



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.

AUCKLAND 12-14 MARCH 2019



Dr Libby Weaver

Internationally-acclaimed
nutritional biochemist, author and
speaker



Dion Jensen

International expert in Post-
Traumatic Stress Disorder (PTSD),
author and corporate trainer



Hannah McQueen

Founder and Director of
'enableMe', Financial Personal
Trainer and author



Mike King

Internationally-recognised NZ
comedy icon and mental health
educator

9th

ThinkTank Media

Corporate Health & Wellbeing Summit



thinktank
media



"THIS IS THE FIRST SUMMIT I HAVE ATTENDED AND I CANNOT PRAISE IT ENOUGH! SO INFORMATIVE AND INSPIRING!"
PGG WRIGHTSON

"THIS HAS BEEN AN AWESOME EVENT. THE VENUE AND CATERING HAVE BEEN TOP NOTCH."
DMS PROGROWERS

"ANOTHER EXCELLENT SUMMIT. INCREDIBLE LEVEL OF SPEAKERS. LOOKING FORWARD TO NEXT YEAR!"
WATER NEW ZEALAND

ABOUT 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.

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

"THE CONTENT WAS VERY GOOD – ESPECIALLY THE CONNECTION BETWEEN CULTURE, ENGAGEMENT AND WELLBEING"
LEADING EDGE GROUP

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ORGANISED BY



ABOUT YOUR VENUE

Cordis Hotel Auckland

83 Symonds St, Grafton, Auckland 1010. Tel +64 9 379 5132

At the heart of Auckland's lively uptown area, Cordis, Auckland puts the city's fashionable boutiques, galleries and museums within easy reach, so you can make the most of your day. Whether you're travelling for work, family or leisure, a stay at Cordis, Auckland lets you embrace your Auckland adventure in style. Cordis Hotel Auckland is for guests who appreciate heartfelt service and engaging experiences. Meticulously tailored to your way of life, we are devoted to making your stay just right.



12-14 MARCH 2019 THE CORDIS AUCKLAND

A SELECTION OF **SPEAKERS** 2019



Dion Jensen

International expert in PTSD,
author and corporate trainer

Dion has more than 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. 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.



Dr Libby Weaver

Acclaimed nutritional biochemist,
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.



Mike King

Internationally-recognised comedy
icon and mental health educator

Mike has been known for years as the iconic Kiwi entertainer but that role has changed dramatically since the conception of his hugely popular radio show 'The Nutters Club'. The show evolved from Mike's own experience of mental illness and addiction and has become a huge success. Mike is also 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.



Hannah McQueen

Founder of 'enableMe', financial
personal trainer and author

Hannah 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.



Patrick (Paddy) Gower (Summit MC)

Highly respected journalist and
communicator

Paddy 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. 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.



Shannah and Lyndall, The Essentialists

Acclaimed educators of life and
wellness skills

Dubbed the Thelma & Louise of life and wellness, Shannah and Lyndall have more than three decades of presenting between them and executive coaching experience across public and corporate sectors globally. They inspire their audiences to take control of their health by implementing and committing to what is essential.



Robin Davies

People & Culture Director, Lion

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. She is also passionate about the impact that highly engaged people and a great culture have on commercial outcomes, being a Chartered Accountant and having worked in Finance and Commercial roles at Lion and EY.

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

"GREAT LINEUP OF
SPEAKERS AND RANGE OF
TOPICS. GREAT FOOD AND
HEALTHY OPTIONS"
YOUTH HORIZONS

"REALLY GOOD SUMMIT
AND SPEAKERS. LOVED
THE FACT THAT THE
SPEAKERS ADDED IN
PRACTICAL EXAMPLES
AND ACTIVITIES."
SPORT NORTHLAND

REGISTER ONLINE TODAY: 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

Patrick Gower, Highly respected journalist and communicator

9.10 INSPIRATIONAL KEYNOTE ADDRESS: THE SERIOUS BUSINESS OF DEPRESSION AND MENTAL ILLNESS



Mike King, internationally-recognised NZ comedy icon & mental health educator

Award-winning host of 'The Nutters Club', Mike King is on a personal crusade to create positive awareness of mental health issues.

Mike's inspirational talk will help you identify individuals in your organisation or circle of friends that could need a helping hand – and give you the tools you need to deal with them.

Hear him discuss his own battles with depression and addiction, how he is casting light on New Zealand's growing suicide problem, plus:

- Overcoming the stigma around mental health and creating a culture of openness
- How to evaluate an organisation's mental wellbeing policy
- Empowering staff to seek solutions to their own challenges – and ask for help
- The best ways to support those suffering from mental health issues in the workplace
- How to promote healthy habits throughout your organisation

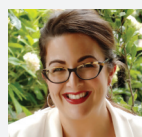
10.00 INDUSTRY CASE STUDY

This presentation will be given by a senior representative of a major NZ company, about their health & wellbeing program, the wins, the losses and the lessons learned along the way.

10.30 Morning Coffee Break

"CONGRATULATIONS – ON AN EXCELLENT SUMMIT. THE SPEAKERS WERE EXCELLENT, THEY COMPLIMENTED EACH OTHERS KEYS POINTS WITHOUT DUPLICATING IT. DIVERSE IDEAS. LOVED IT!"

11.00 THE MISSING LINK IN WORKPLACE WELLBEING



Hannah McQueen, Founder and Director of 'enableMe', Financial Personal Trainer and author

Workplace wellbeing programmes include everything from gym discounts to Fitbit challenges and yoga in the boardroom – but that's only addressing the physical side of the story.

The impact of financial stress on not only individual employee wellbeing, but also on company finances, is something that is often overlooked. Hannah McQueen presents a dynamic talk, full of humour and personal anecdotes, where she will address:

- The growing issue of illness caused by money worries
- Why being financially fit – whatever your income – is so important, and how to make it happen
- How employers should tackle this tricky and sometimes taboo topic
- What employers can do to reduce workers' financial stress

11.45 CREATING A SAFE AND RESPECTFUL WORKPLACE FOR ALL



Dion Jensen, International expert in Post-Traumatic Stress Disorder (PTSD), author and corporate trainer

Dion's New Zealand police and military background, coupled with his extensive experience in leadership and management roles in the corporate space, has equipped him well to help us spot and deal with the ongoing problem of workplace bullying – which, in the worst-case scenario, can lead to people taking their own lives.

Hear him talk about:

- Why bullying is so harmful and what can be done to tackle it
- Positive solutions to address and manage issues, before they escalate
- The options open to management, bystanders, human resources and to those who are bullied or accused of non-inclusive or negative behaviours
- What organisations can do to reduce bullying and create safe, respectful and more productive workplaces

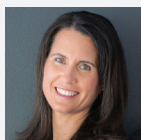
12.30 Lunch Break



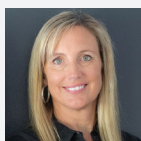
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13.30 ESSENTIAL PERFORMANCE FOR LEADERS AND INFLUENCERS OF WELLBEING PROGRAMS AND POLICY



Shannah Kennedy and Lyndall Mitchell, the Essentialists



Shannah and Lyndall have been operating in the wellness space for over three decades, working with Australasia's blue-chip companies, Olympians and Elite athletes. In this energetic and hands-on session, the 'Thelma and Louise of Wellbeing' will help you master the skills required for sustained high performance. Their keynote isn't just about getting more things done, it's about

getting more things done right. They deal with:

- Addressing your individual and company core values, as drivers for your wellbeing policy
- Reassessing career and life plans
- Why time management beliefs need to be challenged
- Creating new pathways for career longevity
- Who you are and the choices you make – to understand a deeper sense of purpose

14.15 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 and 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 and 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

15.00 Afternoon Tea

15.30 WELLBEING PROGRAM CASE STUDY: LION'S MENTAL AND EMOTIONAL WELLBEING PROGRAM (BEST M.E.)



Robin Davies, People & Culture Director, Lion

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.

Lion work hard to ensure all staff enjoy all the benefits of their core purpose of "championing sociability and living well" by achieving social, psychological and physical balance in their lives. This is embodied in their People Value Proposition: for their people to best the best they can be, really make a difference and have a great time doing it.

In May 2017 Lion launched Best M.E. The initiative was intentionally given a title related to positive wellness so it could apply to everyone and to signify that even if people are experiencing challenges, there is a positive way forward. Best M.E aims to support wellbeing, and specifically to remove the stigma around mental health at Lion.

Best M.E. is very much focused on the positive, and using positive terminology and language. 90% of the focus is on positive measures like mindfulness and gratitude, rather than reacting to problems as they occur.

Robin will share with you the learnings, the wins and the challenges. She'll share the evidence produced so far, as well as touch on sensitive subjects such as suicide prevention and how they approached this. Robin's presentation will be full of practical hints and tips and real-life examples.

16.00 Sponsor Prize Draws

16.10 INSPIRATIONAL KEYNOTE ADDRESS: SPEAKER IN THE WORKS!

Your closing keynote speaker will be confirmed shortly. As in previous years, you can be assured that this will be a seriously awesome, high-profile speaker who will close the conference with a bang! Check back here soon for updates.

17.00 Closing Remarks From The Chair followed by Networking Drinks

PRE-SUMMIT MASTERCLASS 2019

AUCKLAND
TUESDAY
12 MARCH 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

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

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.



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POST-SUMMIT MASTERCLASS 2019

AUCKLAND
THURSDAY
14 MARCH 2019

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 among its staff while 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 six 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 **+64 9 801 0022** or email it to **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**.

Name Position

Company Email

Mailing Address

Phone Mobile

Please select your Summit preferences

☐ **JUST THE SUMMIT (WEDNESDAY 13 MARCH 2019)**
\$895 + GST - Super early bird rate, valid until 14 December
\$1,095 + GST - Early bird rate, valid until 8 February
\$1,295 + GST - Full rate, for bookings made after 8 February

☐ **THE SUMMIT AND ONE MASTERCLASS**
\$1,495 + GST - Super early bird rate, valid until 14 December
\$1,695 + GST - Early bird rate, valid until 8 February
\$1,895 + GST - Full rate, for bookings made after 8 February

☐ **THE SUMMIT AND BOTH MASTERCLASSES**
\$2,095 + GST - Super early bird rate, valid until 14 December
\$2,295 + GST - Early bird rate, valid until 8 February
\$2,495 + GST - Full rate, for bookings made after 8 February

Masterclass day options:

☐ **THE WORKPLACE WELLBEING TOOLKIT (TUESDAY)**

☐ **MAXIMISING YOUR WELLNESS INVESTMENT (THURSDAY)**

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**
Account #: **12-3025-0442562-00**

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

Cancellation Policy and Terms & Conditions

For full terms and conditions including cancellation policy, please visit www.thinktankmedia.net/terms



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