



**STRONGER WORKPLACE.  
BETTER BUSINESS OUTCOMES.**



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

CORDIS AUCKLAND, 31 OCTOBER 2023

# ABOUT THE SUMMIT



The Corporate Health & Wellbeing Summit returns to the Cordis in 2023 for its 9th consecutive year. As ever, the 2023 program has been built from extensive feedback and research to reflect the business environment, challenges and opportunities we're currently facing.

The summit focuses firmly 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.

Generous early bird discounts are currently available, as well as group discounts that start at just two attendees. Plus, this year you can book entire tables, at great rates and reserved seating for your team.

We're looking forward to welcoming you to the summit in October.

## PAST ATTENDEE TESTIMONIALS

Over the past 9 years, thousands of attendees have benefitted from attending the summit, always with fantastic feedback.

Here is a selection of testimonials from past delegates:

"ALL OF THE SPEAKERS WERE GREAT, A GOOD RANGE OF PERSONALITIES. FANTASTIC SUMMIT. AMAZING SPEAKERS, RUN WELL AND GREAT FOOD AND SERVICE. LOOKING FORWARD TO COMING BACK NEXT YEAR. FEELING INSPIRED!"  
**FEE LANGSTONE**

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

"THANK YOU FOR TODAY. I'VE LEARNED A LOT BUT IT'S ALSO HELPED TO REAFFIRM WHERE I AM TRYING TO HEAD WITH OUR WELLBEING PROGRAM."  
**VODAFONE**



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





## SUMMIT PRICING

Attendance Type:	Early Bird (until 29 Sept 2023)	Full Rate (from 29 Sept 2023)
Summit Day only	\$1095 + GST	\$1295 + GST
Summit Day & one masterclass	\$1795 + GST	\$1995 + GST
Summit Day & both masterclasses	\$2295 + GST	\$2495 + GST
Table of 7 for the Summit Day	\$6132 + GST	\$7252 + GST

## GROUP DISCOUNTS

Book with a friend or with your team for some great savings. Discounts will automatically be applied at checkout.

Bring a friend: (2-3 attendees): 10% discount

Bring your team: (4-6 attendees): 15% discount

Alternatively, you can save 20% by booking a table of 7.

## MAJOR SPONSOR



## EXHIBITION SPONSOR



### ABOUT YOUR VENUE

Cordis 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](mailto:bookings@thinktankmedia.net)



# THE SUMMIT PROGRAM

Welcome to the Corporate Health and Wellbeing Summit, the conference 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.

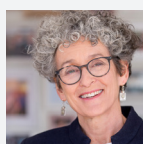
## 8.30 Registration And Welcome Coffee

### 9.00 OFFICIAL WELCOME AND OPENING REMARKS FROM THE CHAIR

**Suzanne Waldron**

### 9.10 WHY WELLBEING IS STAYING ON THE AGENDA IN 2023: ESSENTIAL SKILLS FOR THRIVING THROUGH UNCERTAINTY AND CHANGE

**Dr Denise Quinlan**, Co-founder of the New Zealand Institute of Wellbeing & Resilience and Adjunct Senior Fellow at the University of Canterbury



Whether you're helping to steer your organisation through yet another change or disruption, are trying to juggle multiple responsibilities, or are at the mercy of a never-ending stream of 'urgent' priorities, there's no wonder many of us feel on the brink of burnout.

Despite 2023 being less tumultuous than years past, levels of overwhelm in the workplace remain high – why is that? Employees have continued to give their all, despite the many hurdles and step-changes they've navigated in recent times. Without the right skills and support systems in place, even the most resilient of people will run out of steam.

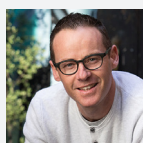
The science tells us that wellbeing skills are absolutely essential for avoiding burnout in our teams. They help to protect individuals, build stronger teams, increase adaptability and ultimately, this helps organisations rise to meet the constant barrage of uncertainties and change. In this presentation,

Dr Denise Quinlan will share the skills that are needed by your people to help avoid feelings of overwhelm, maintain sharp focus, and build collective resilience. She will draw on her years of research to pinpoint exactly how you can future-proof your workforce by putting an emphasis on wellbeing, including:

- Cultivating habits among your people to support their wellbeing
- Developing a compassionate workplace culture that creates psychological safety
- Encouraging ruthless prioritisation to address workloads
- Fostering self-acceptance to help your team own and learn from failures and setbacks

### 10.00 THE FIGHT TO FIT IN: HOW FEELING DIFFERENT AT WORK STIFLES POTENTIAL

**Callum McKirdy**



We've spent three years trying to get back to a 'new normal', yet normal never existed. Still, some of us are struggling to act, be, or perform as 'normal' in the workplace. The health and wellbeing implications of not recognising just how difficult it is for some of our managers, staff and colleagues to 'fit in' are devastating and often unrecognised.

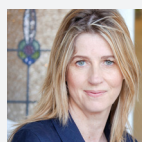
- Every workplace has neurodivergent staff – we just don't know who they are (estimates range from 8-20% of the workforce)
- 80% of neurodivergent people are undiagnosed, no matter how hard they try to meet the expectations of 'normal'
- Organisations that make it safe, easy and essential to be yourself find everyone benefits.

This presentation will give you the tools to champion your team members' individuality and create a working environment where everyone can bring the best version of themselves, creating better business outcomes.

## 10.45 Morning Coffee Break

### 11.15 MENTAL HEALTH RESPONSE: A GUIDE FOR LEADERS

**Dr Natalie Flynn**, Senior Clinical Psychologist



If you are a people leader, chances are that you have encountered an array of complex and challenging mental health situations with your team over the last couple of years. From burnout to depression and anxiety, not to mention substance abuse and personality disorders, the upheaval of the last couple of years have had a heavy toll for many individuals.

The question is – are you and your organisation well equipped to manage the mental wellbeing of your people? While many organisations have EAP processes in place, the people leaders in your workplace are often on the front line for identifying and triaging mental health conditions.

If you do not have the knowledge or confidence to respond to mental health situations, it can be incredibly confronting for all involved.

This session will be led by Dr Natalie Flynn, a Senior Clinical Psychologist with twenty seven years' experience working in the field. Dr Flynn will give you the tools you need to effectively respond to your team in their moment of need, including:

- How to spot poor mental health among your people
- How to approach mental health situations in the workplace and what not to do
- Strategies to support team members experiencing a crisis
- The steps you need to take in a mental health emergency

### 12.00 STRENGTHENING FINANCIAL WELLBEING AND BEATING FINANCIAL STRESS, AS A STRATEGIC BUSINESS OPPORTUNITY

**Dr Amanda Wallace**, Research Lead, Umbrella Wellbeing



Data collected from the Umbrella Wellbeing Assessment shows that at least half of all working New Zealanders have experienced some form of financial stress in the last month – more common than any other non-work challenge, including family, parenting or relationship stress.



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30 OCT - 1 NOV 2023

CORDIS AUCKLAND

The source of financial stress may vary – redundancy or unemployment, unexpected costs, business setbacks, rising living costs, supporting spouses or dependents etc.

Regardless of the cause, whether we like it or not, we bring this stress with us to work.

This presentation will cover what the research tells us about financial stress and financial wellbeing in Aotearoa, with a focus on what businesses can do to support their people, including:

- Measuring and understanding stress, including financial stress, in the workplace
- Taking action at the individual, group, leader and organisational level
- Building a well-rounded wellbeing strategy that is targeted and proactive
- Demonstrating return on investment for investing in wellbeing

#### 12.45 Lunch Break

#### 13.45 HIGH PERFORMING HABITS

**James Laughlin**, high-performance leadership strategist



Where health ends, high performance begins. Believe it or not, this mantra is embraced by many 'high performing' teams and organisations.

When we look at the current anxiety pandemic, stress-related illness and rapidly increasing suicide rates, it's about time that we re-shape what high performance truly means.

High performance is viewed as delivering output and results over and above what is expected. However, this is not sustainable without providing appropriate expectations, training and resources to maintain this momentum long-term. Ultimately, if your team is not well supported, their health and wellbeing will suffer and, consequently, their work will too.

As a sought-after high performance leadership coach, James Laughlin is well placed to discuss the foundations and habits needed to sustain strong performance.

During this presentation, you will learn why leaders are key to driving high performance habits, the neuroscience behind habit installation and why performance must incorporate wellbeing.

- Set the conditions for your team to thrive outside of their comfort zone
- Equip your people with the mindset and skillset to sustain high performance long into the future
- Develop a culture that champions both productivity and wellbeing
- Connect your team members' contributions to your organisation's vision and success

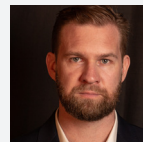
#### 14.30 PANEL DISCUSSION: HOW TO MAXIMISE THE ROI FROM YOUR HEALTH AND WELLBEING PROGRAM

This session will feature a panel discussion between industry experts, facilitated by senior leadership representative from our Major Sponsor nib. It will be shaped by feedback received from delegates at 2022 Summit, so you can be sure it will include robust conversations and insights on the topics you want and need to hear about to support the wellbeing of your people.

#### 15.15 Afternoon Tea

#### 15.45 INSPIRATIONAL KEYNOTE: HELPING YOUR TEAM BRING THEIR A-GAME

**David Knoff**



When David Knoff signed up to lead a team as part of the Australian Antarctic Program in 2019, he knew it would be a challenging and high-pressured experience for both his team and himself. However, what he didn't know was that the arrival of the pandemic would see them stranded without a ride home.

Faced with an endless Antarctic winter, David drew on his leadership skills and resilience to support his team through what resulted in a 537-day mission. Over and above keeping his team safe, David learned what it truly takes to keep his people motivated and on task, despite an incredibly challenging working environment.

We know you're going to be sitting on the edge of your seat while listening to David present. His insights and lessons on helping his people deal with the unknown, working and leading remotely, and overcoming seemingly insurmountable obstacles are sure to leave you inspired and in awe. You'll walk away with a renewed faith in the human spirit and a fresh perspective on:

- How to foster a cohesive, high-functioning workforce
- Getting the foundations right when it comes to supporting team wellbeing
- How to keep morale and motivation levels high in times of crisis
- How your team can thrive through adversity and come out stronger

#### 16.45 Sponsor prize draws

#### 16.50 Closing Remarks From The Chair

#### 17.00 Networking Drinks

"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**

# PRE-SUMMIT MASTERCLASS

**CORDIS AUCKLAND**  
MONDAY  
30 OCTOBER 2023

## INFLUENCING CHANGE THROUGH CONNECTION

SUZANNE WALDRON AND  
MO MACRAE



### ABOUT YOUR MASTERCLASS

It is one thing to be equipped with the knowledge you need to improve your organisation's corporate culture. However, it is another to be able to convey this knowledge in a way that creates meaningful change. Ultimately, the insights you gain from the Corporate Health and Wellbeing Summit will be most valuable if you can communicate and connect with your people on these matters effectively.

This masterclass will explore the concept of connection and authenticity in a corporate setting, giving you the skills to become a more influential and relatable leader, harness your inner storyteller, and strengthen your working relationships. It has been designed specifically for summit attendees, so you can begin translating your learnings, get more traction on your health and wellbeing initiatives, and foster a more engaged workforce.

### MASTERCLASS PROGRAM

#### 8.30 Registration and Welcome Coffee

#### 9.00 SESSION ONE: HOW AUTHENTIC CONNECTION WORKS

Connection is built into our DNA. We have connected and shared for thousands of years, helping us to relay, contribute and conquer. This session will lay the groundwork for your day, breaking down the neuroscience behind communicating authentically, so you can begin to create buy-in and true engagement with your team.

#### 10.30 Morning Coffee Break

#### 10.50 SESSION TWO: HARNESS YOUR INNER STORYTELLER

Think of any leader or influencer who has inspired a response in you, either positively or negatively. Their ability to capture your attention and tap into your emotions is a powerful skill. This session will give you the opportunity to develop your own unique voice so you can communicate on a deeper level for impact and influence.

#### 12.30 Lunch

#### 13.30 SESSION THREE: WINNING HEARTS AND MINDS

The process of sharing experiences can help build a connected corporate culture through encouraging vulnerability, rapport and trust among your team. This session is designed to help you communicate a message in a relatable way, and will focus on how you can connect deeply to heart and minds, so your communications and initiatives are well-received and have maximum engagement.

#### 15.00 Afternoon Tea Break

#### 15.20 SESSION FOUR: CREATING CULTURAL CHANGE

Generating a cultural shift is difficult, and can be daunting. Implementing wellbeing initiatives can take time and require buy-in from the outset to make progress. This session will integrate everything you have learned so you can be confident you will create real impact in your workplace. From getting a business case across the line to making data relevant and getting buy-in from your wider team, you will leave this session with the tools and techniques to make a serious, practical, difference.

#### 16.30 Close of Masterclass

### ABOUT YOUR FACILITATORS



Suzanne Waldron is a behavioural change facilitator whose masters research focused on moving ideas into action through pro-social leadership. Working globally with influential leaders, her focus is on explicit communication and solid peer-to-peer relationships.

She's an active ambassador for RUOK?, TEDx curator, and co-founder/director of short doco series Stories Out Loud. A twice published author, Suzanne has been nominated for Western Australian of the Year 2016 for her community work and twice 40 under 40.



Mo is one of the region's most in-demand commercial directors and author of the upcoming book, *Hearts & Minds: How to connect and engage*. Mo coaches leadership teams on the art of storytelling to influence and the power of thinking like a director – designing rich audience experiences that build relationships and deliver lasting impact. In 2007, Mo won Matt Damon and Ben Affleck's million-dollar screenplay competition, *Project Greenlight*, with his brother Kenn. He has lectured and tutored in creativity and communication for more than 20 years.



# POST-SUMMIT MASTERCLASS

**CORDIS AUCKLAND**  
WEDNESDAY  
1 NOVEMBER 2023

## MENTAL HEALTH SKILLS FOR OUR CHANGING WORLD

LANCE BURDETT



### ABOUT YOUR MASTERCLASS

Mental ill health has never been more prevalent than it is today – we see it in our families, friendship groups and workplaces. So, it's never been more important to equip yourself to support people through mental health crises. Further complicating matters, the way we communicate about mental health continues to evolve as we learn more about neuroscience and human behaviour. As a result, there is an increasing expectation for you to be empathetic, inclusive and direct in your approach.

This full-day masterclass will be led by an expert facilitator, who will share topical, relevant and practical exercises and techniques to help you support your teams' mental health. It will also give you tools to overcome negative events, reduce worry and catastrophising, and adapt to a busy and complex world.

### MASTERCLASS PROGRAM

#### 8.30 Registration and Welcome Coffee

#### 9.00 SESSION ONE: THE NEUROSCIENCE BEHIND HEALTH & WELLBEING

In this session, you will explore the neuroscience behind how our brains, store and retrieve information. In doing so, you will get a greater understanding of negativity bias, fight-fright-freeze, and how this can affect the state of our mental health.

#### 10.30 Morning Coffee Break

#### 10.50 SESSION TWO: MANAGING EMOTIONS

With greater awareness of your emotions, you are better able to respond to the impact of negative events. In this session, you will discuss emotional intelligence, how to manage people in emotional states, and how to reduce your own personal stress and switch off after a busy day.

#### 12.30 Lunch

#### 13.30 SESSION THREE: INCREASING ADAPTABILITY

With change, comes a need for adaptability. There is only one constant in life and that is change, so how can we better handle uncertainty and adversity? This session contains simple techniques to help you handle change, so you and your team can get on with business as usual.

#### 15.00 Afternoon Tea Break

#### 15.20 SESSION FOUR: COMMUNICATION TECHNIQUES

The way you communicate is crucial for supporting people experiencing ill mental health. This session offers advanced communication tools that will help you navigate real-life scenarios, including

- Supporting those with heightened emotions
- Delivering difficult messages
- Adapted your communication style for people who are neurodiverse
- Running a positive debrief

#### 16.30 Close of Masterclass

### ABOUT YOUR FACILITATOR



Following a successful career in the construction industry, Lance spent 22 years with the NZ Police, becoming the leading crisis negotiator. Qualifying in NZ, Australia, and with the FBI, Lance taught crisis intervention to police & prison negotiators. Lance trained and operated with the elite tactical teams of Police, Corrections, Fire, Ambulance, Military, and the FBI.

As a commissioned officer, Lance directed the immediate response to the full range of critical incidents and was a senior detective leading investigation teams on complex criminal cases. Responsible for recruitment and training for the Police Emergency 111 call centres, Lance developed and delivered coaching programmes on handling emotional conversations and coping skills. His resiliency programme is part of the NZ Police mandatory training.

Lance published the bestselling book – Behind the Tape, Life on the Police Frontline – detailing highlights of his police career and his personal story of depression and suicide. His second book – Dark Side of the Brain, Adapting to Adversity – another bestseller, focuses on total wellbeing. He is writing a third book on managing anxiety.



## 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.

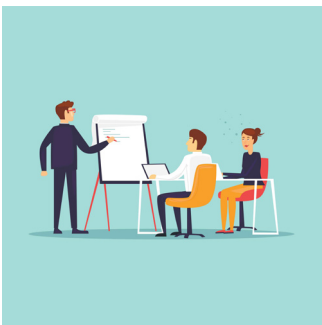
## SUMMIT DAY



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

- In-person attendance at the main summit day on 31 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](http://WWW.THINKTANKMEDIA.NET) FOR FULL DETAILS AND TO REGISTER

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