



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

STRONGER WORKPLACE. BETTER BUSINESS OUTCOMES.
CORDIS AUCKLAND | 13 MARCH 2019

YOUR SUMMIT WORKBOOK



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THE CORPORATE HEALTH & WELLBEING SUMMIT

Welcome to the Corporate Health and Wellbeing Summit, back for its fourth year 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.

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13 MARCH 2019 CORDIS AUCKLAND

A MESSAGE FROM THE ORGANISERS

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 Rhiannon 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

Corporate Health & Wellbeing Summit 2019

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.

UPCOMING THINKTANK EVENTS

In addition to the Corporate Health & Wellbeing Summit, ThinkTank Media organises the Corporate PA Summit, held in Australia, New Zealand and the USA. The flagship NZ event is coming up in Auckland in May.



CORPORATE PA SUMMIT

ONE DAY. A LIFETIME OF INSPIRATION

CORDIS AUCKLAND | 14-16 MAY 2019

The Corporate PA Summit. New Zealand's #1 EA conference, with the most relevant and cutting-edge topics from the most motivational speakers in the business. For 15 years, this summit has turned EAs into superstar business partners you can't live without!

KEYNOTE SPEAKERS INCLUDE



Dr Libby Weaver

Internationally-acclaimed
nutritional biochemist



Rob Fyfe

Former CEO of Air New
Zealand and Icebreaker



Mike McRoberts (MC)

News anchor, celebrated
journalist and former 60
Minutes current affairs host

DO YOU HAVE ADMINISTRATIVE STAFF WHO WOULD BENEFIT FROM THIS SUMMIT? IF SO, QUOTE CHW2019 FOR A 10% DISCOUNT!

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THE SUMMIT PROGRAM

08.30 Registration and Welcome Coffee

09.00 Opening remarks from the chair

PATRICK GOWER

09.10 Keynote Address:

The serious business of depression and mental illness

MIKE KING

10.00 Industry Case Study:

Creating real impact from your wellbeing program

GAYNOR PARKIN

10.30 Morning coffee

11.00 The missing link in workplace wellbeing

HANNAH MCQUEEN

11.45 Creating a safe and respectful workplace for all

DION JENSEN

THE SUMMIT PROGRAM (cont.)

12.30 Lunch break

13.30 Essential performance for leaders and influencers of wellbeing programs and policy

SHANNAH KENNEDY and LYNDALL MITCHELL

14.15 Supporting ourselves and our teams in the 'always on' era

DR LIBBY WEAVER

15.00 Afternoon tea

15.30 Wellbeing program case study:

Lion's mental and emotional wellbeing program (BEST M.E.)

ROBIN DAVIES

16.00 Sponsor prize draws

16.10 Inspirational closing address:

Making mental strength yours - and your team's - greatest skill

GILBERT ENOKA

PATRICK GOWER



Patrick (Paddy) Gower is widely regarded as one of the best communicators in the business, with an irrepressible personality.

Paddy is currently Newshub's National Correspondent, where he concentrates on breaking and covering stories of national significance, or in his words "getting out and about with real Kiwis doing stories about real issues."

Paddy has unique insight into how the government works and New Zealand's place in the world.

As a polished MC, he has an authoritative and engaging style and is able to bring his skills in hard journalism to tackle any situation.

NOTES

MIKE KING



Mike King has for years been known as the iconic Kiwi entertainer but that role has changed dramatically since the conception of his hugely popular radio show 'The Nutters Club'.

These days Mike is better known for his work as a prominent mental health educator and motivational speaker with the work he does under his charity and with his conference speaking.

Mike works with all levels within an organisation to help with mental health and safety in the workplace. His message is accessible and pertinent to all staff and often helps companies identify anyone who may be struggling and in need of further assistance.

NOTES

GAYNOR PARKIN



Gaynor established Umbrella following the publication of her book I've had it up to here: From stress to strength.

Gaynor's passion is working with organisations to create strong cultures that foster wellbeing alongside high performance. She is also committed to working with leaders to provide psychological safety for employees so that people can thrive and achieve their full potential.

Gaynor draws on psychological expertise to ensure that new learning and skills are translated into sustainable habits and lasting behaviour change, at both individual and organisational levels.

NOTES

HANNAH MCQUEEN



Hannah McQueen is a financial force of nature who is driven by a desire to make Kiwis smarter about money and has built a career on her ability to help them get ahead.

Hannah is a Chartered Accountant and holds a Masters of Taxation Studies. She has founded a successful business, is the author of three books, is a mother of two and is a columnist and the go-to media commentator on personal finance issues.

Her business, enableMe – Financial Personal Trainers, has been a game changer for thousands of Kiwis since it opened 10 years ago.

NOTES

DION JENSEN



A specialist leader, manager and trainer, Dion Jensen has over 20 years live operational experience across varying industries and countries, consistently providing solutions to client problems. Dion achieves the stated objectives by understanding and influencing the human element involved in the situation. Fundamentally, Dion believes that 'Confidence is the oxygen of action.'

From his previous experience in the Military and Police, Dion entered the corporate world with an expertise in structure and an in-depth understanding of the human psyche and how both relate to training and business.

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THE ESSENTIALISTS



Shannah and Lyndall, The Essentialists, are internationally acclaimed educators of life and wellness skills. Dubbed the Thelma & Louise of life and wellness, Shannah and Lyndall between them have more than three decades of presenting and executive coaching experience across public and corporate sectors globally. They work with a diverse range of leaders and levels from CEO's, management executives, entrepreneurs, sporting leaders including Olympians and many people in between to empower and educate.

Shannah and Lyndall educate and inspire their audiences to take control of their health and ultimately their happiness by implementing and committing to what is essential.

NOTES

DR LIBBY WEAVER



Dr Libby Weaver (PhD) is one of Australasia's leading nutritional biochemists. 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.

Having sold over 350,000 books across New Zealand and Australia, she is a 12-times bestselling author.

Dr Libby's expertise in nutritional biochemistry has led her to share the stage with Marianne Williamson, Sir Richard Branson, Tony Robbins and Dr Oz.

NOTES

ROBIN DAVIES



Lion is NZ's largest alcoholic beverages company which employs approx. 1,000 people. Robin is passionate about helping people be the best they can be, really make a difference and have a great time doing it, having experience in a number of People & Culture roles at Lion for over 7 years.

Lion NZ has won a number of awards recently for their work around culture and wellbeing including the Work-Life Balance category at the Diversity Works NZ Awards 2017, and Outstanding Workplace at the NZ HR Awards 2018. In addition they were a finalist in the Wellbeing category at the NZ Workplace Health & Safety Awards 2018 for their work on mental health.

NOTES

GILBERT ENOKA



Gilbert Enoka has a long history of success as a mental skills coach with New Zealand's corporate and sporting elite. He is internationally renowned for his 16-year history with the All Blacks, first as their mental skills coach and now as manager. He has been with the All Blacks for over 200 tests and during that time the team has won back-to-back Rugby World Cups, one Laureus Award (for the best team in the world), 13 Bledisloe Cups, three Grand Slams, seven Tri Nations and four Rugby Championships.

Gilbert is a sought after speaker, giving insight into the psychology behind individual and team success in world-level sport and how this can be applied to any walk of life.

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WE HOPE YOU ENJOYED THE SUMMIT

WEDNESDAY
13 MARCH 2019

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13 MARCH 2019 CORDIS AUCKLAND

**WE HOPE YOU ENJOYED
THE SUMMIT**

**WE LOOK FORWARD TO YOUR FEEDBACK
AND WE HOPE TO SEE YOU AGAIN IN 2020!**

23-25 MARCH 2020, CORDIS AUCKLAND



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