



presents:

# Workplace Wellness Conference

Examining strategies to enhance the wellbeing and productivity of the Australian workforce

9 – 10 October 2018 | Sydney Showground



## PRESENTATIONS FROM:

David Fitzgerald, *GM HSEQ, Asset Services*,  
**UGL Pty Limited**

Louise Dubois, *Acting Director HSE*, **Optus**

Emily Coppola, *Corporate Health & Wellbeing Lead*, **Medibank**

Julia Robinson, *Wellness Specialist People and Culture*, **MetroTrains**

James Wallace, *Project Manager - Safety Capability and Resilience*, **Sydney Water**

Lucas Finch, *Health and Wellbeing Specialist*, **Sydney Water**

Martine Briers, *Group Manager of Health, Safety, Environment and Quality*,  
**Coates Hire**

Christine Spicer, *Manager, Healthier Work*,  
**ACT Government**

Marian Merrigan, *National Health and Wellbeing Manager*, **Linbox**

Terry Wong, *General Manager*, **Move4Life**

Rebecca Michalak, *Principal Consultant*,  
**Psych Safe**

Michael Adeney, *Psychologist*,  
**Fatigue Safety**

Greg McLoughlin, *Managing Director*,  
**Health by Design Australia**

Sadhbh (Sive) Joyce, *Senior Psychologist, Workplace Mental Health Research Team, Faculty of Medicine*, **University of New South Wales**, and **The Black Dog Institute**

**HELD CONCURRENTLY WITH THE SAFETY IN ACTION AND RETURN TO WORK (RTW) CONFERENCES AND THE SAFETY IN ACTION SHOW**

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# Workplace Wellness Conference

Tuesday 9 October 2018

# DAY 1

**8:00** Registration and welcome coffee

**8:50** **WELCOME** | Opening remarks from the Chair

## HEALTH, WELLBEING AND WELLNESS

**9:00** **From Meaning, to Wellbeing and Personal Engagement - David Allen meets Martin Seligman**

- How do we help people discover their purpose and meaning
- How do we integrate that purpose and meaning to people's personal, career and work objectives
- How do we help people create space in their busy days to achieve more meaningful work, build stronger personal lives?

David Fitzgerald, *GM HSEQ, Asset Services, UGL Pty Limited*

**9:20** **Upwards and Onwards**

- Mental health vs Mental illness
- Mental illness / assumptions and reality
- Impact of positive psychology

Louise Dubois, *Acting Director HSE, Optus*

**9:40** **Health at the Centre of the Employee Experience**

- The employee experience with a health lens
- Creating a culture of health
- Humanising the approach to Mental Health

Emily Coppola, *Corporate Health & Wellbeing Lead, Medibank*

**10:00** Networking and Morning Refreshment Break

## MENTAL AND PHYSICAL RESILIENCE

**10:30** **Resilience During High Pressure Situations**

- Learning resilience in high risk environments
- Building resilience in your workplace
- Identifying at risk groups

James Wallace, *Project Manager - Safety Capability and Resilience, and Lucas Finch, Health and Wellbeing Specialist, Sydney Water*

**10:50** **Addressing Well-being and Mental Health in the Workplace**

- Water Corporation's mental health initiative and Fitness for Work
- Improving leadership capability to deal with sensitive issues in the workplace
- Focusing on risk, accountability and of team leader inaction

Senior Representative, *Water Corporation*

**11:20** **Building Physical Resilience in the Workplace**

- Latest thinking and practical takeaways about how to build physical resilience at work
- Secrets about future-proofing an ageing workforce

Terry Wong, *General Manager, Move4Life*

**11:40** **The Emergency Services: Strategies to Improve Mental Health**

- Discussing the effects of exposure to critical incidents and traumatic stress on emergency services personnel
- Addressing common mental health injuries; depression, stress-related anxiety, PTSD and suicide

Darrin Wright, *Executive Director - Personal Injury, Gallagher Bassett*

**12:00** Lunch and Safety in Action Exhibition Viewing

## MINDFULNESS AND MENTAL HEALTH

**1:30** **Stop Craving Happiness**

This well known speaker has developed Happiness Sweeping®, to help improve personal happiness and sense of well-being.

Iggy Tan, *Managing Director, Altech Chemicals*

**1:50** **Effective Wellness Programs in the Rail Industry (Metro Trains Melbourne)**

- Newly launched Wellness Framework/Strategy
- Positive Psychology influence
- Wellness Advocate Network

Julia Robinson, *Wellness Specialist People and Culture, MetroTrains*

**2:10** **Developing Mentally Healthy Workplaces: The role of resilience training**

- A framework for creating mentally healthy workplaces
- The Resilience at Work (RAW) Mindfulness Program: Research findings
- Translational Research: Creating Resilient and Wise (RAW) Mind Coach

Sadhbh (Sive) Joyce, *Senior Psychologist, Workplace Mental Health Research Team, Faculty of Medicine, University of New South Wales, and The Black Dog Institute*

**2:30** **CASE STUDY | Mental Health in the Equipment Hire Industry**

- Creating a culture of physical and mental safety and wellbeing
- Partnering for the Well@Work project: An evidence-based technology
- HeadCoach for managers promoting mentally healthy workplaces

Martine Briers, *Group Manager of Health, Safety, Environment and Quality, Coates Hire*

**2:50** Networking and Afternoon Tea

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## FUTURE POLICY FOR WORKPLACE WELLNESS

**3:20** **Health and Wellbeing Clause in Local Government (State) Award**

- Use of Local Government Award, clause 24 Health and Wellbeing allows to prevent poor health
- Positive and negative experiences of the Health and Wellbeing clause

Adam Dansie, *Industrial Relations Manager, Local Government Shire Association*

**3:40** **Outcomes and Future Plans for Healthy Workplace Programs: Healthier Work**


- Building the capacity of workplace to create healthier work environments through a recognition and capacity building scheme
- Healthier Work findings from their 2018 external evaluation

Christine Spicer, *Manager, Healthier Work, ACT Government*

**4:00** **Managing Risk Factors for Health, Safety and Wellbeing**

- Developing an approach to engage and motivate your workforce
- Working in teams to help identify risks in the workplace
- Promoting cultural change towards good health

**4:20** Closing Remarks from the Chairperson

**4:30** Networking Drinks 

# Workplace Wellness Conference

Wednesday 10 October 2018

# DAY 2

**8:00** Registration and welcome coffee

**8:50** **OPENING** | Opening remarks from the Chairperson

## WELLNESS CULTURE AND LEADERSHIP

### 9:00 What's Wellness Worth?

- The health conditions that are costing your organisation the most
- How to build a wellness strategy based on financial returns
- Which interventions give you the best return on your investment

Gretchen Masters, *Wellness Manager*, **GU Health**

### 9:20 Disengaged and Burned Out – True stories from executive wellbeing practitioners and their clients

This session will take us through a 'day-in-the-life' of an executive wellbeing coach, taking an up close and personal look at common evidence-based influences that shape leaders' wellbeing, and how to effectively identify many of the silent derailers affecting performance in today's fast-paced, ambiguous and complex business environment.

Martine Beaumont, *Founder & CEO*, **Select Wellness & Select Counsellors**; Camilla Thompson, *Managing Director and Co-Founder*, **Select Wellness**

### 9:40 **CASE STUDY** | Creating Momentum for your Wellbeing Strategy: how to engage your leaders as the drivers of wellbeing

- What are the factors that most impact leader's wellbeing?
- How can this evidence inform wellbeing strategy, wellbeing program development and organisational development?
- How can organisations embed wellbeing as a leadership capability that is developed, measured and rewarded?

Karen Gillespie, *CEO*, **EEK & Sense** and Dr Suzy Green, *CEO*, **Positivity Institute**

**10:00** Networking and Morning Refreshment Break

## WELLNESS WORKFORCE AND EMPLOYEE ENGAGEMENT

### 10:30 Workplace Bullying and Harassment: "Working with Monsters"

- Research findings on the impact of workplace bullying
- Counting the costs of toxic employees in the workplace
- How to better manage workers and workplace culture

Rebecca Michalak, *Principal Consultant*, **Psyche Safe**

### 10:50 Creating Healthy and Productive Workplaces

- Taking a wholistic approach to health and well-being
- Behaviour modifications through neuroplasticity
- Understanding performance psychology

Michael Adeney, *Psychologist*, **Fatigue Safety**

### 11:10 **INTERACTIVE SESSION** | Happiness Advantage | Orange Frog

Learn the Three Core Philosophies foundational to The Happiness Advantage:

- Happiness Fuels Success (The Formula is Backwards)
- Create a Comfort-Zone for Positive Outliers
- Everyone Must Become a Script Writer

Alex Dawson, *Co-Founder*, **Positive Scenario**

**12:00** Lunch and Safety in Action Exhibition Viewing

## EMOTIONAL HEALTH, FITNESS AND NUTRITION

### 1:30 Integrated Employee Wellbeing and Safety: Joining the Dots

- In the real world, our mental health has implications on our physical behaviours and vice-versa
- Joining the dots between physical, mental, and emotional health rather than specific isolated behaviours
- Implementing activities to reduce individual health and injury risk

Greg McLoughlin, *Managing Director*, **Health by Design Australia**

### 1:50 Physical Health at Work

- Exercise and physical activity to boost employee productivity
- Exercise-induced endorphins, the happy hormone

Marian Merrigan, *National Health and Wellbeing Manager*, **Linfox**

### 2:10 Gut Health for Busy People

- Learn about the gut microbiome and health
- Find out the difference between probiotics, prebiotics & resistant starch, and why fibre is so important
- Learn simple ways to assess your own gut function

Nicole Dynan, *Owner & Director*, **The Gut Health Dietitian**

### 2:30 What the heck to eat for Productivity, Energy & a Leaner Body?

- Low energy, brain fog, and expanding waists are surrounding us - why?
- Case study - A day in the life of a vibrant, working, 'time poor' employee
- Note: This nutritionist approves of coffee and wine.

Michele Chevalley Hedge, *Qualified Nutritionist, Health Writer & Presenter*, **A Healthy View**

**3:00** Afternoon Tea & Coffee

## BEHAVIOURAL PERFORMANCE AND TEAM ENGAGEMENT

### 3:30 Behavioural Performance Assessments

- Psychometric assessment
- Shaping human behaviour
- Digital gamification: TeamTopia™
- Enhancing team engagement

Hayden Fricke, *Director – Psychologist*, **PeopleScope**

### 3:50 Wellness and Engagement Analytics Platform

- Embedding wellbeing and wellness strategy in work culture
- Promoting cultural change towards workplace wellness
- WellteQ™ employee wellness and engagement platform

Scott Montgomery, *CEO*, **WellteQ**

### 4:10 **CLOSING** | Closing remarks from the Chairperson

**4:20** End of Conference

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## Easy Ways to Register

**1 Web**  
[www.informa.com.au/workplacewellness2018](http://www.informa.com.au/workplacewellness2018)

**2 Telephone**  
+61 (0)2 9080 4307 – Quoting P18K20

**3 Email**  
[info@informa.com.au](mailto:info@informa.com.au) – Quoting P18K20

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## Pricing Details

Register Early & Save	Early Bird Rate				Standard Rate		
	Book & pay on or before 30 June 2018				Book & pay from 1 July 2018		
Conference Package	PRICE	GST	TOTAL	SAVE	PRICE	GST	TOTAL
Two day conference	\$1,395	\$139.50	\$1,534.50	\$200	\$1,595	\$159.50	\$1,754.50

### SPEAKING, SPONSORSHIP & EXHIBITION OPPORTUNITIES

Excellent opportunities exist to showcase your organisation. For further information, please contact **Josko Kazija, Exhibition and Sponsorship Director** on +61 2 9080 4143 or email: [josko.kazija@informa.com](mailto:josko.kazija@informa.com)

For information on speaking, please contact the Conference Producer **Leah.C.Dansie@informa.com.au**

For full terms and conditions, please visit:  
[www.informa.com.au/workplacewellness2018](http://www.informa.com.au/workplacewellness2018)

### VENUE DETAILS

Sydney Showground  
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