

**STRONGER WORKPLACE.  
BETTER BUSINESS OUTCOMES.**



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

26-28 OCTOBER 2021 | VIRTUAL

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

 **thinktank**  
media



## ABOUT THE SUMMIT

Welcome to the Corporate Health and Wellbeing Summit, back for its sixth year in 2021, packed full of new ideas, fantastic speakers and strategies.

This inspirational, high-level summit, its speakers and its masterclasses are dedicated to improving the mental and physical health and wellbeing of your business, your culture and your staff.

In 2021, the summit will have a particular focus on building strong, engaged teams as well as dealing with uncertainty and developing resilience in the face of change.

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

**MINISTRY OF SOCIAL DEVELOPMENT**



## THE CALIBRE OF OUR SPEAKERS

The Corporate Health and Wellbeing Summit attracts a fantastic mix of inspirational speakers and successful case study speakers. The 2021 summit builds upon this tradition, with an agenda packed with expert professional speakers from a diverse range of backgrounds.



JASE  
TE PATU



SUZI  
MCALPINE



PAULA  
BENNETT



SUE  
KOHNTAYLOR



HANNAH  
MCQUEEN



DAVID  
DOWNS



NADINE  
HIGGINS



PHILLIPPA  
POWELL





## SUMMIT PRICING

### Attendance Type:

Summit Day only	\$895 + GST
Summit Day & one masterclass	\$1495 + GST
Summit Day & both masterclasses	\$1995 + GST

## GROUP DISCOUNTS

Group discount rates, for three or more attendees, are as follows:

3-4 attendees:	10%
5-7 attendees:	15%
8+ attendees:	20%

## MAJOR SPONSOR



## NETWORKING PARTNERS



## SPONSORS



**FOR ALL ENQUIRIES OR TO REGISTER, CONTACT:**

Lauren Hindmarsh  
ThinkTank Media  
[bookings@thinktankmedia.net](mailto:bookings@thinktankmedia.net)



# THE SUMMIT PROGRAM

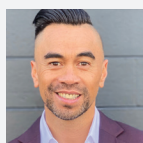
Welcome to the Corporate Health and Wellbeing Summit, the essential one-day conference program that gives you the tools to boost the health and wellbeing of your people, and the bottom line of your company. If you are dedicated to creating a thriving organisation, this is an event not to be missed.

## 8.30 Registration

## 9.00 Official Welcome And Opening Remarks

### 9.10 INSPIRATIONAL KEYNOTE ADDRESS: BEFORE YOU HELP OTHERS, YOU MUST FIRST HELP YOURSELF

**Jase Te Patu**, TedX speaker, award-winning wellbeing and mental health advocate



Jase Te Patu is on a mission to positively influence the wellbeing and mental health of New Zealand's workplaces, schools and communities – with his students including the All Blacks and the Hurricanes, and many more high profile companies and high performance athletes.

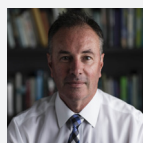
When we are feeling strong, this strength feeds into our relationships, interactions and workplace culture. The paradigm that taking care of ourselves first is selfish is changing, and we can embrace this in ourselves and our workplaces.

Now more than ever, and especially in the light of the COVID-19 pandemic, taking care of our own wellbeing is a must! In this session, Jase will break down the Maori model of Hauora – Te Whare Tapa Wha, to help individuals, teams and workplaces thrive from taking care of their holistic wellbeing. You can expect to come away armed with the tools to create a self-care plan, implementable immediately – to strengthen your physical, mental, emotional and social wellness – to take care of yourself, and in turn, others.

## 10.00 Movement Break

### 10.05 IMPROVING HEALTH OUTCOMES FOR KIWIS

**Rob Hennin**, CEO nib NZ



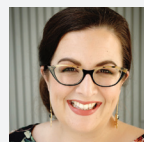
As the second largest health insurer in the country, nib aims to empower its members to make better health decisions and improve health outcomes through greater accessibility to affordable health services and information.

During his presentation, Rob will discuss the current challenges both the public and private sector face in improving health outcomes for New Zealanders and how businesses can materially impact the health and wellbeing of their employees.

## 10.35 Morning Break

### 11.05 FINANCIAL WELLBEING – WHY FINANCIAL LITERACY IS NOT THE ANSWER TO MONEY WOES

**Hannah McQueen**, Financial strategist, author, founder of enable.me – financial strategy and coaching



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

## 11.50 Mindful Break

### 11.55 EXPERIENCES FROM THE FRONT LINE – A PANEL DISCUSSION WITH PASSIONATE WELLBEING WARRIORS

**Phillippa Powell**, OD Advisor with Chorus  
**Helana Taylor**, OD Manager with the Ministry of Justice  
**Tamara Buckland**, Head of People Experience with Sharesies

#### Mental health focus



It's undeniable that there has been growth in mental health issues and stress related illness in New Zealand workplaces, and we are indeed dealing with more uncertainty than ever before.

Mental health support and the need for promoting positive mental wellbeing has never been more crucial. Our panel will discuss how they are addressing mental wellbeing in their workplaces, and also how they approach sensitive topics that have historically been taboo.

## 12.25 Lunch Break

### 13.25 LEADING AND THRIVING THROUGH A CRISIS YOU'RE UNPREPARED FOR

**David Downs**, Business leader, senior government official, board director and author



As a senior executive with 20 years' experience, David is well versed in leadership and the importance of knowing yourself. But his battle with cancer – and out of the blue, being given one year to live – was also a journey of self-discovery and a realisation that the human mind can overcome what



the human body has to endure.

David's presentation is full of optimism and inspiration, with thoughts on the impact of humour and positive psychology along the way – with detours into resilience and the power of control.

In this inspirational presentation, David will show you how you can overcome the unexpected and the uncertain with courage and determination.

- Leadership in crisis: take initiative and developing appropriate strategies
- Reframing your thinking to adapt to the new reality
- Effective communication is key, especially in times of rapid change
- Becoming an expert decision maker, even when faced with risk
- Maintaining positivity, optimism and patience in the face of a crisis

#### 14.10 Movement Break

#### 14.15 BURNOUT - THROUGH THE LENS OF LEADERSHIP

**Suzi McAlpine**, Leadership expert and author



We often don't talk about the journey to burnout, or see the signs, until it's too late – and we're looking in the rear vision mirror. What if we could change the trajectory of this journey and rather than burnout, we flourish?

The World Health Organisation has just last year upgraded the classification of burnout to an occupational syndrome, which is a big deal. Not only is burnout affecting employees' health, it's also costing us billions globally in lost productivity, absenteeism, turnover and low engagement in organisations, as well as spiralling healthcare costs.

In this eye opening session, Suzi will share her insights and groundbreaking NZ and Australian research to look at burnout through a leadership lens to share

- Practical learnings around how leaders and organisations can recognise and address burnout in their workplaces
- How to create environments and cultures that reduce it
- How to interrupt the burnout cycle, and create the space to thrive

#### 15.00 Afternoon Break

"ALL OF THE SPEAKERS WERE GREAT, A GOOD RANGE OF PERSONALITIES. FANTASTIC SUMMIT. LOOKING FORWARD TO COMING BACK NEXT YEAR. FEELING INSPIRED!"

**FEE LANGSTONE**

#### 15.30 MENTAL FITNESS IN TODAY'S WORLD

**Sue Kohn-Taylor**, Wellbeing and personal development coach



Statistics don't lie. We're more stressed, overworked, overweight and less healthy than ever before. Yet we get up day after day and repeat our unhealthy behavioural patterns, regardless of whether they are serving us.

The modern world is becoming more and more stressful, and the rate of change is massive in today's environment. How we interact personally and do business requires us to be more agile and flexible. We need a resilient skillset – with mental fitness being vital.

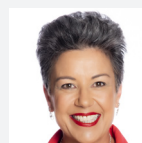
In this not to be missed session, Sue will share simple, practical and science-based strategies to:

- Strengthen mental fitness for day-to-day Wellbeing, based around 4 pillars: Seeing Fit, Feeling Fit, Acting Fit and Thinking Fit
- Keep your mind in a strong and agile state
- Strategies for thinking clearly under pressure, and helping those around you who are feeling overwhelmed
- Be the ripple effect and shape your mentally fit workplace

#### 16.15 Energy Break

#### 16.20 FUTURE FOCUS: RETHINKING DIVERSITY & WELLBEING

**Paula Bennett**, Former Deputy Prime Minister



An inclusive and diverse culture improves business outcomes directly, and also indirectly through wellbeing. So how do you influence diversity regardless of your job title? In this not to be missed session, Former Deputy Prime Minister Paula Bennett will share with you some key learnings to cultivate inclusion and compassion in your workplace and how to create a truly diverse environment where people can be themselves and perform at their best.

- The importance of creating and maintaining a diverse and inclusive team to drive wellbeing
- Empowering those around you to contribute to a culture of diversity and inclusion
- Actively working towards creating a sense of belonging for all employees
- Creating an environment where every team member can thrive
- The role of empathy in identifying potential inclusion issues

#### 17.00 Closing Remarks From The Chair

# PRE-SUMMIT MASTERCLASS

VIRTUAL  
TUESDAY  
26 OCTOBER 2021

## OPTIMISING YOUR RESILIENCE AND PERFORMANCE

LAUREN PARSONS

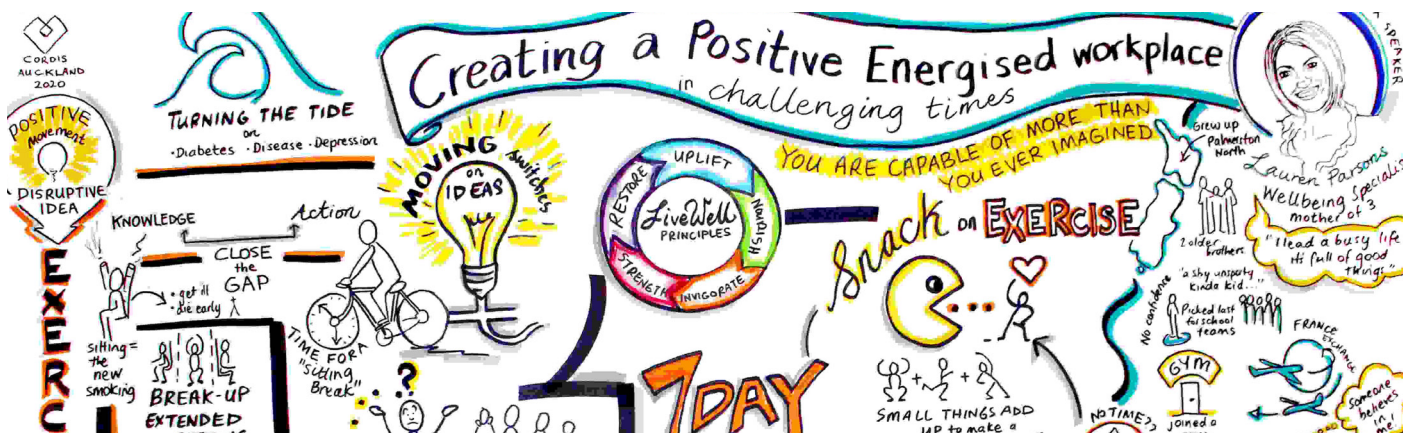


### ABOUT YOUR FACILITATOR, LAUREN PARSONS

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 over 20 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, and master story-teller who will have you laughing, moving and learning in a memorable way. You will leave Lauren's session feeling uplifted and empowered to create positive change, today!

TEDx speaker, author of real food less fuss, founder of the Snack on Exercise movement and host of the Thrive TV Show. Lauren helps busy people re-discover how to feel vibrant, confident and energised.



### ABOUT YOUR MASTERCLASS

Feeling stressed or overwhelmed with your workload? Have team members who aren't coping or could work more effectively? Concerned about burnout for yourself or your team? This masterclass will help you boost resilience, reduce stress, super-charge your productivity and improve performance. You'll discover how to create a positive culture where everyone achieves more every day, while maintaining balance to keep it up over the long-haul.

With the current rate of change, impact of technology and level of connectivity we now experience, it can be difficult to switch off or to prioritise so many competing demands. If you want to lead your team to a thriving culture that prioritises mental wellbeing and see them flourish, this session is for you.

This full-day workshop will show you:

- How to boost your resilience so you can respond rather than react
- The fundamentals to ensure you remain in peak physical condition to underpin your ability to perform
- How to deal with stress & anxiety in uncertain times
- Simple and effective strategies to manage and prevent stress taking over
- Techniques to super-charge your productivity
- How and why to carve out time for yourself as a leader to increase your resilience
- Why technology is a double-edged sword and how to wield it effectively

**The masterclass will be conducted using a combination of presentation material and group exercises; maximising your learning potential.**

# POST-SUMMIT MASTERCLASS

VIRTUAL  
THURSDAY  
28 OCTOBER 2021

## PRACTICAL WAYS TO PROMOTE AND MANAGE MENTAL HEALTH AT WORK

GARY HEWSON



### ABOUT YOUR FACILITATOR, GARY HEWSON

Gary demonstrates a deep understanding of the challenges leaders face and is committed to demonstrating the effectiveness of training, including validating ROI.

Gary also manages the development of measurement and assessment systems for Umbrella, in addition to facilitating training and providing individual coaching.

As a registered clinical psychologist with a specialist interest in wellbeing and positive performance, Gary has extensive experience providing individual coaching and facilitating training for a wide variety of teams across the public and private sector. His facilitation areas of expertise include resilience, positive leadership, productivity and performance, and leading high performing teams.



### ABOUT YOUR MASTERCLASS

Psychologically safe and healthy workplaces enhance people's mental wellbeing and support productivity and performance.

Gary Hewson is part of Umbrella's team of clinical psychologists – experts in mental health and mental illness – they translate this knowledge into the workplace to increase understanding and confidence in effectively supporting people's mental wellbeing. Helping people and organisations to thrive is their passion.

Gary's professional history includes a 10-year career mostly in the UK financial and information technology sectors in senior business management roles. This experience in companies ranging from multinationals to start-ups informs Gary's work with leaders.

In this full-day workshop you will be introduced how to:

- Develop an approach to mental health that is empowering and proactive rather than stigmatising and reactive
- Better understand mental health and mental illness
- Understand your responsibilities as employers under health and safety requirements
- Increase your ability to identify how stress and mental illness may present in your team
- Hold safe and effective conversations about mental health at work
- Promote and protect mental wellbeing at work

**The workshop will be tailored and updated to address the mental health challenges that New Zealand businesses and employees are facing in this evolving climate.**

Find out more today at [www.thinktankmedia.net](http://www.thinktankmedia.net)



## HOW TO REGISTER

To register for the Corporate Health & Wellbeing Summit, please visit [www.thinktankmedia.net](http://www.thinktankmedia.net), select the event from the top menu, and click 'Book Now'. Alternatively, please feel free to contact us directly at [bookings@thinktankmedia.net](mailto:bookings@thinktankmedia.net)

## WHAT'S INCLUDED IN YOUR TICKET?

We have packed the summit full of all the usual experiences you have come to expect from a ThinkTank summit. You will enjoy fantastic networking opportunities, the ability to ask questions of the speakers, and lots more.

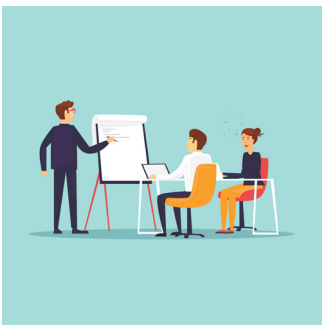
## SUMMIT DAY



The Corporate Health & Wellbeing Summit offers fantastic value. Here's a taste of what you can expect:

- Live streamed access to all speaker presentations and panel discussions
- Opportunities to pose questions to speakers during Q&As
- Opportunities to network with other virtual delegates
- Entry into virtual prize draw
- Access to speaker presentation recordings for two weeks post event (note, not all presentations may be made available)
- Access to the recordings of speakers' presentations for two weeks post-event
- Business card creation to share your details with other delegates, speakers and sponsors and you can download your list of contacts after the event
- Virtual sponsor directory and opportunity to schedule virtual meetings with sponsors

## SUMMIT DAY PLUS ONE OR BOTH MASTERCLASSES



If you choose to book one or both of the masterclasses, you will get to enjoy all of the above on the summit day, but also:

- One-on-one support from your masterclass facilitators
- Live streamed access to all speaker presentations and panel discussions
- Opportunities to pose questions to speakers during Q&As
- The ability to network and connect with all virtual participants
- A comprehensive, tailored workbook for each masterclass
- Smaller class sizes on the masterclass days allowing for more in-depth discussions and learnings

VISIT [WWW.THINKTANKMEDIA.NET](http://WWW.THINKTANKMEDIA.NET) FOR FULL DETAILS AND TO REGISTER

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