



PLUS - Don't miss these two invaluable masterclasses:  
**Maximising ROI in Wellbeing and Science of Connection**  
Register now!

# C O R P O R A T E

# health & wellbeing

## S U M M I T



**BRUCE COTTERILL**  
Transformational leader, former CEO of Colliers, ACP Magazines and Canterbury International



**DR JENNY BROCKIS**  
Doctor, speaker, author of 'Future Brain' and Director and Founder of Brain Fit!

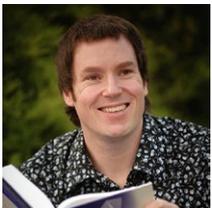


**NIGEL LATTA**  
Officer of the New Zealand Order of Merit (ONZM) for services to Psychology



**SACHA MCNEIL**  
Highly respected news presenter and journalist for Mediaworks

**STRONGER WORKPLACE. BETTER BUSINESS OUTCOMES.**  
4 April 2017, Hilton Auckland



**DR AARON JARDEN**  
Senior Lecturer at Auckland University of Technology, wellbeing consultant and social entrepreneur



**SHAUN ROBINSON**  
CEO, Mental Health Foundation of New Zealand



**KASH THOMPSON**  
Director at YES Psychology & Consulting and President of EAPAA in 2016

Organised by:



"A great mix of topics. Loved it!"  
Melbourne Water



"Thank you for today, I've really learnt a lot!" Vodafone



"Excellent conference. Very practical, full of ideas that I can put into the workplace." Financial Ombudsman

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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# CORPORATE health & wellbeing SUMMIT

## ABOUT THE SUMMIT

Welcome to the Corporate Health and Wellbeing Summit, back for its third year in 2017, and packed full of new ideas, fantastic speakers and strategies. This inspirational high-level management conference is designed for senior management, with a focus on improving productivity and business performance through a healthy, engaged, inspired and invigorated workforce – the healthy heartbeat every business needs to thrive.

## WHY ATTEND?



"A really impressive, well thought-out Summit. I enjoyed hearing the presenters and I was pleasantly surprised to see the variety of speakers and their influence and impact in this space to people and communities generally. Well done."  
The Royal College of General Practitioners



Effectively promote healthy physical and mental activity in your workplace



Create a healthy workforce and a healthy company bottom line



Combat absenteeism with an overall healthier team



Engage, inspire and empower those around you, and become a better leader



Hear from leading organisations on what they do and how they've made it work



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# CORPORATE health & wellbeing SUMMIT

## DON'T MISS YOUR KEYNOTE SPEAKERS

### BRUCE COTTERILL



Bruce is a transformational leader, with extensive experience across a range of industries, including real estate, media, financial services, technology and retail.

As CEO, Bruce has led real estate group Colliers, ACP Magazines, and iconic sportswear company Canterbury International.

### SHAUN ROBINSON



Shaun is the CEO of the Mental Health Foundation of New Zealand. With degrees in business and community work, he has also held four other CEO positions in not-for-profit organisations, addressing issues from care and protection to HIV and AIDS. He has also been a policy advisor to former Prime Minister Helen Clark.

### NIGEL LATTA



Nigel is a clinical and forensic psychologist, lecturer and author, with a rich catalogue of books, TV series and documentaries to his name, including 'Beyond the Darklands'.

In 2012 Nigel was made an Officer of the New Zealand Order of Merit (ONZM) for his services to Psychology.

### DR JENNY BROCKIS



As a doctor, speaker, author and mentor, Dr Jenny is passionate about all things 'brain'.

Her mission is to become the Jamie Oliver of brain health fitness, empowering others to create their own brain that is fit, healthy and optimised to help them work at their best.

### DR AARON JARDEN



Dr Aaron Jarden is a Senior Lecturer at Auckland University of Technology, and a wellbeing consultant and social entrepreneur. He has multiple qualifications in philosophy, computing, education, and psychology, and is a prolific author and presenter. He consults to many of New Zealand and Australia's top companies and both governments.

### KASH THOMPSON



Kash Thomson has 20 years' experience as a psychologist and leader of professional teams.

Kash is Director at YES Psychology & Consulting and has three years serving on the Executive of the EAPAA (Employee Assistance Professional Association of Australasia), as President in 2016.

# THE SUMMIT PROGRAM

TUESDAY 4 APRIL 2017 | HILTON AUCKLAND



8.30 Registration and welcome coffee

9.00 Opening remarks from the MC  
SACHA MCNEIL

## KEYNOTE ADDRESS:



### 9.10 LEADING CHANGE: CHANGE MANAGEMENT AND BUILDING WORKFORCE RESILIENCE

Human beings weren't really designed for change. However, in this globalized, hyper-connected, market-driven world that we all live in now, it's not about whether you like change or not, because the truth is it's change or die. Constant change and adaptation is the only way businesses can survive now, and so bringing all the people in that business along with the change is fundamentally important. Hear Nigel's latest research and practical advice:

- The neuroscience explanation behind why change is often so difficult
- How to lead and influence a resilient organisation, where your people will survive and thrive
- Engagement techniques for leading your people so they will follow - particularly in difficult times
- Supportive measures to foster employee resilience and an open, compassionate culture
- Creating sustainable workforce energy and resilience to last through periods of change
- Practical strategies for dealing with, learning from and overcoming, failure and obstacles
- Enabling open, healthy, positive inter-communication and inter-connection organisation-wide
- Empowering others to make sustainable positive changes your organisation

**NIGEL LATTA**

### 10.00 WELLBEING 101: MAKING WELLBEING PROGRAMS SUCCESSFUL



"My goal is simple. It is complete understanding of human wellbeing, why it is as it is and how it can be improved." Dr Aaron Jarden is an expert in the application of wellbeing science, positive education and organisational and positive psychology and has helped a multitude of governments and organisations internationally to cultivate successful workplace wellbeing programs, allowing morale and productivity to thrive. Aaron is author of countless publications and research papers on wellbeing, and is a lead researcher on the International Wellbeing Study.

Aaron will talk on his key findings and the latest trends and important case studies. Hear how you can make your own organisational wellbeing program - at whatever stage it's at - a success by getting the basics (i.e. 101) right:

- The essential ingredients to a successful wellbeing program, and the main pitfalls to be wary of
- Key tools and models, e.g. e-learning and mobile tools that work in engaging and sustaining a high level of program participation within the workforce
- How much time should participation in a successful wellbeing program take out of an employee's working day, and when?
- Team-focused-learning vs self-focused-learning wellbeing strategies
- How to appeal to each individual employee, with individual wellbeing needs
- Is your current wellbeing program working? How to measure and evaluate its success and improve on it
- The best methods to collect honest, invaluable feedback around your wellbeing program from your workforce

**DR AARON JARDEN**

10.45 Morning coffee

### 11.15 POSITIVE PSYCHOLOGY AND THE FIGHT FOR A FLOURISHING MENTALLY-HEALTHY WORKPLACE



- What are the current trends regarding mental health in the workplace in New Zealand?
- What is the science around positive psychology and how can that be translated into the culture - values and behaviours - of an organisation?
- How can you, as a business leader, foster a mentally-healthy culture? Where do you start? Who do you engage to help initially and ongoing?
- Latest research in workplace mental health and effective initiatives being rolled out
- Spreading awareness and education to combat uncertainty and confusion around mental health issues
- Helping your workforce to overcome the stigma associated with mental health issues
- Empowering your co-workers to support each other to be able speak up about mental health concerns
- Crucial early-intervention strategies for recognising the signs of someone suffering from a mental health condition
- Practical strategies that can be used in the workplace to effectively reduce levels of stress, anxiety and depression
- Bullying in the workplace - how rife is it within organisations? Can a toxic culture be turned on its head?
- What does the mentally healthy corporate environment of the future look like?

**SHAUN ROBINSON, CEO, Mental Health Foundation of New Zealand**

### 12.00 CASE STUDY: BUILD A MENTALLY HEALTHY WORKPLACE - IT'S TIME FOR A CHANGE

- Creating a culture of positivity and excitement - and as a by-product innovation and productivity
- How is positive psychology practised, in a business environment?
- The psychology behind healthy behaviours
- The link between workplace mental health and productivity
- Initiatives to encourage positive mental health
- The holistic approach around wellbeing - fostering employees' mental health both at work and at home
- Encouraging your employees to be your chief advocates in the cause of mental wellbeing

**Speaker to be announced shortly**

# THE SUMMIT PROGRAM (cont)

12.30 Lunch break

## 1.30 FUTURE BRAIN – LEADING WITH THE BRAIN IN MIND



The world has changed and so have we. What's needed now is a new way of thinking to meet the needs for greater mental agility, flexibility and creativity. Savvy business leaders now recognise that the key to future success will come from investing in their most valuable asset - the brains and minds of those who work for them. Building brain safe workplaces is about recognising what really motivates people using what neuroscience has shown to really work. Human behaviour is deeply rooted in evolution, and doesn't always work well 'out of the box' today.

Understanding how self-directed neuroplasticity can change how brains work equips you with a toolkit to face the future. In this keynote, human brain and behaviour expert, Dr Jenny Brockis, will focus on cognitive health as a key driver of organisational health and the impact of the changing workplace, sharing with you the latest academic research and recommendations for building healthy-minded, engaged and productive organisations:

- Safety at work: Why cognitive health is the essential component for greater organisational health
- What really motivates people to work, and it's not just having access to a good coffee machine
- Why neuroscience is the perfect business partner for greater collaboration and performance
- The three keys to help build a brain-safe brain-fit high-performance culture

**DR JENNY BROCKIS**

## 2.15 HOW TO MAXIMISE THE ROI FROM YOUR HEALTH AND WELLBEING PROGRAM



Kash has 20 years' experience in psychology and is an expert in advising organisations Employee Assistance programs, employee wellbeing and in developing wellbeing programs across a wide variety organisations, both corporate and government, across many industries:

- Overview of the positive ROI for workplace health and wellbeing
- The link between wellbeing ROI and workforce productivity and financial performance
- Where to find the case studies of success
- The factors that impact and drive health and wellbeing ROI
- Building a strong business case for your health and wellbeing initiative
- The HR metrics and tools to measure and monitor ROI on workplace wellbeing schemes

**KASH THOMSON**

3.00 Afternoon tea

## 3.30 CASE STUDY: LEADING A POSITIVE CULTURE OF TRUST, DIVERSITY AND INCLUSION



- Building trust as a leader, and trust amongst your organisation – giving people courage to stand up, be authentic and be heard
- Changing from a reactive to a proactive culture
- Creating meaning, connection and a feeling of inclusion amongst the people across your organisation
- Tools and rewards for driving meaningful progress, positive performance and productivity
- Enabling employees to take ongoing, sustainable responsibility for their wellbeing

**SHARRON BOTICA, Chief Customer Officer, Sovereign**

## CLOSING KEYNOTE ADDRESS

### 4.00 THE CEO'S PERSPECTIVE ON LEADERSHIP SUPPORT AND ITS ROLE IN BOOSTING WORKPLACE WELLBEING AND CULTURE



- How to get a CEO to invest in a wellbeing program – where to start? Making wellbeing an attractive proposition to the leadership team and across your organisation.
- Fostering a healthy leadership mindset and wellness philosophy and planning and creating awareness around a healthy culture – making wellness culture a key objective of your business with clear, attainable goals
- Leadership behaviours to really allow your employees believe and trust in you that you genuinely care about their individual - as well as the whole organisation's - wellbeing
- Communicating as a leader to inspire, invigorate and motivate your people rather than overwhelm them and create despondence
- How to motivate your organisation to be mentally and physically healthier and how and when to celebrate, recognise and reward
- How and where to set the boundaries for home life and down time when considering workplace culture and an ever more-demanding global working environment?

**BRUCE COTTERILL**

4.45 Closing remarks from the chair

5.00 Networking drinks



"Fantastic day! I would recommend to others to come along. Full of practical tips to implement immediately" **MTC**

# PRE-SUMMIT MASTERCLASS

MONDAY 3 APRIL | HILTON AUCKLAND

## THE SCIENCE OF CONNECTION: WORKING WELL TOGETHER



Led by Dr Jenny Brockis

In this invaluable one-day masterclass, find out how you, as a business leader, can build greater engagement, trust and performance by fostering the creation of working relationships that provide meaning and purpose. The human cost of business - absenteeism, presenteeism, high staff turnover and loss of talent - are just a few of the challenges facing business today. While awareness of the size and cost of the problem is important, what matters most is the development and implementation of effective strategies to reduce this burden and elevate performance, productivity and collaboration. This masterclass provides the essential toolkit to do so.

Dr Jenny Brockis is an expert in human behaviour and brain fitness: what it takes for individuals and organisations to stay brain-healthy, eliminate poor thinking skills and boost mental performance and works with organisations internationally to help make brain fitness a key driver for business success. Her work is based on cutting-edge academic research learnings and business recommendations, and provides essential, practical and easily-implementable tools for building sustainable, healthy business cultures in a vastly-changing working landscape:

### Masterclass agenda

8.30 Registration and welcome coffee

#### 9.00 SESSION 1: NICE TO MEET YOU - YOUR SOCIAL BRAIN

- Why we are hardwired to connect
- The pleasure and pain of being part of a tribe
- What greater connection brings to the workplace, and how to bring about greater connection
- The model for future business growth and success. Why neuroscience is the perfect business partner.

10.30 Morning coffee

#### 10.50 SESSION 2: SAFETY AT WORK - FINDING THE REWARD

- The role of the TRAIICE elements in building effective teams
- Determining the barometer of trust
- Why empathy is the new black in building connection
- It's all about respect Bro'. How attributing value to individual strengths, creating autonomy, reducing uncertainty and playing fair elevates adaptability and reduces stress.

12.30 Lunch

#### 1.30 SESSION 3: BRIDGING THE BRAIN GAP

- Millennials are just different. Or are they? In an intergenerational workforce, how can we get better at understanding each other?
- How open-minded are you? How cognitive bias gets in the way of how we relate to others and what to do about it.
- Changing mindsets just takes a little nudge. How changing perspectives can transform the level of contribution in a workplace.
- Improving the ROI on training - making it social

3.00 Afternoon tea

#### 3.30 SESSION 4: CREATING SUCCESS: SMARTER, HAPPIER AND MORE PRODUCTIVE

- Why performance and happiness are indistinguishable
- The impact of loneliness at work
- Why we all benefit from taking our daily DOSE and how to encourage its uptake
- Creating a framework for greater connection - the next step

4.30 Close of masterclass

The masterclass will be conducted using a combination of presentation material and group exercises; maximising your learning potential. Please note that the masterclass content will be tailored to participants' individual needs so the length of each session may vary.

# POST-SUMMIT MASTERCLASS

WEDNESDAY 5 APRIL | HILTON AUCKLAND

## MAXIMISING ROI IN HEALTH AND WELLBEING



Led by Kash Thomson, Organisational Psychologist, YES Psychology and Consulting

The essential 1-day masterclass for ensuring maximum workforce and financial wellbeing return on your health and wellbeing investment.

More employers than ever are introducing health and wellbeing programs, but achieving a return on investment requires a strategy, not just good intentions. In this masterclass you will have the opportunity to design and run through a strategy to create maximum ROI on your health and wellbeing program.

### Masterclass agenda

8.30 Registration and welcome coffee

#### 9.00 SESSION 1: DESIGNING YOUR WELLBEING PROGRAM FOR MAXIMUM ROI

- Identifying key goals you want your health and wellbeing program to achieve – including budget and ROI goals
- Examples of the link between health and wellbeing initiatives and productivity and economic performance
- Setting a health and wellbeing business plan to present to senior management for gaining maximum support - to ensure the program is not considered purely as extra cost, but as an essential, beneficial business investment
- Which technologies are needed (if necessary) for implementing a successful health and wellbeing program?
- Training and organisational change initiatives to support your wellbeing program
- Gaining the 'buy-in' of your workforce and using their insights to drive a thriving health and wellbeing program

10.30 Morning coffee

#### 11.00 SESSION 2: YOUR EAP AS KEY DRIVER OF YOUR HEALTH AND WELLBEING ROI

- The role a successful EAP (Employment Assistance Programs) can have in boosting wellbeing ROI
- The obstacles to overcome, and how to succeed
- What does a successful EAP look like? Good examples and outcomes for organisations large, medium or small.
- Setting up your EAP – essential resources available to you, and ways to select the right professionals
- Encouraging your employees to use your EAP without fear of negative repercussion
- Costs involved with setting up an EAP

12.30 Lunch

#### 1.30 SESSION 3: LEADING AND COMMUNICATING FOR MAXIMUM ROI

- The link between employee uptake of wellbeing initiatives and wellbeing profitability
- Communicating the objectives of your wellbeing program to your workforce for maximum program uptake – fostering social support and motivation
- Communicating your results – good leadership practices to boost morale within your workplace
- Creating open lines of communication between managers and employees at all levels of your organisation and opening up the possibilities for early identification and solution of employee wellbeing issues
- Fostering a culture of trust and 'looking out for each other'. Providing methods in which employees can safely seek help for their health and wellbeing, and for that of their colleagues.
- Using positive wellbeing ROI as a recruitment tool for key talent

3.00 Afternoon tea

#### 3.30 SESSION 4: MEASURING, MONITORING AND REPORTING ON ROI

- Ways to measure the current level of workplace wellbeing including measuring levels of absenteeism, presenteeism, talent retention and attrition and levels of compliance in workplace practices
- How and when to measure? Tools and strategies to measure the success of wellbeing initiatives effectively
- Identifying the measurement metrics for your health and wellbeing program and what to look for
- Using the measurement data to provide meaningful insights into current wellness ROI, trends and ways to adapt wellbeing initiatives and improve wellbeing ROI in the future
- What are realistic achievable timeframes for achieving workforce, and financial return on wellbeing investment?

#### 5.00 Close of masterclass

MAXIMISING ROI IN HEALTH AND WELLBEING is your chance to get the most ROI out of your health and wellbeing initiatives, so don't miss out! The masterclass will be conducted using a combination of presentation material and group exercises; maximising your learning potential. Please note that the masterclass content will be tailored to participants' individual needs so the length of each session may vary.



"All the resources were great and Kash is a fantastic facilitator! Thank you."  
**ConnectEast**



"The resource book was excellent – particularly the practical examples / case studies / templates" **Toyota**



# CORPORATE health & wellbeing SUMMIT

## REGISTRATION FORM



To register for the summit, please complete and fax or email this form to +61 2 9555 5949 or [bookings@thinktankmedia.net](mailto:bookings@thinktankmedia.net). If you would like to register a group, or register over the phone, please call +61 2 9555 5940. Alternatively, you can register online at [www.thinktankmedia.net/CHW](http://www.thinktankmedia.net/CHW)

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### PLEASE SELECT YOUR SUMMIT PREFERENCES

- JUST THE SUMMIT**  
\$795+GST. Super early bird rate, valid until 16 December.  
\$895 + GST. Early bird rate, valid until 3 March 2017.  
\$995 + GST. Full rate, for bookings made after 3 March.
- THE SUMMIT AND ONE MASTERCLASS**  
\$1295+GST. Super early bird rate, valid until 16 December.  
\$1395 + GST. Early bird rate, valid until 3 March 2017.  
\$1495 + GST. Full rate, for bookings made after 3 March.
- THE SUMMIT AND BOTH MASTERCLASSES**  
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\$1995 + GST. Full rate, for bookings made after 3 March.

### MASTERCLASS OPTIONS

- THE SCIENCE OF CONNECTION**  
(3 APRIL)
- MAXIMISING ROI**  
(5 APRIL)

### WHY NOT BRING YOUR TEAM ALONG?

GROUP DISCOUNTS APPLY:

- 3-4 DELEGATES 10%  
5-7 DELEGATES 15%  
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