



CORPORATE health & wellbeing

SUMMIT

STRONGER WORKPLACE. BETTER BUSINESS OUTCOMES.
30 October 2018, Park Hyatt, Melbourne



YOUR SUMMIT WORKBOOK



The essential one-day conference leading the way in boosting the health and wellbeing of your people, and the bottom line of your company.

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

30 October 2018,
Park Hyatt, Melbourne

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.
- **Dietary requirements.** If you advised us of your dietary requirements prior to the Summit, please see staff at the desk for further information.

We very much hope you enjoy the event, and we look forward to your feedback.

Yours sincerely

James Matthews
Director, Corporate Health & Wellbeing Summit 2018

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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 **02 9555 5940** or by email at info@thinktankmedia.net.

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UPCOMING THINKTANK EVENTS

THE CORPORATE PA SUMMIT

Designed to help EAs and PAs become the best they can be, professionally and personally, the Corporate PA Summit has been running since 2005 and welcomes thousands of top EAs every year.

Held annually in Sydney, Melbourne, Perth, Auckland, Chicago and Los Angeles



CORPORATE PA
SUMMIT



THE CORPORATE HEALTH & WELLBEING SUMMIT

Focused squarely on improving productivity and business performance through a healthy, happy and invigorated workforce.

Held annually in Sydney, Melbourne and Auckland



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WELCOME TO THE CORPORATE HEALTH & WELLBEING SUMMIT

29-31 October 2018
Park Hyatt, Melbourne

29 October 2018 Pre-Summit Masterclass

Stress and Fatigue Management

Led by Dr Adrian Medhurst. Fairmont Room

30 October 2018 Summit Day

The Corporate Health & Wellbeing Summit

Ballroom

31 October 2018 Post-Summit Masterclass

Maximising Your Wellness Investment: How to Create a Strategy That Both your Employees and Your Finance Manager Will Love

Led by Katrina Walton. Fairmont Room

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THE SUMMIT PROGRAM

08.30 Registration and Welcome Coffee

09.00 Opening remarks from the chair

ARRON WOOD

09.10 Keynote Address: Leaving a legacy of national wellbeing and a flourishing economy despite catastrophic odds

RT HON SIR JOHN KEY, GNZM

10.00 Retaining your top talent and a healthy bottom line: The wealthy body in business and its essential role in employee wellbeing and business profitability

TIM BEAN

10.45 Morning coffee

11.15 Leading Industry Case Study: Australia Post

SHIVAUNE COTTER

11.45 Combating bullying: Creating a safe and respectful workplace for all

DR EVELYN FIELD, OAM

12.30 Lunch break

13.30 Making mental health top of the agenda

JESSICA ROWE, OAM

14.15 Case study: Mars Inc - Creating the best workplace culture for a healthy and engaged workforce

DR GARY WEBB & NATALIE JONES

14.45 Afternoon tea

15.15 Generating positive change and resilience in the workplace

DR LINDSAY McMILLAN, OAM

15.45 Sponsor prize draws

16.00 Driving engagement, innovation and growth: The diversity dividend

NARELLE HOOPER

16.45 Closing remarks from the chair followed by networking drinks



09.00 - 09.10
OPENING REMARKS FROM THE CHAIR

ARRON WOOD



Deputy Lord Mayor Arron Wood chairs the Finance and Governance portfolio for the City of Melbourne. Arron is council representative on the City of Melbourne's Audit Committee as well as CEO of the Employment Matters Committee.

Arron has served as the Councillor for the City of Melbourne, Chair of the Environment and Deputy Chair of Economic Development portfolios.

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09.10 - 10.00

KEYNOTE ADDRESS: LEAVING A LEGACY OF NATIONAL WELLBEING AND A FLOURISHING ECONOMY DESPITE CATASTROPHIC ODDS

RT HON SIR JOHN KEY, GNZM



Rt Hon Sir John Key was Prime Minister of New Zealand from 2008 to 2016, winning three general elections as leader of the centre-right National Party. He led the country through the aftermath of the global financial crisis and a series of devastating earthquakes in New Zealand's second-biggest city. When he retired from office New Zealand had one of the highest growth rates and best fiscal positions of any advanced economy.

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10.00 - 10.45

**THE WEALTHY BODY IN BUSINESS AND ITS
ESSENTIAL ROLE IN EMPLOYEE WELLBEING
AND BUSINESS PROFITABILITY**

TIM BEAN



Tim has spent the last 20 years at the top end of the international health and wellness industry. He has presented on television programmes and hosted a weekly radio show on health, personal performance, training, nutrition, weight loss, de-stressing and de-ageing strategies. Tim informs and inspires business audiences around the world.

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11.15 - 11.45

**LEADING INDUSTRY CASE STUDY:
AUSTRALIA POST**

SHIVAUNE COTTER



Shivaune is part of the Learning team at Australia Post and is responsible for the Professional Development & Life Skills learning portfolio. Shivaune has over 15 years' experience as an Organisational Development and Learning professional across both government and private sectors. Shivaune's career has focused on the development of leadership, learning and culture strategies and initiatives.

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11.45 - 12.30

**COMBATING BULLYING - CREATING A SAFE
AND RESPECTFUL WORKPLACE FOR ALL**

DR EVELYN FIELD, OAM



Evelyn is a practising psychologist, professional speaker, media commentator, and Fellow of the Australian Psychological Association. She is recognised for her expertise in working with young people and adults who have been bullied, harassed or victimised and has been awarded an Order of Australia Medal (OAM) for her work. She is the author of two best-selling books, *Bully Busting* and *Bully Blocking*.

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13.30 - 14.15

MAKING MENTAL HEALTH TOP OF THE AGENDA

JESSICA ROWE, OAM



Jessica Rowe's passion for news and current affairs has seen her become one of Australia's best-known TV presenters and admired by viewers for her warm, down-to-earth manner and infectious laugh. Jessica has made an indelible mark on Australian society with her advocacy work for mental health. She is a patron for the Mental Health Council of Australia, Mum4Mum and an ambassador for beyondblue.

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14.15 - 14.45

CASE STUDY: MARS INC - CREATING THE BEST WORKPLACE CULTURE FOR A HEALTHY AND ENGAGED WORKFORCE

DR GARY WEBB



Gary has an infectious passion for empowering people & organisations to thrive. Working for Mars Inc. he has played a lead role in design of their global associate health and wellbeing strategy which spans 74 countries, including Mars Australia, which in 2017 was named #1 Great Place to Work.

NATALIE JONES



Natalie Jones is the People and Organisation (P&O) Director at Mars Food Australia (MFA), partnering with the General Manager and Food Management Team to ensure one of Australia's fastest growing food manufacturers is truly a great place to work.

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15.15 - 15.45

GENERATING POSITIVE CHANGE AND RESILIENCE IN THE WORKPLACE

DR LINDSAY MCMILLAN, OAM



Dr Lindsay McMillan is Managing Director of global HR think-tank Reventure Ltd and lead researcher of a future that works, a national campaign to renew workplaces. As a leading Australian academic, thought leader and social commentator on the complexities of the modern workplace, Dr McMillan is charged with undertaking research, raising public debate, and helping to renew workplaces for the future.

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16.00 - 16.45

DRIVING ENGAGEMENT, INNOVATION AND GROWTH: THE DIVERSITY DIVIDEND

NARELLE HOOPER



Narelle has worked for Australia's leading media groups including the ABC, Fairfax Media and SBS TV and has interviewed everyone from Prime Ministers to the heads of the Reserve Bank and Treasury and global business leaders. Narelle has had a long commitment to sustainable business and leadership models and is currently Editor in Chief of Company Director magazine for the Australian Institute of Company Directors.

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CORPORATE PA SUMMIT

SYDNEY & MELBOURNE 2019

The Corporate PA Summits are in their 15th year and are dedicated to inspiring and empowering PAs and EAs to achieve their full potential. We're pleased to announce our 2019 keynote:



MONICA LEWINSKY

Monica Lewinsky is a social activist and a global public speaker. She advocates for a safer social media environment and addresses such topics as digital resilience and reputation, privacy, cultivating compassion and equality. Monica will be sharing with us many of the challenges she's faced, and the lessons she has learnt through her unique and profound experiences:

31 JULY 2019, SYDNEY HILTON. 6 AUGUST 2019, CROWN MELBOURNE
CHECK OUT THE FULL SPEAKER LINE-UP AND REGISTER YOUR EA TODAY!

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**WE HOPE YOU ENJOYED THE
SUMMIT!**

**WE LOOK FORWARD TO YOUR FEEDBACK
AND WE HOPE TO SEE YOU AGAIN IN 2019!**

21-23 October 2019, Sheraton on the Park, Sydney



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