



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

**STRONGER WORKPLACE. BETTER BUSINESS OUTCOMES.**

**CORDIS AUCKLAND | 17 MARCH 2020**

**YOUR SUMMIT WORKBOOK**



**WWW.THINKTANKMEDIA.NET**





# LET'S WORK TOWARDS WELLBEING.

Whatever industry you're in, nib Health Insurance has flexible cover solutions to suit both employers and employees. That in turn makes it simpler than ever to look after your team's health. To start the conversation about the wellbeing of your team, **answer the questions below.**

**My organisation's biggest wellbeing challenge is:**

.....

**What can I do about it?**

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Get in contact to chat about a solution  
for your wellbeing challenges:



Call **0800 287 642**



or email **grouphealth@nib.co.nz**

Support and track your team's  
wellness with myhealthHQ  
**nib.co.nz/health-hq**



## 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.

## THANK YOU TO OUR SPONSORS



## **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 **801 1200**, or by email at [info@thinktankmedia.net](mailto:info@thinktankmedia.net).



# 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 2020

## **THE SUMMIT PROGRAM**

08.15 Registration and Welcome Coffee

**09.00 Opening remarks from the chair**

CLAIRE TURNBULL

**09.10 Inspirational Keynote Address:**

**Creating a culture which fosters resilience and the ability to learn from setbacks**

SIR GRAHAM HENRY

**10.00 Creating a positive, energised environment in challenging times**

LAUREN PARSONS

10.45 Morning coffee

**11.15 Chorus case study: How to create a positive wellbeing culture that influences an enviable employee experience**

PHILLIPPA POWELL

**12.00 A healthy workplace panel discussion**

PIPPA LEYTON - Moderator

PAUL JARVIE

HEATH MILLS

## **THE SUMMIT PROGRAM (cont.)**

12.30 Lunch break

**13.30 Making your workplace mentally fit and a safe place for the whole team**

DR LUCY HONE

**14.15 Challenging the misconceptions of mental health**

JIMI HUNT

**15.00 Afternoon tea**

**15.30 Sponsor prize draws**

**15.40 Creating meaningful behavioural change so your wellbeing initiatives stick**

DR PAUL WOOD

**16.40 Closing remarks and networking drinks**

## CLAIRE TURNBULL



Claire is a qualified nutritionist who has been working in the health and wellness industry for more than 15 years.

Claire's passion is to help make it easier for others to eat well and live happy, balanced lives. Her approach is real, practical and very down to earth. She balances her work with two young children (aged five and two) so she really knows what it is like to juggle and have to find solutions that work in the real world.

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.



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## 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 5th time.

Graham finished his All Blacks career as one of the most successful rugby coaches of all time.

Graham currently works with leading New Zealand companies such as Downer, Farmlands, Reckitt & Benckiser and the Giltrap Spencer Group focusing on team building, culture and leadership development and regularly speaks internationally.

## NOTES

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## LAUREN PARSONS



Lauren Parsons is passionate about helping others discover the easiest and most uplifting way to fit movement into their own lives to boost their 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.

TEDx speaker, author, founder of Get Fit Feel Fabulous and Overcome the Overwhelm programmes, Revitalise Wellbeing Retreats and the Snack on Exercise movement. Lauren helps busy people re-discover how to feel vibrant, confident and energised, so they can truly thrive.

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## DR LUCY HONE



Dr Lucy Hone is a research associate at AUT University, a director of the New Zealand Institute of Wellbeing & Resilience, a published academic researcher and best-selling author and blogger for Psychology Today.

Having been trained by the thought-leaders in wellbeing science, at the University of Pennsylvania, Lucy went on to attain her PhD in public health at AUT University in Auckland. She now assists organisations – from government departments, to leading law firms and schools – to design and implement wellbeing and resilience initiatives creating sustained and meaningful change.

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# **MODERATOR**

**Pippa Leydon**

Sales Development Lead, nib

# **PANELLISTS**

**Paul Jarvie**

Employment Relations and Safety Manager,  
Employers & Manufacturers Association (EMA)

**Heath Mills**

CEO, NZ Cricket Players Association (NZCPA)



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## JIMI HUNT



Jimi is committed to affecting radical, positive change in people's lives through his unique perspective on mental wellness.

Twice nominated for New Zealander of the Year and finalist in both New Zealander of the Year and New Zealand Innovator of the Year, Jimi provides a very different approach to how we think about mental health and has a gift for weaving his own personal story in a raw, humorous and very relatable way.

Deeply invested in personal growth, change and developing people past their own self-limiting beliefs, Jimi has presented keynotes to a vast array of audiences and organisations in New Zealand and overseas.

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## NOTES

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## PHILLIPPA POWELL



Phillippa plays a key role in creating an enviable employee experience through her leadership of organisational development programmes. She supports, influences and advises organisations to effectively deliver upon business and people strategies, raise engagement and drive positive culture through projects and initiatives focused on wellbeing, diversity and inclusion.

Projects she's recently been involved on include gender equity, cultural diversity, flexible working, mental health, anti-bullying and Rainbow Tick accreditation. She also leads Chorus' holistic Wellbeing Programme that covers four pillars – mental, physical, career and financial wellbeing. She plays a visible and valuable role in an organisation by influencing and motivating others.

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## DR PAUL WOOD



Paul spends most of his time facilitating leadership and emotional intelligence focused programmes across the private and public sectors. His charitable interests see him visit prisons and act as patron for START Taranaki, helping at risk young men turn their lives around.

Paul speaks to the human experience and 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, how to identify and maximise our potential, and how to turn adversity to your advantage.

Dr Paul Wood has a B.A. in Philosophy & Psychology; an M.A. in Psychology and a PhD in Differential Psychology.

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