

Wellbeing 360

Inside the new science of wellbeing

EVIDENCE & HORIZONS CONFERENCE

Australia's leading multi-disciplinary, evidence-based wellbeing and resilience conference.

Health, happiness and buoyancy – what works and what doesn't? From all corners of the globe, hear and debate the veracity of established, ground-breaking and on-the-horizon approaches to the joined agendas of nutrition, physical activity, public space, mindfulness and meditation, the gut and microbiome, work, sleep and leisure.

Overview

Wellbeing 360 will be an international evidence-based conference that will be held in Adelaide or Melbourne, subject to prior support. This inaugural event will be a new and exciting innovation in an engaging field which is currently under represented in conferencing and global exchange.

Scheduled to be held in early 2020, the event will run for 2-days and will bring together national and international attendees connected to and interested in the theme of evidence-based wellbeing and resilience as applied to organisations, the workplace and the community as a whole.

Specifically, the event will appeal to:

- organisations and their leaders who are interested in contemporary science-based methods to enhance health, wellbeing, resilience and performance within their teams;
- leaders and managers who are developing and leading wellbeing programs within their organisations;
- practicing mental health professionals; and
- others working in the fields of:
 - psychology
 - mental health
 - neuroscience
 - natural therapies
 - health and fitness
 - counselling
 - employee engagement
 - coaching
 - HR management and business.

Aims

Currently, at least in Australia, 'wellbeing' is a relatively blurred field of agencies, beliefs and practices. The aims of Wellbeing 360 are to encourage continued conferencing of

credible agencies and individuals, a stronger application of research/science, and the possible formation of a preeminent Australia body, with links internationally.

Format and Themes

The conference will feature a mix of plenary (Keynote/Invited) and concurrent sessions, plus workshops, roundtable discussions, case studies, panel discussions, poster displays and a public exhibition showcasing resilience and wellbeing.

Whilst themes are still being determined, some initial suggestions include;

- Nutrition, the Gut and the Microbiome -
 - Chinese medicine, the gut microbiome and the impact of plant cell walls on human health;
 - Improved food experiences for older Australians;
 - The hemp debate – hemp seed for human consumption, edible hemp and its health benefits and marijuana for medical use and its efficacy for chronic pain.
- Physical Activity and Exercise -
 - Exercise and its impact on the prevention and treatment of chronic disease;
 - The integration of exercise as medicine into mainstream medical care to improve function, quality of life and psychological wellbeing;
 - Why Running is a form of meditation;
 - “Shake it off” - Why Tremoring (TRE) is becoming the new therapy to help victims of trauma;
- Resilience building tools -
 - Mindfulness and Meditation;
 - Relationships and social connections;
 - Sleep;
 - Decluttering;
 - Self-Compassion and the steps to increase compassion in the workplace;
 - Gamification to facilitate flow and enable positive change in organizations;
 - Apps and Technology - evaluating and selecting apps;
 - Wellbeing and its impact on workplace engagement;
 - The Quiet Revolution;
 - Financial control and its impact on happiness;
 - Character Strengths at Work;
 - The Green Script - Parks, Nature and Open Space.

Benefits of Attending

- Hear from leading researchers and scientists regarding the latest developments in wellbeing and resilience;
- Small group master classes delivering new tools to apply in your agency or workplace;
- Networking with colleagues;
- Opportunities to meet leading industry experts at “one to one” meetings in the exhibition area;
- Site visits to premier wellbeing and resilience programs and facilities;

- Meet and engage with over 100 exhibitors showcasing their latest products, innovations and services in the public Wellbeing 360 exhibition.

Initiator and Organiser

All Occasions Group – AOG - (www.alloccasionsgroup.com) is the initiator and organiser of Wellbeing 360. Founded in 1998, AOG currently supplies specialised conference and event management services around Australia.

AOG will underwrite the set-up costs of the event, including venue hire, promotion and other logistical requirements.

National Company

AOG is a national company with a solid reputation for managing national and international conferences and events, and delivering domestic and international travel management services. Today, AOG comprises an experienced team of 18 multi-skilled event and hospitality specialists who provide an unrivalled range of corporate capabilities matched with a premium level of service.

Recent Experience

Most recently, AOG managed South Australia's largest and most prestigious ever conference, the International Astronautical Congress, which attracted some 4,470 delegates from over 71 nations, plus visits from 700 school children and thousands of members of the public on exhibition open day.

In every way, i.e., registrations, media pieces, monetary outcomes, post-event surveys, exhibition interest, sponsor recognition and social media, the Congress was a massive success, culminating in the formation of the Australian Space Agency. AOG's files are full of similar results.

Added Vision

On the back of the above achievements, AOG recently added a vision to create innovative and pioneering inaugural conferences, to give emerging industries, professions, pursuits, etc. the confidence to grow by working together.

The Driver

AOG's Managing Director, Anne-Marie Quinn, is personally driving the Wellbeing 360 initiative. She has a keen personal interest in wellbeing and resilience and the tools used to achieve greater states of wellbeing personally, within organisations and the community.

Expressions of Interest

Please email – contact@wellbeing360conference.com
www.wellbeing360conference.com