



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

**STRONGER WORKPLACE. BETTER BUSINESS OUTCOMES.**

The essential conference and masterclass experience, leading the way in boosting the health and wellbeing of your people, and the bottom line of your company.

**CORDIS AUCKLAND**  
16-18 MARCH 2020



**Sir Graham Henry**

One of the most successful rugby coaches of all time, and one of NZ's most in-demand speakers



**Lauren Parsons**

Award-winning wellbeing specialist, TEDx speaker, coach and consultant



**Dr Michael Carr-Gregg**

High-profile psychologist and a specialist in the use of technology for mental health



**Claire Turnbull (MC)**

Nutrition expert for Healthy Food Guide magazine, TVNZ Breakfast and Newstalk ZB

"I really enjoyed the speakers' direct, genuine and honest presentations. High calibre of speakers. The day flew by - most enjoyable, stimulating and invigorating. Thank you - I feel empowered to make a difference!"

"An excellent day - I lots of new knowledge to take back and put into practice. Well organised. Excellent food and environment. Great day!"

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

 **thinktank**  
media



"FANTASTIC SUMMIT. AMAZING SPEAKERS, WELL RUN AND GREAT FOOD/SERVICE. LOOKING FORWARD TO COMING BACK NEXT YEAR. FEELING INSPIRED!"  
**FEE LANGSTONE**

"FELT THE TOPICS LINKED WELL TOGETHER. GREAT EVOLVEMENT FROM LAST YEAR'S SUMMIT. LOTS OF CONTENT TO TAKE BACK INTO THE BUSINESS TO CREATE MOVEMENT."  
**DOWNER**

"EXCELLENT CONFERENCE - HAVE GOT SO MUCH OUT OF IT. VERY GOOD CONTENT. FEEL TOTALLY ENERGISED AND MOTIVATED. WELL DONE!"  
**MINISTRY OF SOCIAL DEVELOPMENT**

"I REALLY LIKED HOW MOST SPEAKERS WERE ABLE TO LEAVE US WITH 3 OR SO KEY TAKEOUTS. I ALSO LOVED THE HOLISTIC APPROACH - WILL APPLY LEARNINGS AND INSIGHTS TO MY LIFE, NOT JUST MY WORKPLACE."  
**STARSHIP FOUNDATION**

## ABOUT THE CORPORATE HEALTH & WELLBEING SUMMIT

Welcome to the Corporate Health and Wellbeing Summit, back for its fifth year in 2020, 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 make it work

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### 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.



# A SELECTION OF SPEAKERS IN 2020



## Claire Turnbull (MC)

Acclaimed nutrition expert, best-selling author & media personality

Claire is the Nutritionist for Healthy Food Guide magazine, TVNZ Breakfast and Newstalk ZB as well as featuring in three prime time TV shows. Claire is also the owner and director of the private nutrition practice and corporate wellness company Mission Nutrition.

A sought after and highly engaging MC, Claire has published two best sellers with Penguin Random House and also released a wellness diary called 'It's a beautiful day'.



## Dr Michael Carr-Gregg

High profile psychologist and expert in workplace mental health

Dr Michael Carr-Gregg is one of Australia's highest profile psychologists, author, broadcaster and a specialist in the use of technology for mental health.

Michael has been the resident expert on Channel 7's Sunrise for over a decade, is a columnist for a number of publications including the Huffington Post and sits on the National Centre Against Bullying and the Federal Government's Online Safety Working Group.



## 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.



## Sir Graham Henry

One of the most successful rugby coaches of all time

Sir Graham Henry is one of New Zealand's most in demand speakers – having coached the All Blacks to glory in the 2011 Rugby World Cup, and going on to be awarded Coach of the Year at the IRB awards, receiving this award for a record 5th time. As well as winning the Rugby World Cup 2011, the All Blacks have held the Bledisloe Cup every year since 2003, won the Investec Tri Nations five times and achieved three Grand Slams against the Northern Hemisphere Home Unions.



## Jimi Hunt

Highly respected authority on mental health in the workplace

New Zealander of the Year finalist, Jimi is most well known for his work in reducing the stigma around mental health in a distinctly colourful way. He is a Guinness World Record holder, two times TEDx speaker, a regular media contributor and the subject of a documentary and two feature episodes of a major US Network show highlighting his unique and highly successful exploits into raising awareness of mental health.



## Lauren Parsons

Specialist in physical health programs to boost health and happiness

A sought-after international speaker, thought-leader and consultant, Lauren combines her wellbeing expertise with her background in business to bring cutting-edge solutions to organisations around world.

Lauren helps busy people re-discover how to feel vibrant, confident and energised, so they can truly thrive.



## 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.



## Dr Paul Wood

Specialist in leadership effectiveness and change

Paul spends most of his time facilitating leadership programmes, working with everyone from the Hurricanes to Central Agencies of government. He provides practical insight on topics such as our capacity for change, how to cope with uncertainty, how to build mental toughness and resilience, the importance of self-reflection and personal accountability in growth, and how to turn adversity to your advantage.

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

# THE SUMMIT PROGRAM 2020

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

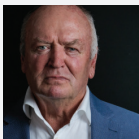


### 9.00 Official Welcome And Opening Remarks

Claire Turnbull, highly respected media commentator and MC

## 9.10 INSPIRATIONAL KEYNOTE ADDRESS: CREATING A CULTURE WHICH FOSTERS RESILIENCE AND THE ABILITY TO LEARN FROM SETBACKS

Sir Graham Henry



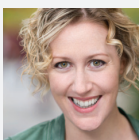
Sir Graham Henry is one of New Zealand's most in demand speakers. Having coached the All Blacks to glory in the 2011 Rugby World Cup and going on to be awarded Coach of the Year at the IRB awards, receiving this award for a record fifth time.

He's one of the few coaches in the world who knows what it takes to win a World Cup. Learn from Sir Graham about creating a culture that is high-performance, inclusive, stigma-free and supportive.

- Creating a resilient team and organisation by learning from adversity and failure
- Developing a high-performance environment which allows team members to reach their full potential
- Allowing yourself to thrive outside of your comfort zone and creating the conditions for your team to do the same
- Tips for creating a team culture that meets your objectives but also optimises your team members' wellbeing

## 10.00 OWNING CHANGE: 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.

In this dynamic talk, 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

## 10.45 Morning Coffee Break

## 11.15 MAKING BOLD: CREATING THE CONDITIONS FOR PEOPLE TO THRIVE

Simon Dowling, collaborative leadership advisor



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

## 12.00 NIB - A HEALTHY WORKPLACE CASE STUDY

nib New Zealand has helped to shape the workplace wellbeing proposition of employers across many industries, up and down the country – to the benefit of thousands of Kiwis. nib and a panel of experts will explore what works – and what doesn't – when it comes to workplace wellbeing programmes.

Drawing on insights from a pre-event survey, the panel will demonstrate how to take an evidence-based approach to creating an effective and holistic wellbeing programme for your workplace:

- The science behind wellbeing – a look at the human brain
- Sector-specific trends and insights in wellbeing
- How to support wellbeing for high-performance teams
- Wellbeing in action: case study examples

## 12.30 Lunch Break

### 13.30 MAKING YOUR WORKPLACE MENTALLY FIT AND A SAFE PLACE FOR THE WHOLE TEAM

Michael Carr-Gregg, world renowned psychologist, author and broadcaster



While many employees believe their workplace is physically safe, far less believe it is mentally safe, with only half of surveyed employees believing their senior leaders value mental health. Ensuring a mentally safe and resilient workplace for your

employees is an essential in today's competitive business landscape. It can be a huge advantage on many levels, not just in engagement and happiness levels but also in ensuring your team members perform at their peak and stick around. How can you do this? Dr Michael Carr-Gregg will show you how:

- Providing a framework for combating stress and recognising when stress levels are building
- Ensuring a stigma-free workplace where employees can speak up when they need help
- Investing in healthy workplace relationships to provide a sense of belonging and purpose
- Strategies to ensure employees are aware that their mental health is top of your agenda
- Developing an ongoing focus on prevention and a strategy to maintain wellbeing

### 14.15 CHALLENGING THE MISCONCEPTIONS OF MENTAL HEALTH

Jimi Hunt, mental health change maker, and author



It's in every organisation's best interest to ensure every employee is as mentally fit as possible and not only attempt to fix a problem with someone who is mentally ill or experiencing poor mental health. Jimi flicks the switch to get everyone on the same

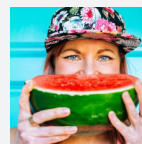
page about proactively trying to increase the mental fitness of their employees and making actual change within their organisations. Jimi will guide you through the why and how to do this, explaining how to be 1% better every day and giving practical advice and tools on how to achieve this by:

- Changing your habits and move up the mental health continuum.
- Sculpting the culture of your organisation through collective mental wellness
- Providing practical, simple and effective tools and techniques to add to your 'mental health toolbox'
- Explaining how being 'selfish' in regards to your own mental health by putting yourself first is the best thing you can possibly do

## 15.00 Afternoon Tea

### 15.30 CHORUS CASE STUDY - HOW TO CREATE A POSITIVE WELLBEING CULTURE THAT INFLUENCES AN ENVIABLE EMPLOYEE EXPERIENCE

Phillippa Powell, organisational development advisor at Chorus and corporate wellbeing expert



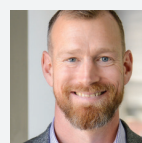
Phillippa has had an extensive and exciting career in human resources and eventually found her career sweet spot when given the opportunity to design and lead the Chorus Wellbeing Programme. She's extremely passionate about designing and delivering innovative OD initiatives that enable people to shine and for organisations to be awesome places to work. In her session she will talk about how to create positive working environments underpinned by a wellbeing culture to create an enviable employee experience.

- Turning strategy into reality – how to design and manage a holistic wellbeing programme
- Making the most of minimal resources
- Weaving wellbeing into your employee experience
- Effectively communicating your wellbeing messages
- Measuring the impact of wellbeing on engagement, culture and productivity
- The wins, the losses and the lessons learned

## 16.00 SPONSOR PRIZE DRAWS

### 16.15 CREATING MEANINGFUL BEHAVIOURAL CHANGE SO YOUR WELLBEING INITIATIVES STICK

Dr Paul Wood, specialist in leadership and change



As humans, we are naturally resistant to change. Changing the culture of an entire organisation to focus on wellbeing as a driver of business success, requires wholesale change and presents an enormous challenge for leaders. Dr Paul Wood will take you on a journey of positive change and give you the building blocks needed to make sustainable positive changes in your workplace:

- Gaining buy-in from senior leadership teams
- How to persuade your colleagues to get out of their comfort zone and the benefits this can bring
- Communicating effectively, and strategies for dealing with resistance to change within an organisation
- Proactively building and maintaining the emotional fitness and resilience required by your team, your employees and your senior leaders to ensure lasting success

## 17.00 Closing Remarks From The Chair followed by Networking Drinks



# PRE-SUMMIT MASTERCLASS 2020

**CORDIS AUCKLAND**

MONDAY

16 MARCH 2020

## OVERCOME THE OVERWHELM: BOOST RESILIENCE, REDUCE STRESS, SUPER- CHARGE YOUR PRODUCTIVITY AND SEE YOUR TEAM THRIVE

LAUREN PARSONS



### ABOUT YOUR FACILITATOR, LAUREN PARSONS

Lauren is an award-winning Wellbeing Specialist who believes that everyone deserves to thrive. She is passionate about equipping and inspiring people to truly boost their health and happiness. With 19 years' experience in the health and wellbeing profession she is a sought after speaker, coach and consultant.

Described as inspiring and life-changing, Lauren is a dynamic and highly-engaging presenter. You will leave Lauren's session feeling uplifted and empowered to create positive change!

TEDx speaker, author of *real food less fuss*, and *Seven Fitness Myths to Overcome*, and founder of the *Snack on Exercise* movement. Lauren helps busy people re-discover how to feel vibrant, confident and energised.

### 8.30 Registration and Welcome Coffee

#### 9.00 SESSION 1: SECRETS TO REMAINING RESILIENT AND HIGHLY ENERGISED

Uncover the secrets to massively strengthen energy, focus and resilience so you can perform at your best.

- Learn the worst way to start your day and what to do instead
- Discover how to 'win the day' and the top morning routines successful people use to ensure a magnificent day
- Discover the negative consequences of poor sleep and how restorative sleep enhances every system in your body and brain
- Improve cognitive performance and decision-making ability by establishing daily routines that will boost your vitality
- Understand how to apply this learning to your workplace culture

#### SESSION 2: OVERCOME THE OVERWHELM

This session will help you carve a pathway through the overwhelm and show you how to get the most important things done each and every day. You'll massively boost your effectiveness and remain cool calm and collected, even on the busiest of days.

- The biggest mistake that makes you, and your staff, lose hours every week (and how to overcome it)
- How clarity around what is truly important will transform your decision making ability
- Exactly how to overcome the 'tyranny of the urgent' and get the right things done
- How and why to carve out time for yourself as a leader to increase your resilience
- How to create a calm, positive atmosphere so people can thrive
- Steps to reduce anxiety, regardless of what's going on around you

#### SESSION 3: SUPERCHARGE YOUR PRODUCTIVITY

Imagine being so productive and focused, you achieve all your key tasks in less than a standard workday and head home early, completely satisfied and feeling ahead of the game, ready to spend quality time with your loved ones. This session is packed with practical time-saving tips to reduce stress and help you achieve more with less time

- Understand the best places to focus your time and effort to live life the way you really want
- Discover a revolutionary way to plan and schedule your week that will transform your life
- Achieve more by mastering daily success planning so your highest objectives are never missed
- Uncover productivity techniques that top-performers use to create more freedom and flexibility
- Work smarter not harder and gain hours back every week
- Learn the best time-savings tips, hacks and strategies you can integrate and implement team-wide to maximise productivity

#### SESSION 4: SET BOUNDARIES, SAY NO AND GET WHAT YOU WANT

- Discover the most common communication mistake you make and how to avoid it
- Learn the fundamentals of assertive communication
- Learn a new way to approach difficult conversations and the non-confrontational way to achieve the outcome you need
- Discover how inspirational leaders motivate change and how to practise empowered delegation
- Establish positive boundaries that create more freedom
- Come away equipped with practical strategies you can apply as a leader to reduce stress and creating a thriving organisation

### 16.30 Close of Masterclass

# POST-SUMMIT MASTERCLASS 2020

**CORDIS AUCKLAND**

WEDNESDAY

18 MARCH 2020

## 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

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

### 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

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

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

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

Mailing Address .....

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

### Please select your Summit preferences

- JUST THE SUMMIT (TUESDAY 17 MARCH 2020)**  
 \$995 + GST. Early bird rate, valid until 21 February 2020  
 \$1295 + GST. Full rate, for bookings made after 21 February 2020
- THE SUMMIT AND ONE MASTERCLASS**  
 \$1595 + GST. Early bird rate, valid until 21 February 2020  
 \$1895 + GST. Full rate, for bookings made after 21 February 2020
- THE SUMMIT AND BOTH MASTERCLASSES**  
 \$2195 + GST. Early bird rate, valid until 21 February 2020  
 \$2495 + GST. Full rate, for bookings made after 21 February 2020

### Masterclass day options:

- OVERCOME THE OVERWHELM (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**  
 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](http://www.thinktankmedia.net/terms)