

**STRONGER WORKPLACE.
BETTER BUSINESS OUTCOMES.**



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

CORDIS AUCKLAND, 25-27 OCTOBER 2022

13th
ThinkTank Media
Corporate Health & Wellbeing Summit

thinktank
media

ABOUT THE SUMMIT

The Corporate Health & Wellbeing Summit comes roaring back to an in-person format in 2022, and we can't wait to welcome you to the Cordis in October.

The 2022 program has been re-built from the ground up, to reflect the business environment, challenges and opportunities we're currently facing.

But the summit is still firmly focused on helping you improve productivity and business performance through a happy, healthy & engaged workforce, and, of course, improving the mental and physical health and wellbeing of your business, your culture and your staff.

We've also refreshed our group discounts for 2022, so you will now receive a discount for bookings of two or more tickets - on top of the super early bird rates, currently available.

We're looking forward to sharing the full experience with you in October.



SPEAKERS IN 2022

The Corporate Health and Wellbeing Summit is packed with expert professional speakers from a diverse range of backgrounds, with a mix of inspirational speakers and successful case study speakers. Speakers such as:



JACQUI
MAGUIRE



CHRIS
ROBERTS



ZIENNA
JALIL



JOE
DAVIS

PAST ATTENDEE TESTIMONIALS

Since 2015, thousands of attendees have benefitted from attending the summit, always with fantastic feedback.

Here is a selection of testimonials from past delegates:

"THOROUGHLY ENJOYED THE DAY – BEST CONFERENCE YET! I HAVE ATTENDED OTHER CONFERENCES AND THIS HAS ALWAYS BEEN THE BEST, MOST INTERACTIVE AND INFORMATIVE – WELL DONE!"
LEIGHTON CONTRACTORS

"EXCELLENT DAY – LOTS OF NEW KNOWLEDGE TO TAKE BACK AND PUT INTO PRACTICE. WELL ORGANISED. EXCELLENT FOOD AND ENVIRONMENT. GREAT DAY."
BAY OF PLENTY DISTRICT HEALTH BOARD

"I FELT THE TOPICS LINKED WELL TOGETHER. LOTS OF CONTENT TO TAKE BACK INTO THE BUSINESS TO CREATE MOVEMENT."
DOWNER

"I'VE BEEN SO IMPRESSED WITH THE SPEAKERS AND MCS OVER THE PAST THREE YEARS."
LIQUIGAS





SUMMIT PRICING

Attendance Type:	Early Bird (until 23 Sept 2022)	Full Rate (from 24 Sept 2022)
Summit Day only	\$995 + GST	\$1195 + GST
Summit Day & one masterclass	\$1595 + GST	\$1795 + GST
Summit Day & both masterclasses	\$2095 + GST	\$2295 + GST

GROUP DISCOUNTS

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

- 2-3 attendees: 15%
- 4-6 attendees: 20%
- Full table of 7: 25%

MAJOR SPONSOR



EXHIBITING SPONSORS



ABOUT YOUR VENUE

Cordis Hotel Auckland
83 Symonds St, Grafton, Auckland 1010.

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.

FOR ALL ENQUIRIES OR TO REGISTER, CONTACT:

Lauren Hindmarsh
ThinkTank Media

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 And Welcome Coffee



9.00 OFFICIAL WELCOME AND OPENING REMARKS FROM THE CHAIR

Lauren Parsons, wellbeing specialist, speaker and author

9.10 DEVELOPING A POSITIVE CULTURE OF TRUST AND BELONGING

Ziena Jalil, changemaker and former diplomat



Workplace culture exists in every organisation, whether intentional or not. A positive culture has the potential to generate innovation, better decision making and improved financial outcomes, while a negative culture can have serious implications across all areas of business.

How can you nurture your workplace culture to allow employees to learn, contribute and challenge the status quo without fear of punishment or prejudice? This session will provide you with a clear roadmap to developing a high-trust workplace culture that champions diversity and allows your employees to be their authentic selves. It will explore the importance of meeting your team's psychological safety needs in ensuring a respectful and productive workplace. Also, gain insights into how you can:

- Foster a genuine atmosphere of belonging
- Integrate your team's psychological safety needs into your business design and practices
- Support employee engagement, performance, and retention through a purposeful corporate culture
- Demonstrate the value of diverse viewpoints within your organisation
- Reap the benefits of a high-trust workplace culture

10.00 THRIVING THROUGH CHANGE, AND BUILDING WORKFORCE RESILIENCE IN UNCERTAIN TIMES

Joe Davis, Founder & CEO Nanogirl Labs and author of the book 'Silver Linings'



As we all continue to navigate this new landscape of working and business operations, organisations have an imperative to support the wellbeing of their teams and provide them with the necessary frameworks and infrastructure to allow them to thrive through ongoing change. Through enabling agile ways of working and encouraging

an adaptable culture, you can equip your people to respond to future challenges and disruptions with greater clarity and confidence. This presentation will offer practical suggestions on how your leadership team can:

- Ensure policies and procedures are sustainable and can evolve with the changing needs of your organisation and team
- Provide employees with a sense of stability through connection and community
- Help your team to 'bounce forward' when faced with

difficult situations

- Approach changes with curiosity rather than resistance
- Harness the power of adaptability to promote greater levels of performance and creativity

10.45 Morning Coffee Break

11.15 CREATING A FLOURISHING, MENTALLY HEALTHY WORKPLACE

Jacqui Maguire, Clinical Psychologist and science communicator



There has never been a more critical time to prioritise the mental health of your employees. With mental health challenges becoming increasingly prevalent due to the inherent stressors of recent times, organisations are being faced with a workforce that is fatigued, stretched and frankly,

burnt out.

This presentation will allow you to reflect on your organisation's current approach and initiatives, and identify opportunities to provide more robust, proactive and tailored support for your employees. It will explore how you can address mental health at the source and provide a safe and supportive environment for your team to thrive through:

- Embedding mental health and wellbeing into your organisational values and culture
- Collecting and using data to guide your efforts and detect emerging challenges
- Creating a framework for conversations and de-stigmatising issues
- Evaluating how work is designed, how demands are managed and how your team is supported day-to-day
- Modelling mentally healthy practices and boundaries at all levels of your organisation
- Recognising the rapidly evolving needs of your workforce and responding accordingly

12.00 CASE STUDY: THE POWER OF PROTECTING YOUR PEOPLE

This session will be led by a human resources director from an industry leading organisation

Through this case study, you will gain invaluable insights into how your organisation can provide meaningful and mutually advantageous support to your team through:

- Recognising and enhancing the positive elements of your organisation that contribute to positive mental health and help your people thrive
- Making mental health support and resources more accessible regardless of your workplace structure
- Ensuring your initiatives are well-founded and succeed the first time, every time
- Developing a wellbeing manifesto to provide a clear framework for your team culture and increase visibility of your mental health policies

12.30 Lunch Break

13.30 IMPLEMENTING A ROBUST AND IMPACTFUL WORKPLACE HEALTH AND WELLBEING PROGRAM

Sarah Tuck, Award-winning social entrepreneur, mental health advocate, facilitator



Corporate wellness programs have become a non-negotiable for many organisations, providing structured initiatives to increase the health, engagement, and productivity of employees. From providing health screenings and access to support services, to volunteer days and physical wellness activities – the sky really is the limit with what you include in your program.

So, how can you ensure your program hits all the right notes and has a positive and lasting impact on the lives of your employees, and benefits your business bottom line? In this session, you'll learn how to set your wellbeing program up for success, with tips on how to create a strong business case, set clear goals and objectives, secure buy-in from your leadership team, and ensure your program aligns to your organisational values and culture. You'll also walk away from this session with practical and actionable ideas on how to:

- Tailor your program to the unique needs of your team, ensuring your initiatives are relevant and accessible
- Use your communication channels to generate awareness, interest and participation
- Contribute to creating a healthy workplace culture through your program
- Leverage senior leadership involvement to create momentum and maintain engagement

14.00 PANEL DISCUSSION: HOW TO MAXIMISE THE ROI FROM YOUR HEALTH AND WELLBEING PROGRAM

The panel will also discuss the many factors that should be considered when measuring return on investment and value on investment of health and wellbeing programs, drawing on their experiences of initiatives at nib. You'll walk away from this session equipped with a stronger understanding of how to:

- Create clear goals and manage expectations for your program from the outset
- Secure buy-in from your leadership, workforce, and stakeholders
- Develop a framework to measure ROI holistically so you can demonstrate the success of your programs
- Attribute softer value measures such as job satisfaction and productivity into your evaluations to capture the broader impacts
- Increase the impact of your initiatives across all stakeholder groups
- Use data and feedback to track your progress

14.45 Afternoon Tea

15.15 THE PSYCHOLOGY THAT DRIVES HIGH-PERFORMING TEAMS

Dr Rod Corban, High-performance sports psychologist



We've established that it's crucial to offer a safe, welcoming and adaptable workplace that addresses the wellbeing of employees. However, your organisation must go beyond meeting these foundational requirements to create a high-performance culture that gets the most out of your people. Through this session, you will gain a stronger understanding of the psychological factors that impact your team's mindset, behaviour and performance. You'll explore what all high-functioning teams have in common, how employees derive meaning from their work and how to ensure your business design allows its people to be their best. This session will help bolster the performance of your team with real-world examples of how organisations can successfully:

- Create strategies for employees to upskill, develop and receive feedback
- Identify and address stagnation and burnout in employees
- Support experimentation and creativity
- Foster a collaborative environment that promotes the free flow of ideas
- Provide employees with autonomy to encourage increased accountability, ownership and motivation
- Utilise key performance indicators to help employees connect their contributions to shared goals

16.00 LEADERSHIP THROUGH A HUMAN-CENTRED LENS

Chris Roberts, Former CEO of Tourism Industry Aotearoa



In this inspirational keynote session, we will explore the role of the leader in healthy, thriving organisations. Leadership is no longer confined to the corner office – it is an omnipresent entity that sets the tone for how employees show up to work. A good leader must be vulnerable while demonstrating strength, have self-awareness and situational awareness, and be capable of cultivating both deep trust and high expectations of their employees. The best leaders are empathetic, using a human-centred lens in their decision making and putting people before policies at every opportunity. Together, we will form a roadmap for you to:

- Build and maintain strong relationships with your team to increase engagement and motivation
- Use transparency and consistent communication to foster trust
- Lead with empathy, inclusivity and flexibility to support your team through any challenge
- Invest in your people and leverage their strengths
- Evaluate how you show up for your team, ensuring your actions align to your organisational values

17.00 Closing Remarks From The Chair followed by Networking Drinks

PRE-SUMMIT MASTERCLASS

AUCKLAND
TUESDAY
25 OCTOBER 2022

WELLBEING PROGRAM INTENSIVE

DR AARON JARDEN

DIRECTOR OF THE
MASTERS OF APPLIED
POSITIVE PSYCHOLOGY
(MAPP) PROGRAM AT THE
MELBOURNE GRADUATE
SCHOOL OF EDUCATION,
UNIVERSITY OF MELBOURNE.



ABOUT YOUR MASTERCLASS

There are so many ways that you can approach a corporate wellbeing program and endless initiatives you can include, so it's often difficult to know where to begin. Enter Associate Professor Aaron Jarden, a world-leading expert in wellbeing science with an extensive background in researching and implementing wellbeing programs.

Aaron will share his cutting-edge insights in this one-day intensive, and take you step-by-step through designing, implementing and embedding wellbeing programs that are proven to work. You'll learn the fundamentals of cultivating a wellbeing culture that is not only relevant and successful, but that stands the test of time to improve the health, happiness, performance, and engagement levels of your team.

8.30 Registration and Welcome Coffee

9.00 SESSION ONE: FOUNDATIONS OF ORGANISATIONAL WELLBEING

This session will discuss the theory underlying wellbeing in the context of workplace programs. It will explore the key frameworks and models often used for programs and the key pillars that are required for their success. You will develop a greater appreciation for what wellbeing is, and how wellbeing fits with other organisational priorities, such as mental health and illness, wellness, and resilience.

It will also give you the facts and figures you need to justify your wellbeing program, from return on investment to value on investment and the details you need to support your business case and get your leadership team on board. You'll hear about the latest workplace wellbeing research and case studies from international organisations that are leading the way in this space.

10.30 Morning Coffee Break

10.50 SESSION TWO: UNDERSTANDING YOUR TEAM'S NEEDS

This session will focus on the individual needs of your workforce, giving you the tools and resources to form a strong understanding of your team's wellbeing needs. You'll explore concepts including character strengths, growth mindsets, gratitude, and meaning, amongst others, as well as practical initiatives to support a positive workplace culture.

You'll learn how to engage with your team, taking into consideration the diverse and evolving needs of your workforce, along with its diversity. You'll also get tips on how to engage hard-to-reach staff with your wellbeing program initiatives, targeting receptivity, which is particularly important in this hybrid and remote working environment we find ourselves in.

12.30 Lunch

13.30 SESSION THREE: SUPPORTING YOUR TEAM

This session will get to the essence of the factors that can make or break your wellbeing program. Drawing on both the latest wellbeing science and trends in practice, you will be exposed to the frontiers in workplace wellbeing approaches. We investigate systems level levers (individual, relational, organisational), discuss linking planning for wellbeing with performance, and highlight how wellbeing literacy enables change and skill building.

Across a range of topics, we will highlight how you can create the conditions for your initiatives to thrive and contribute to a strong workplace culture. You will discuss job crafting, the value of relationships and positive leadership, and how communication shapes workplace interactions.

15.00 Afternoon Tea Break

15.20 SESSION FOUR: YOUR WELLBEING ACTION PLAN

This session is where it all comes together. You'll dive into the detail of workplace policies and their impact on wellbeing, the realities of financing your workplace wellbeing program, and the importance of aligning your program to your organisational values and current change initiatives. You will gain important insights into organisational change theory, how to communicate to maximise engagement and impact, and how to cultivate a team of wellbeing champions that support the success of your initiatives.

On a practical level, you'll discuss goal setting, managing expectations and how to maximise buy-in at all levels of your organisation. Importantly, you'll also benefit from hearing about common challenges with implementation and delivery of programs, as well as how to evaluate the success of your program and how to address any issues that might arise.

16.30 Close of Masterclass

POST-SUMMIT MASTERCLASS

AUCKLAND
THURSDAY
27 OCTOBER 2022

BURNOUT TO BRILLIANCE

JESS STUART



ABOUT YOUR FACILITATOR, JESS STUART

Jess helps busy, high achieving career individuals find more time for them, reprioritise what matters, build resilience, beat the overwhelm and keep calm in the chaos, discover your true self and believe you can.

Jess is an author, coach and international speaker with 15 years in senior HR roles and two decades of coaching. She has featured on TV3, BBC, RNZ, Dominion Post, Stuff, Tiny Buddha, Elephant Journal and NZ Business Magazine. Jess believes that tapping into your potential doesn't mean doing more or having to be different. It's uncovering what's already there and being enough as you are.

She is committed to the value of lift as we climb and collaborating and believes we are more powerful together than we are apart.

ABOUT YOUR MASTERCLASS

As a leader, it can be easy to fall into the trap of feeling the need to be productive, efficient and present at all times. The demands of leading a team or organisation can also often result in not having enough time to rest, recharge or prioritise your wellbeing. Throw in the uncertainty, change and isolation of the past several years, and you've got the perfect storm for burnout.

While burnout can result in reduced productivity and poor mental health for an individual, as a leader, you have the added responsibility of setting the tone for the rest of your organisation. If you set healthy boundaries with your work and prioritise your own wellbeing, it creates an expectation for your team members to do the same.

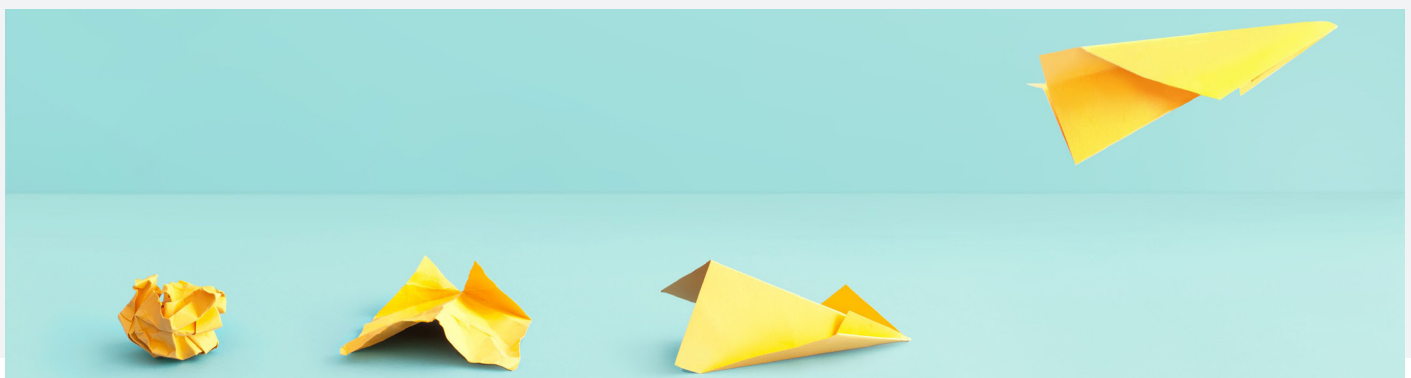
It is also your duty to recognise the signs of burnout in your workforce. You will notice it in how your team relates to their work – do they seem fulfilled or depleted at the end of the working day? Are they enthusiastic or do they tend towards negative self-talk when it comes to their performance? By tuning into your team and leading by example, you can help to create a healthier, more resilient and energised workplace.

This full-day Burnout to Brilliance masterclass has been developed specifically for busy, high-achieving leaders and senior managers who want to reach their peak performance and potential.

It will challenge how you define your productivity, help you to reset your professional expectations and boundaries, and give you the tools to be your best without burning out in the process. You'll benefit from in-depth conversations with your masterclass facilitator and peers and will gain strategies to become a more effective, efficient and transformative leader.

This masterclass will help you to:

- Lead in a manner that supports your wellbeing of your team, as well as your own
- Identify the habits that can contribute to burnout and introduce more sustainable practices
- Shift your focus from being busy to being productive
- Prioritise rest and self-care to ensure you aren't pouring from an empty cup
- Feel capable and connected while leading in a virtual or hybrid setting
- Create the conditions to thrive, even in tough times



Find out more today at www.thinktankmedia.net

HOW TO REGISTER

To register for the Corporate Health & Wellbeing Summit, please visit 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.

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.

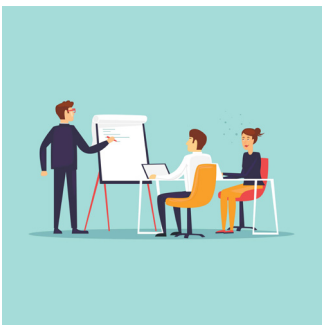
SUMMIT DAY



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

- In-person attendance at the main summit day on 26 October
- Arrival coffee, morning and afternoon tea and lunch
- A workbook with plenty of room to make notes, plus pens, notepad and water
- Copies of speaker presentation slides post event
- Networking drinks following main summit day sessions
- Access to sponsor exhibition stands and prize draws

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
- Arrival coffee, morning tea, afternoon tea and a buffet lunch on masterclass days
- The ability to network and connect with all masterclass 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 FOR FULL DETAILS AND TO REGISTER