until 16 February 2018  
\$995 + GST – Full rate, for bookings made after 16 February

**THE SUMMIT AND ONE MASTERCLASS**  
\$1395 + GST – Early bird rate, valid until 16 February 2018  
\$1495 + GST – Full rate, for bookings made after 16 February

**THE SUMMIT AND BOTH MASTERCLASSES**  
\$1895 + GST – Early bird rate, valid until 16 February 2018  
\$1995 + GST – Full rate, for bookings made after 16 February

### Masterclass day options:

**STRESS AND FATIGUE MANAGEMENT (MONDAY)**

**SUSTAINABLE WORKPLACE WELLBEING CULTURE (WEDNESDAY)**

Why not bring your team along? Group discounts apply:

3-4 delegates, 10% discount  
5-7 delegates, 15% discount  
8+ 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**  
Account #: **12-3025-0442562-00**

**CHEQUE** (please make payable to ThinkTank Media and mail to PO Box 26692, Epsom Auckland 1344)

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