



# 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.

SYDNEY 27-29 NOVEMBER 2017



**Lucy Brogden**

Australia's Mental Health  
Commissioner



**Stephen Scheeler**

MD of Facebook ANZ from  
2013 to 2017



**Ricardo Goncalves**

Presenter of SBS World News  
Australia



**Dr Adrian Medhurst**

Psychologist, author and  
performance optimisation expert

**6<sup>th</sup>**

ThinkTank Media

Corporate Health & Wellbeing Summit

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media



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

"THE VENUE WAS GREAT, THE ATMOSPHERE WAS GREAT AND THE SPEAKERS WERE GREAT!"  
**RACQ**

"I LOVED THE COMBINATION OF THEORY, RESEARCH AND REAL-LIFE CASE STUDIES."  
**RED BALLOON**

## ABOUT THE CORPORATE HEALTH & WELLBEING SUMMIT

Welcome to the Corporate Health and Wellbeing Summit, back for its third year in 2017, 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 2017 event is the sixth summit in the series. Held at the Swissotel in Sydney'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**

"FANTASTIC DAY. I WOULD RECOMMEND OTHERS TO COME ALONG. PRACTICAL TIPS TO IMPLEMENT IMMEDIATELY."  
**MTC AUSTRALIA**

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# A SELECTION OF SPEAKERS 2017



## Ricardo Goncalves (MC)

Presenter of SBS World News Australia

Ricardo Goncalves presents SBS World News Australia, is SBS Finance Editor and fronts SBS Small Business Secrets presenting stories about Australia's diverse small business sector. He is passionate about the world of business and finance, covering economics, marketing, housing, corporate, sharemarket and small business issues, and has a heavy interest in social media and diversity. Ricardo will be our summit MC in 2017.



## Dr Jenny Brockis

Doctor, Author of the 'Future Brain' & Founder of Brain Fit

Dr Jenny is passionate about all things 'brain'. Her mission is to become the Jamie Oliver of brain health fitness, empowering others to create their own brain that is fit, healthy and optimised to help them work at their best. Dr Jenny is featured regularly in the media, has authored three books including the best seller 'Future Brain' and is a keen blogger and writer.



## Stephen Scheeler

MD of Facebook ANZ from 2013 to 2017

From 2013 to 2017, Stephen drove Facebook's efforts in Australia and New Zealand to help businesses better use Facebook's family of apps and services to deliver against their business objectives. Stephen was responsible for managing Facebook's overall operations and overseeing strategic partnerships with advertisers and agencies across the region. His tenure at Facebook saw the ANZ business grow from mere start-up to US\$1b in annual revenue.



## 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."



## Nicole Vongdara

Lead, Health and Wellness and D&I Disability Strategy, PwC

Nicole is a Manager in PwC's National Health and Wellness Team with Program Management responsibility for the Diversity and Inclusion Disability Strategy. In her current role at PwC she has a focus on both preventative health and wellness, and managing illness, injury and disability in the workplace, ensuring all of PwC's people have the opportunity to thrive and access to what they need to be set up for success.



## Dr Aaron Jarden

Internationally renowned workplace wellbeing expert

Dr Aaron Jarden is both a Senior Research Fellow at Flinders University, and Head of Research at the Wellbeing and Resilience Centre at SAHMRI (South Australian Health and Medical Research Institute). He is a world expert on workplace wellbeing, as well as co-founder and co-editor of the International Journal of Wellbeing and founder of the New Zealand Association of Positive Psychology.



## Lucy Brogden

Australia's Mental Health Commissioner

Lucy brings to the commission extensive experience in psychology and has a strong commitment to helping others and building stronger communities.

Lucy's primary areas of focus are issues facing Mental Health and Wellbeing particularly in the workplace and the community. She takes an evidence based approach to problem solving and social investment.



## Dr Suzy Green

Founder, The Positivity Institute

Dr Suzy Green is a Clinical and Coaching Psychologist (MAPS) and Founder of The Positivity Institute, an organisation dedicated to the research and application of Positive Psychology for life, school and work.

Suzy was the "Stress-less Expert" for Australian Women's Health Magazine for 8 years and maintains a strong media profile appearing regularly on television, radio and in print.

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

# THE SUMMIT PROGRAM 2017

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

Ricardo Goncalves, presenter of SBS World News Australia

## 9.10 LEADING FACEBOOK: AMBIGUITY, CHANGE AND RESILIENCE AT THE WORLD'S MOST FAST-PACED COMPANY

Stephen Scheeler, MD of Facebook ANZ from 2013 to 2017



Since its founding in a Harvard dorm room in 2004, Facebook's motto has been "move fast and break things". In building the world's largest social network – with over 2 billion users worldwide – few companies have changed the world more than Facebook. But what has this pace of change been like for the people inside Facebook? How has

Facebook built health and well-being into its unique Silicon Valley culture? What is it like to be a leader within Facebook, where millennials rule and the average employee age is 26?

Drawing on his years with Facebook, former Facebook ANZ CEO Stephen Scheeler will explore:

- Dealing with ambiguity and rapid change, both personally and as a team
- Bringing your whole self to work, and the practical challenges this presents
- Cultivating personal energy – mental, emotional and physical
- Leading a millennial workforce...even when you're not a millennial yourself
- Infusing authenticity and transparency into your leadership and culture
- Communicating in an open plan, 24/7, transparent culture
- Building a culture that helps individuals and teams overcome adversity, find resilience and thrive

## 10.00 WELLBEING 101: CASE STUDIES ON MAKING WELLBEING PROGRAMS SUCCESSFUL

Dr Aaron Jarden



Given his vast experience of organisational wellbeing programs, and his knowledge around the successes and challenges of evaluating, implementing and sustaining workplace wellbeing, Aaron will talk on his key findings and the latest trends and important case studies.

Hear practical suggestions as to how you can make your own organisational wellbeing program – at whatever stage it's at – a success by getting the basics (i.e., 101) right:

- The essential ingredients to a successful wellbeing program, and the main pitfalls to be wary of
- Key tools and models, e.g. e-learning and mobile tools that work in engaging and sustaining a high level of program participation within the workforce
- How much time should participation in a successful wellbeing program take out of an employee's working day, and when?
- Team-focused-learning vs self-focused-learning wellbeing strategies
- Is your current wellbeing program working? How to measure and evaluate its success and improve on it

## 10.45 Morning Coffee Break

## 11.15 THE STRESS MASTERY CHALLENGE: PERFORMANCE AND WELLNESS RESILIENCE FOR A PROACTIVE, PRODUCTIVE, HIGH-PERFORMANCE CULTURE AND THRIVING BUSINESS PROFITABILITY

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, adaptive and productive action
- Mindfulness – practical, science-based approaches for bringing mindfulness into the business world and easily-implementable practices for building workforce wellbeing and resilience

## 12.00 THE 'NEW WAYS OF WORK' STRATEGY – HOW PWC IS REDESIGNING THE WORKSPACE SPECIFICALLY FOR EMPLOYEE HEALTH AND WELLBEING

Nicole Vongdara, Lead, Health and Wellness, PwC



PwC's move in the new year to their new 12-story Barangaroo premises signals a significant move away from the traditional working environment. As part of their 'New Ways of Work Strategy', PwC employees at Barangaroo will be working in custom-designed new workspaces aimed specifically at boosting employee mental and physical health and wellbeing, encouraging and facilitating more work-life balance and reducing burnout. Hear from Nicole about the project, dealing with the challenges – foreseen and unforeseen – and their key takeaways:

- Planning, researching, goal and budget setting, testing and implementing the project, plus plans on measuring its success
- The how-to around designing physical workspaces that cater for flexible working arrangements, employee movement and wellbeing – what works and what doesn't
- PwC's policies around flexible working, including their workplace adjustment policy – strategies that they have found to really work to boost employee wellbeing, reduce presenteeism and boost productivity
- Meeting the individual working needs of employees e.g. those that need space and quiet to focus vs those that need space for collaboration
- Overcoming resistance and fostering open mindsets towards – and uptake of – new flexible working initiatives
- Plans for the future of employee wellbeing at PwC

## 12.30 Lunch Break

### 13.30 FUTURE BRAIN – LEADING WITH THE BRAIN IN MIND

Dr Jenny Brockis, Neuroscience and Human Behaviour Expert



The world has changed and so have we. What's needed now is a new way of thinking to meet the needs for greater mental agility, flexibility and creativity. Savvy business leaders now recognise that the key to future success will come from investing in their most valuable asset - the brains and minds of those who work for them. Building brain safe workplaces is about recognising what really motivates people using what neuroscience has shown to really work. Human behaviour is deeply rooted in evolution, and doesn't always work well 'out of the box' today. Understanding how self-directed neuroplasticity can change how brains work equips you with a toolkit to face the future. In this keynote, human brain and behaviour expert, Dr Jenny Brockis, will focus on cognitive health as a key driver of organisational health and the impact of the changing workplace:

- Safety at work: Why cognitive health is the essential component for greater organisational health
- What really motivates people to work, and it's not just having access to a good coffee machine
- Why neuroscience is the perfect business partner for greater collaboration and performance
- The three keys to help build a brain-fit high performance culture

### 14.15 THE SCIENCE BEHIND POSITIVE PSYCHOLOGY AND PUTTING IT INTO PRACTICE AT THE RBA

Dr Suzy Green, Founder and CEO, The Positivity Institute  
Ed Jacka, Senior Manager, RBA  
Kate Reilly, Senior Projects Officer, RBA



In constantly-evolving, ever-faster paced working environments, where adaptation to change is key and stress is the norm, more and more organisations are turning to positive psychology and positive organisational scholarship to apply a 'positive deviance' approach to their organisational strategies. In return, these organisations are experiencing noticeably greater employee engagement, collaboration, innovation, resilience, productivity and, above all, wellbeing. Hear from Dr Suzy Green on the science behind Positive Psychology and from the RBA on how they, over the past 12 months, have been putting Positive Psychology into practice, rolling out a specialised PP program in one of their departments. Today, for the first time, the RBA will be presenting their key findings on how the process is going so far, complete with the challenges and successes:

- The science behind Positive Psychology (PP) and its relevance and practical use and organisational benefits in the workplace
- The main psychological needs of employees and evidence-based methods of how PP can be applied to help to meet these needs
- The science of positive leadership as a powerful tool for leaders to foster positive emotions and positive working relationships
- The RBA's Positive Psychology story – an overview of the Facilities

Department's PP program from conception and implementation to now, its goals and the key findings so far

## 15.00 Afternoon Tea followed by Sponsor Prize Draws

### 15.40 THE WELLBEING PROGRAM BEHIND THE WORLD'S HEALTHIEST WORKPLACE - 'WELLBEING AT MONASH'

Dr Vicki Ashton, Chief Medical Officer, Monash University  
Anne Ohlms, Wellbeing and Sustainability Manager, Monash University



Monash University was recently voted the World's Healthiest Workplace in the Global Healthy Workplace Awards, thanks to its 'Wellbeing at Monash' Program. Find out more about the program, and the main ways in which you can boost your organisation's Wellbeing Program for a thriving, physically and psychologically healthy workforce:



- Top strategies for increasing engagement in wellbeing
- Setting up a sustainable wellbeing program for your organisation
- Key stakeholders to engage in setting up and supporting your Wellbeing Program
- Aligning your Wellbeing Program to fit in with your organisation's values
- More on the 'Wellbeing at Monash' program and its benefits
- Effective tried-and-tested programs in the areas of physical, mental, nutritional and occupational health to help employees improve and maintain their health and wellbeing

### 16.10 DRIVING OPTIMAL MENTAL HEALTH ACROSS YOUR ORGANISATION

Lucy Brogden, Commissioner, National Mental Health Commission



Lucy is a leading expert in the field of organisational psychology and workplace mental health and wellbeing. She has worked in trusted advisory roles with some of Australia's leading CEOs, Managing Partners, Ministers and Chairs in investment banking, finance, law and government. Drawn from her invaluable experience and know-how in the field of mental health in the workplace, Lucy will share her invaluable advice on how to implement the most effective mental-health strategy for your workforce:

- The latest statistics and trends regarding workplace mental health, both nationally and internationally, and the main triggers currently driving stress, anxiety and depression at work
- The fundamentals needed for the flourishing mental health of employees
- How to gain essential buy-in at all levels of your business, not just at the executive management level, for the ultimate success of your positive mental health-boosting initiatives
- Practical, effective methods to wipe out stigma around mental health
- Creating a risk-free environment and useful strategies to encourage your people to speak up about those who may be suffering – and what about privacy and confidentiality?

## 16.55 Closing Remarks From The Chair

## 17.00 Networking Drinks

# PRE-SUMMIT MASTERCLASS 2017

SYDNEY  
MONDAY  
27 NOVEMBER 2017

## THE SCIENCE OF CONNECTION: WORKING WELL TOGETHER

DR JENNY BROCKIS



**In this invaluable one-day masterclass, find out how you, as a business leader, can build greater engagement, trust and performance by fostering the creation of working relationships that provide meaning and purpose. The human cost of business: absenteeism, presenteeism, high staff turnover and loss of talent are just a few of the big challenges facing business today.**

While awareness of the size and cost of the problem is important, what matters most is the development and implementation of effective strategies to reduce this burden and elevate performance, productivity and collaboration. This masterclass provides the essential toolkit to do so.

Dr Jenny Brockis is an expert in human behaviour and brain fitness: what it takes for individuals and organisations to stay brain healthy, eliminate poor thinking skills and boost mental performance and works with organisations internationally to help make brain fitness a key driver for business success. Her work is based on cutting-edge academic research learnings and business recommendations, and provides essential, practical and easily-implementable tools for building sustainable, healthy business cultures in a vastly-changing working landscape:

### 8.30 Registration and Welcome Coffee

#### 9.00 SESSION ONE: NICE TO MEET YOU - YOUR SOCIAL BRAIN

- Why we are hardwired to connect
- The pleasure and pain of being part of a tribe
- What greater connection brings to the workplace, and how to bring about greater connection
- The model for future business growth and success. Why neuroscience is the perfect business partner

### 10.30 Morning Coffee Break

#### 10.50 SESSION TWO: SAFETY AT WORK - FINDING THE REWARD

- The role of the TRAIICE elements in building effective teams
- Determining the barometer of trust
- Why empathy is the new black in building connection
- It's all about respect Bro'. How attributing value to individual strengths, creating autonomy, reducing uncertainty and playing fair elevates adaptability and reduces stress

### 12.30 Lunch

#### 13.30 SESSION THREE: BRIDGING THE BRAIN GAP

- Millennials are just different. Or are they? In an intergenerational workforce, how can we get better at understanding each other
- How open-minded are you? How cognitive bias gets in the way of how we relate to others and what to do about it
- Changing mindsets just takes a little nudge. How changing perspectives can transform the level of contribution in a workplace
- Improving the ROI on training – making it social

### 15.00 Afternoon Tea Break

#### 15.20 SESSION FOUR: CREATING SUCCESS: SMARTER, HAPPIER AND MORE PRODUCTIVE

- Why performance and happiness are indistinguishable
- The impact of loneliness at work
- Why we all benefit from taking our daily DOSE and how to encourage its uptake
- Creating a framework for greater connection – the next steps

### 16.30 Close of Masterclass

"REALLY ENJOYED THIS MASTERCLASS – VERY PERSONABLE AND ENGAGING PRESENTER"  
**FULTON HOGAN**

"LOVED THE MASTERCLASS WITH DR JENNY YESTERDAY!"  
**ESR**

# POST-SUMMIT MASTERCLASS 2017

SYDNEY  
WEDNESDAY  
29 NOVEMBER 2017

## 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 02 9555 5949 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 02 9555 5940. You can also register online at [www.thinktankmedia.net/CHW](http://www.thinktankmedia.net/CHW)

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

### Please select your Summit preferences

- THE SUMMIT  
\$995 + GST
- THE SUMMIT AND ONE MASTERCLASS  
\$1495 + GST
- THE SUMMIT AND BOTH MASTERCLASSES  
\$1995 + GST

### Masterclass day options:

- THE SCIENCE OF CONNECTION (MONDAY)
- SUSTAINABLE WORKPLACE WELLBEING CULTURE (WEDNESDAY)

Why not bring your team along? Group discounts apply:

- 2 to 4 delegates 15% discount
- 5+ delegates 25% discount

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