

DAY 1: TUESDAY 18 AUGUST 2020

08:30 - 17:15	EXPO & NETWORKING
	OPENING PLENARY DAY 1
09:00	RESILIENCE IN CHALLENGING TIMES - Commissioner Shane Fitzsimmons, inaugural Commissioner at Resilience NSW and acclaimed former chief of NSW Rural Fire Service
09:25	FIRESIDE CHAT: MEDITATION FOR CORPORATES: SUPPORTING YOUR TEAM'S MENTAL WELLBEING - Gordon Cairns, Chairman, Origin Energy and Woolworths Group; Debbie Cairns, leading meditation teacher; Founder, The Still Point
09:40	PROTECTING OUR MENTAL HEALTH: MITIGATING THE FALL-OUT FROM THE PANDEMIC - Professor Patrick McGorry AO, world-renowned mental health researcher and former Australian of the Year, Executive Director of Orygen and Professor of Youth Mental Health, University of Melbourne
10:00	RETHINKING PRIVILEGE - Mariam Veiszadeh, lawyer; Members & Advisory Director at Diversity Council Australia; contributing author and social commentator
10:15	PLENARY PANEL: CREATING CONDITIONS FOR PEOPLE TO THRIVE Panellists: Professor Patrick McGorry AO, world-renowned mental health researcher, Executive Director of Orygen; Mariam Veiszadeh, lawyer; Members & Advisory Director at Diversity Council Australia Moderator: Sophie Scott, National Medical Reporter, ABC TV
10:35	MAKING WELLNESS BREAKS AN ESSENTIAL PART OF CORPORATE CULTURE VIA INNOVATIVE TECHNOLOGY - Tony De Leede, Founder and CEO, Wellness Solutions
10:45 - 11:00	'WELLO' BREAK, EXPO & NETWORKING Sponsored by Wellness Solutions
11:00 - 12:15	CONFERENCE TRACKS DAY 1



HEALTH & WELLNESS

Sponsored by
Gwinganna Lifestyle
Retreat



WORKPLACE EXPERIENCE



MEANING & PURPOSE

Creating & maintaining a
culture of wellbeing

Healthy, happy &
productive workplaces

Leading your team

11:00

DEVELOPING AN HOLISTIC WELLBEING PROGRAM - Sally Phillips, General Manager Health Services, TAL

FIRESIDE CHAT: INFLUENCING BEHAVIOUR CHANGE – ENHANCING HEALTH & WELLBEING THROUGH WORKPLACE DESIGN - Jack Noonan, Vice president, Australia and New Zealand, International WELL Building Institute; Amanda Reid, National HSE Manager, Mirvac

LEADING IN UNCERTAINTY - Bernard Desmidt, author *Inside-Out Leadership* and accomplished executive leadership coach, Bernard Desmidt

11:15

PANEL: HOW DO WE SUPPORT PEOPLE'S WELLBEING DURING GREAT DISRUPTION?

Panellists: Megan Bardsley, Emotional Wellbeing Specialist, Gwinganna Lifestyle Retreat; Chanel Nesci, Psychological Health & Safety Leader, Bupa; Ian Westmoreland, Founder and Chairman, Mentoring Men; Lucas Finch, Health and Wellbeing Specialist, Sydney Water

Moderator: Sue Langley, Founder & CEO, Langley Group

PANEL: HOW TO SUCCESSFULLY TRANSFORM YOUR WORKPLACE

Panellists: Alan Boyd, Regional Account Manager APAC, Ergotron; Annelie Xenofontos, Senior Workplace Strategist, Axiom Workplaces; Jack Noonan, Vice president, Australia and New Zealand, International WELL Building Institute; Domino Risch, Principal, Hassell

Moderator: Duncan Young, Head of Workplace Health and Wellbeing, Lendlease

PANEL: A CASE STUDY: BUILDING A COMMON WELLBEING LANGUAGE ACROSS CORRECTIONAL STAFF AND OFFENDERS

Panellists: Rosalba Ravis, Project Lead, SA Department for Correctional Services; Scott Willis, Activity Coordinator, Adelaide Women's Prison; Faye Shone, Activity Coordinator, Adelaide Women's Prison; Marissa Carey, Senior Project Coordinator, SAHMRI Wellbeing and Resilience Centre

Moderator: Monique Newberry, Operations and Projects Lead, SAHMRI Wellbeing and Resilience Centre

11:45

FIRESIDE CHAT: SUPPORTING THOSE WITH HEALTH AND WELLBEING CHALLENGES -

Tanya Howard, Health, Safety & Wellbeing Business Partner, THE ICONIC; Katrina Walton, Founder/Director, Wellness Designs

FIRESIDE CHAT: OPTIMISING THE CULTURAL, PHYSICAL AND TECHNICAL ENVIRONMENT FOR THE ULTIMATE EMPLOYEE EXPERIENCE -

Melissa Marsden, Founder and Director, COMUNITI; Katie Hamilton, Experience Manager, COMUNITI

WE'RE ALL IN THIS TOGETHER, THE EVOLUTION OF HEALTH & WELLBEING IN THE WORKPLACE - Damien Woods, Chief Executive Officer, Benestar Group

12:00

AWARENESS AND PREVENTION OF CHRONIC DISEASE THROUGH WORKPLACE TESTING -

Belinda Whittle, Chief Scientific Officer, MyHealthTest

FIRESIDE CHAT: NATURE AND ITS ROLE IN WORKPLACE WELLNESS -

Valerie Mack, Principal – Interior Design, Buchan; Cate Page, Director of People Assist, Converge International

CASE STUDY: NAVIGATING THROUGH A CRISIS - BUSHFIRES & COVID-19 - Ali Skrzypiec, Head of Wellbeing, Safety and Environment, oOh!media

ROUNDTABLES DAY 1

and 'WELLO' BREAK, sponsored by **Wellness Solutions**

ROUNDTABLE 1: MANAGING A BUSY MIND – HOW WE CAN STAY PRODUCTIVE WITHOUT STRESS - Sharon Kolkka, Wellness Director, Gwinganna Lifestyle Retreat

ROUNDTABLE 2: HOW TO CREATE A RELEVANT WELLBEING PROGRAM THAT INSPIRES YOUR PEOPLE - Inga Vilkins, Head of Health and Wellbeing, Digital and Enterprise Growth, Bupa; Diana Black, Wellbeing, Health & Safety Lead, Health Insurance, Bupa

ROUNDTABLE 3: HOW TO ENSURE MENTAL HEALTH IS NOT THE NEXT PANDEMIC, WHAT COMES BEFORE MENTAL HEALTH FIRST AID? - Sue Langley, Founder and CEO, Langley Group

12:15

ROUNDTABLE 4: THE FIVE KEY FACTORS TO REIMAGINING YOUR WORKPLACE OF THE FUTURE - Melissa Marsden, Founder and Director, COMUNITI

12:45

ROUNDTABLE 5: RESILIENTLY MANAGING CHANGE - MIND SKILLS FOR LEADERS NAVIGATING UNCERTAINTY - Gillian Coutts, Country Director, and Jenny Steadman, Senior Consultant, at Potential Project Australia

ROUNDTABLE 6: WE'RE ALL IN THIS TOGETHER - WHAT 2020 HAS TAUGHT US ABOUT WORKPLACE WELLBEING AND WHERE TO NEXT - Karen Matthews, Senior Customer Relationship Manager Qld; Davide Musolino, National Service Delivery Manager; and Peter Atkinson, Commercial Director, at Benestar Group

ROUNDTABLE 7: INNOVATING SKIN CANCER CHECK PROGRAMS - ENSURING ALL EMPLOYEES HAVE ACCESS FROM THE COMFORT OF THEIR OWN HOME - Broni Scarce, Business Development Director, ANZ, SkinVision

ROUNDTABLE 8: MENTAL HEALTH IS NOT MENTAL ILLNESS - THE MISCONCEPTIONS AND IMPLICATIONS FOR WORKFORCE WELLBEING - Monique Newberry, Operations and Projects Lead, SAHMRI Wellbeing and Resilience Centre; Matthew Iasiello, Researcher, SAHMRI Wellbeing and Resilience Centre

12:45

15:15

CONFERENCE TRACKS DAY 1 (CONTINUED)



HEALTH & WELLNESS

Sponsored by
Gwinganna Lifestyle
Retreat

Lifestyle changes for
optimum health

12:45

FIRESIDE CHAT: THE HEALTH HAZARDS OF TOO MUCH SITTING - WHO IS MORE SUSCEPTIBLE? Professor David Dunstan, Head Physical Activity Lab, Baker Heart and Diabetes Institute; Associate Professor Genevieve Healy, Principal Research Fellow, The University of Queensland



WORKPLACE EXPERIENCE

Working-from-home:
challenges & opportunities

WILL REMOTE WORKING BECOME THE NEW NORMAL?
- Fay Calderone, Partner, Hall & Willcox



MEANING & PURPOSE

Culture, purpose &
inclusion

THE BALANCE: CREATING A CULTURE WHERE EVERYONE THRIVES AND STRIVES TO DO THEIR BEST - Ainhua Emaldi Azcue, Culture & Learning Specialist, Canva

13:00	DON'T SIT COMFORTABLY! HOW TO LIVE LONGER BY MOVING MORE AND SITTING LESS - Alan Boyd, Regional Account Manager APAC, Ergotron	FIRESIDE CHAT: HIGH-TECH + HIGH TOUCH, WHY INTEGRATION IS KEY TO IMPROVING THE WELLBEING OF YOUR PEOPLE - Dipra Ray, CEO, Springday; Megan McDaniel, General Manager – Occupational Health, CHM	FIRESIDE CHAT: WHY DIVERSITY AND INCLUSION IS ESSENTIAL TO BOTH EMPLOYEE VALUE PROPOSITIONS AND WORKFORCE STRATEGIES - Jeremy Moore, Assistant Commissioner, Workforce Strategy and Change, ATO; Deborrah Lambourne, CEO, Job Centre Australia
13:15	THE ART OF STRESS RESILIENCE IN TIMES OF CRISIS - Sharon Kolkka, Wellness Director, Gwinganna Lifestyle Retreat	HOW TO WORK SMARTER, NOT HARDER - REMOTE WORKING AND YOU - Fleur Marks, Founder and Chief Wellbeing Officer, WellYou	INCLUSION MATTERS FOR WELLBEING! STRATEGIES FOR SUCCESS - Sonja Braidner, Churchill Fellowship Recipient, Member, AHRI Diversity & Inclusion Advisory Panel
13:30	FIRESIDE CHAT: THE IMPORTANCE OF SLEEP FOR HEALTH AND PRODUCTIVITY - Dr Moira Junge, Health Psychologist and Board Member, Sleep Health Foundation; Professor Robert Adams, Professor of Respiratory & Sleep Medicine, Adelaide Institute for Sleep Health, Flinders University	PANEL: HOW REMOTE WORKERS CAN REMAIN PART OF AGILE TEAMS - Panellists: Rebecca Jenkins, People Operations, Employee Engagement, Airtasker; Gino Carrafa, Directing Manager, Psychologist, D'Accord OAS; Fay Calderone, Partner, Hall & Willcox; Bernard Desmidt, author <i>Inside-Out Leadership</i> and accomplished executive leadership coach; Broni Scarce, Business Development Director, ANZ, SkinVision Moderator: Valerie Mack, Principal – Interior Design, Buchan	PANEL: THE FUTURE OF WORK + FAMILY 2020: WHY BUILDING A FAMILY FRIENDLY WORKPLACE MAKES GOOD BUSINESS SENSE Panellists: Catherine McNair, Head of Diversity & Inclusion, QBE Insurance; Nicole Breeze, Director of Australian Program, UNICEF; Ryan Burke, Head of Diversity and Inclusion, Commonwealth Bank of Australia Moderator: Emma Walsh, CEO, Parents At Work
13:45	BUILD YOUR IDEAL DAY: HOW SMALL CHANGES HELPED THOUSANDS BUILD INDIVIDUAL WELLNESS PLANS - Duncan Young, Head of Workplace Health and Wellbeing, Lendlease		
		Post COVID-19 workplaces	Putting people first
14:00	(BUILD YOUR IDEAL DAY session continues) Health & safety at work - in the office and at home	CREATING EMOTIONALLY INTELLIGENT AND HUMAN CENTRED BUILDINGS - Shelley McDowell, Director Customer Experience Strategy, CBRE	THE FUTURE BELONGS TO EVERYONE - SIMPLE PRINCIPLES AND TIPS TO ENHANCE RESPECT AND APPRECIATION ACROSS THE GENERATIONS - Diane Edwards, Future Foresight Strategist, Ports of Auckland, NZ
14:15	FIRESIDE CHAT: MANAGING FATIGUE RISK IN HEALTHCARE AND OTHER INDUSTRIES - Peter Pollnitz, Work Health, Safety & Injury Management, SA Health; Professor Siobhan Banks, Research Professor and Co-Director, Behaviour-Brain-Body Research Group, University of South Australia	FIRESIDE CHAT: IS THE OPEN PLAN OFFICE DEAD? - Dr Christhina Candido, A/Professor and Director, SHE (Sustainable and Healthy Environments) Lab, The University of Melbourne; Annelie Xenofontos, Senior Workplace Strategist, Axiom Workplaces	FIRESIDE CHAT: IS BUSINESS THE KEY TO MAKING THE WORLD A HAPPIER PLACE? - Evan Sutter, CEO, Hapzly; Ash Rosshandler, CEO, Good Company

14:30	<p>CASE STUDY: PSYCHOLOGICAL AND CYBERSAFETY THREATS IN BROADCAST MEDIA - Ian Simpson, Head of Health, Safety & Wellbeing, ABC</p>	<p>CONNECTED COMMUNITIES – PHYSICAL AND VIRTUAL SPACES DESIGNED TO CONNECT - Chantal Brodrick, Marketing & Communication Specialist, Wellness Solutions</p>	<p>FIRESIDE CHAT: IT'S TIME TO START TALKING ABOUT MENOPAUSE AND WORK - Dr Nicola Gates, Director and Clinical Neuropsychologist, Brain and Mind Psychology; Thea O'Connor, senior workplace wellbeing advisor, journalist, and coach</p>
14:45	<p>PANEL: MANAGING A SAFE RETURN TO WORK POST COVID-19</p> <p>Panellists: Jon Baker, Group Head of Safety and Business Continuity, Coca-Cola Amatil; Paul Heptonstall, Senior Welfare and Education Manager, NRL; Chanel Nesci, Psychological Health & Safety Leader, Bupa</p> <p>Moderator: Gerard Beven, Head of Customer Care, Assure Programs</p>	<p>PANEL: HAS COVID-19 STARTED A WORKPLACE EVOLUTION?</p> <p>Panellists: Tony De Leede, Founder and CEO, Wellness Solutions; Brad Krauskopf, CEO & Founder, Hub Australia; Melissa Marsden, CEO, COMUNITI, Troy Morgan, Wellbeingpreneur; CEO of Willows Health Group and Director of Vision Exercise Physiology</p> <p>Moderator: Emma Walsh, CEO, Parents At Work</p>	<p>PANEL: LESSONS FROM AUSTRALIA'S BEST WORKPLACES</p> <p>Panellists: Katherine Perfect, Head of Agency, Google Marketing Platforms; Inga Vilkins, Head of Health and Wellbeing, Digital and Enterprise Growth, Bupa; Duncan Young, Head of Workplace Health and Wellbeing, Lendlease; Ryan McGroary, Employee Experience Manager, Youi</p> <p>Moderator: Gillian Coutts, Country Director, Potential Project Australia</p>
15:15 – 15:30	<p>'WELLO' BREAK, EXPO & NETWORKING Sponsored by Wellness Solutions</p>		
<p>AFTERNOON PLENARY DAY 1</p>			
15:30	<p>MIND OF THE LEADER: USING MINDFULNESS, SELFLESSNESS AND COMPASSION - Rasmus Hougaard, best-selling author of <i>The Mind of the Leader</i>; Managing Director, Potential Project International, USA</p>		
15:45	<p>PERSONAL STORY: HOW PURPOSE CAN KEEP YOU GOING THROUGH THE HARDEST OF TIMES - Dr Dinesh Palipana, one of the first people in Australia with quadriplegia to graduate medical school; Lecturer, School of Medicine, Griffith University</p>		
16:00	<p>THE FUTURE IS HUMAN - Sue Langley, Founder and CEO, Langley Group</p>		
16:10	<p>AUSTRALIA, A WEALTHY NATION FEELING UNWELL - Catherine Birchall, Founding Director, Money 101</p>		
16:20	<p>GOOD MOOD FOOD: HOW GOOD EATING HABITS CAN SUPPORT MENTAL HEALTH - Professor Felice Jacka, Director, Food & Mood Centre, Deakin University</p>		
16:35	<p>PLENARY PANEL: REDUCING STRESS AND BEING YOUR OPTIMAL SELF IN ALL ASPECTS OF LIFE</p> <p>Panellists: Rasmus Hougaard, best-selling author of <i>The Mind of the Leader</i>; Managing Director, Potential Project International, USA; Dr Dinesh Palipana, one of the first people in Australia with quadriplegia to graduate medical school; Lecturer, School of Medicine, Griffith University; Professor Felice Jacka, Director, Food & Mood Centre, Deakin University</p> <p>Moderator: Gillian Coutts, Country Director, Potential Project Australia</p>		
16:55	<p>CLOSE OF DAY 1 CONFERENCE PROGRAM</p>		
16:55 – 17:15	<p>EXPO & NETWORKING</p>		
17:15	<p>EXPO CLOSES FOR DAY 1</p>		

DAY 2: WEDNESDAY 19 AUGUST 2020

08:30 - 17:00	EXPO & NETWORKING
	MORNING PLENARY DAY 2
09:00	COVID-19 AND WELLNESS - OIL AND WATER? - Dr Norman Swan, Australia's most respected health journalist, and trusted voice on coronavirus, ABC Television & Radio National
09:15	PERSONAL STORY: LIVING WITH PURPOSE - Ronni Kahn AO, CEO & Founder, OzHarvest
09:30	WORKPLACES AS AGENTS OF SOCIAL CHANGE IN THE PREVENTION OF DOMESTIC AND FAMILY VIOLENCE - Libby Davies AM, champion of social change in the area of domestic and family violence, inaugural CEO of White Ribbon Australia
09:45	HOW BEING AN EARTH CUSTODIAN WILL MAKE YOU WELL IN THE WORKPLACE - Jamie Marloo Thomas, Storyteller and Creator, Wayapa Wuurrk ; contributing author, <i>Silver Linings, stories from lockdown to uplift and inspire</i>
10:00	FEELING GOOD BY BEING GOOD: THE MORAL DIMENSION OF WELLBEING - Jenny George, CEO, Converge International
10:10	PLENARY PANEL: WHAT IS A MENTALLY HEALTHY WORKPLACE? Panellists: Libby Davies AM, champion of social change in the area of domestic and family violence, inaugural CEO of White Ribbon Australia ; Jamie Marloo Thomas, Storyteller and Creator, Wayapa Wuurrk ; Catherine Birchall, Founding Director, Money 101 ; Jenny George, CEO, Converge International Moderator: Sophie Scott, National Medical Reporter, ABC TV
10:30	CASE STUDY: WORKPLACE EVOLUTION AT ATLISSIAN IN RESPONSE TO THE PANDEMIC - Scott Hazard, Global Real Estate and Workplace Experience Leader, Atlassian, USA
10:45 - 11:00	'WELLO' BREAK, EXPO & NETWORKING Sponsored by Wellness Solutions

11:00
-
12:15

CONFERENCE TRACKS DAY 2



MENTAL WELLBEING

Sponsored by
Converge International

Culture of mental wellbeing



FINANCIAL WELLNESS

Sponsored by
Money 101

Culture of financial wellbeing



EMPLOYEE ENGAGEMENT

Building a culture of inclusion & support

11:00

MENTAL FITNESS: UNLOCKING YOUR POTENTIAL - Jenny George, CEO, Converge International

FINANCIAL WELLBEING: THE OPTIMAL EMPLOYEE BENEFIT - Catherine Birchall, Founding Director, Money 101

INSPIRING AN INCLUSIVE CULTURE THAT ENGAGES ALL EMPLOYEES - Ryan McGrory, Employee Experience Manager, Youi

11:15

FIRESIDE CHAT: IMPROVING MENTAL HEALTH AT WORK: THE NEW NORMAL - Gerard Beven, Head of Customer Care, Assure Programs; Ebony Alexander, Safety and Wellbeing Manager, Reece Group; Gina Boskovski, Safety & Wellbeing Lead, IAG

FINANCIAL STRESS DURING A PANDEMIC - HOW COVID-19 IMPACTED EMPLOYEES AND WHAT YOU CAN DO TO HELP - Paul Feeney, Founder, Map My Plan

FIRESIDE CHAT: HOW HUMAN CONNECTION CAN MAKE OR BREAK YOUR WELLBEING TECH IN LESS THAN 4 WEEKS - Inga Vilkins, Head of Health and Wellbeing, Digital and Enterprise Growth, Bupa; Tim Bigarelli, Commercial Product Manager, Bupa

11:30

COPING WITH ANXIETY DURING THE PANDEMIC AND BEYOND - Dr Mark Cross, Lead Psychiatrist in the ABC TV series, *Changing Minds*; author of *Anxiety* and co-author of *Changing Minds*

HOW TO GET STARTED WITH FINANCIAL WELLNESS - Alison Gray, Founder/Director, Wellthy

WHAT MAKES A GREAT EMPLOYER? Martin Cowie, Chief People Officer, OMD

11:45

PANEL: WHY ARE WE HAVING AN EXPLOSION OF MENTAL ILL HEALTH - HOW CAN THE WORKPLACE HELP?

Panellists: Katherine Newton, CEO, R U OK?; Renee Sturtevant, leading HR expert in the retail sector; Kate Connors, Director of Wellness, PwC; Jack Heath, CEO, SANE Australia
Moderator: Jenny George, CEO, Converge International

PANEL: WHAT'S THE BUSINESS CASE FOR FINANCIAL WELLNESS IN THE WORKPLACE?

Panellists: Paul Feeney, Founder, Map My Plan; Mohamed Khalil, General Manager - Financial Wellbeing (Digital, Operations & Technology), Commonwealth Bank of Australia; Natalie Paine, Manager Financial Inclusion, ANZ
Moderator: Dr Vinita Godinho, Managing Director, Financial Resilience Australia

PANEL: SELF-ACTUALISATION AT WORK: POSSIBILITY OR REALITY?

Panellists: Susan Henry, Head of People & Culture, The Starlight Children's Foundation; Dr Deb Perich, Director, InsideOut, Perth College; Claire McCaffery, HR Talent and Leadership Lead, ANZ, Accenture
Moderator: Dr Suzy Green, Clinical and Coaching Psychologist (MAPS); Founder; The Positivity Institute

ROUNDTABLES DAY 2

and 'WELLO' BREAK, sponsored by **Wellness Solutions**

ROUNDTABLE 1: 'WELLO' BREAKS: HOW TO CREATE HEALTHY HABITS IN YOUR WORKPLACE - Chantal Brodrick, Marketing & Communication Specialist, **Wellness Solutions**; Tony De Leede, Founder and CEO, **Wellness Solutions**

ROUNDTABLE 2: DOES FINANCIAL WELLBEING ADD UP? - Catherine Birchall, Founding Director, **Money 101**

12:15
-
12:45

ROUNDTABLE 3: WHAT HAVE WE LEARNT FROM THE PANDEMIC ABOUT SUPPORTING EMPLOYEES AND MINIMISING FUTURE RISK? - Paul Gretton-Watson, Director Research Innovation Marketing and Communications, **Converge International**

ROUNDTABLE 4: DESIGN OF A WORKSPACE CONTRIBUTES DIRECTLY TO THE WELLBEING OF YOUR PEOPLE - Annelie Xenofontos, Senior Workplace Strategist, **Axiom Workplaces**

ROUNDTABLE 5: ARE WE DOING ENOUGH? INCREASING MALE PARTICIPATION IN EAP - Gerard Beven, Head of Customer Care, **Assure Programs**

ROUNDTABLE 6: THE FUTURE OF STRESS MANAGEMENT AND BEST PRACTICE FOR ORGANISATIONS - Gino Carrafa, Directing Manager, Psychologist, **D'Accord OAS**

ROUNDTABLE 7: HIGH-TOUCH? HIGH-TECH? WHAT'S THE BEST APPROACH FOR YOUR FINANCIAL WELLNESS PROGRAM? - Alison Gray, Founder/Director, **Wellthy**

ROUNDTABLE 8: HOW MICRO-HABITS CAN TRANSFORM THE WELLBEING OF WORKPLACES - Troy Morgan, Head of Wellbeing, **Springday**; Dr Na Liu, Researcher & Lecturer, Business School, **The University of Sydney**; Louise Gilbert, Founder & Director, **The Intime Collective**

12:45
-
15:15

CONFERENCE TRACKS DAY 2 (CONTINUED)



MENTAL WELLBEING

Sponsored by
Converge International

Psychological safety, early intervention & prevention

12:45

FOUNDATIONS FOR PSYCHOLOGICAL SAFETY AND PREVENTION OF MENTAL ILLNESS - Dr Brock Bastian, psychologist and internationally acclaimed researcher; Partner, **Ethics Applied**



FINANCIAL WELLNESS

Sponsored by
Money 101

Dealing with financial distress

THE PSYCHOLOGY OF FINANCIAL WELLBEING: PEOPLE ARE COMPLEX, MONEY CAN BE SIMPLE - Marianne Hynes, Transformational Leader, **Care to Grow**; Former COO, **PwC's Indigenous Consulting**



EMPLOYEE ENGAGEMENT

Engagement & motivation

UNLOCKING THE INTELLIGENCE OF THE HEART FOR OPTIMAL BODY/BRAIN PERFORMANCE - Dr Kaushik Ram, neuroscientist, Brain and Mind Research Institute, **University of Sydney**

13:00

TRAUMA RESPONSE: THE FACE OF CHANGE AND PREPAREDNESS - Gino Carrafa, Directing Manager, Psychologist, **D'Accord OAS**

ECONOMIC EQUALITY FOR WOMEN IN THE WORKPLACE - Bianca Hartge-Hazelman, CEO & Founder, **Financy**

FIRESIDE CHAT: HOW TO MEET THE CHALLENGES THAT COME WITH MOTIVATING AND ENGAGING REMOTE EMPLOYEES - Verity Bell, Global Head of Events & Engagement, **Atlassian**; Linda Hibberd, Executive General Manager, People Experience, **PEXA**

13:15	<p>CASE STUDY: IDENTIFYING AND MANAGING PSYCHOSOCIAL RISK IN THE AUSTRALIA POST CONTACT CENTRES - Fiona Andrew, National Health & Wellbeing Manager, Australia Post</p>	<p>FINANCIAL DISTRESS IS A 'NOW' ISSUE. HOW CAN YOU SUPPORT YOUR EMPLOYEES IN THE NEXT 90 DAYS? - Alison Gray, Founder/Director, Wellthy</p>	<p>FIRESIDE CHAT: HOW FORWARD-THINKING EMPLOYERS CAN SUPPORT STAFF TO NAVIGATE THE FERTILITY JOURNEY - Dr Devora Lieberman, Clinical Director, City Fertility; Claire Hall, coach and founder of Authentic Empowerment</p>
13:30	<p>PANEL: TECHNIQUES TO BUILD RESILIENCE BOTH IN YOURSELF AND IN OTHERS</p> <p>Panellists: Gino Carrafa, Directing Manager, Psychologist, D'Accord OAS; Sam Payne, Co-Founder and CEO, Pink Elephant; Dr Mark Cross, Lead Psychiatrist in the ABC TV series, Changing Minds; author of <i>Anxiety</i> and co-author of <i>Changing Minds</i>; Evy Gomo, psychologist; Clinical Manager - Victoria, Benestar</p> <p>Moderator: Jenny George, CEO, Converge International</p>	<p>PANEL: MANAGING YOUR PERSONAL FINANCES AT THIS CRUCIAL TIME</p> <p>Panellists: Bianca Hartge-Hazelman, CEO & Founder, Financy; Sian Stephens, Human Resources Business Partner, Enhanced Group; Katrina Mills, Head of Strategic Partnerships, Wisr</p> <p>Moderator: Dr Nicola Gates, Director and Clinical Neuropsychologist, Brain and Mind Psychology</p>	<p>PANEL: GIVING EMPLOYEES A VOICE WHEN FACING CHALLENGES AND UNCERTAINTY</p> <p>Panellists: Linda Hibberd, Executive General Manager, People Experience, PEXA; Holly Collins, Head of People, ANZ, Bupa; Raewyn Mai, President, National Wellness Institute of Australia; Bernard Desmidt, author <i>Inside- Out Leadership</i> and accomplished executive leadership coach</p> <p>Moderator: Duncan Young, Head of Workplace Health and Wellbeing, Lendlease</p>
	Putting it into practice	Practical tips for caring for your workforce	Loyalty, trust & employee satisfaction
14:00	<p>IMPLEMENTING YOUR MENTAL HEALTH STRATEGY FROM THE GROUND UP - Carli Phillips, Employee Wellbeing Lead Australia & New Zealand, Johnson & Johnson</p>	<p>BENEFITS AND THE PANDEMIC. ARE YOU STEPPING UP? - Joel Rethore, Group Head of Rewards, Performance & People Analytics, Healius</p>	<p>CASE STUDY: HOW CULTURE, ENGAGEMENT AND ALIGNMENT SUPPORT STAFF WELLBEING IN AN ESSENTIAL SERVICE - Kaylene Little, Head of People and Communities, Tassal Group</p>
14:15	<p>FIRESIDE CHAT: HOW GROUND-BREAKING PROGRAMS ARE IMPROVING MENTAL HEALTH AND WELLBEING IN THE CONSTRUCTION INDUSTRY - Brad Parker, CEO, MATES in Construction; Alison Mirams, CEO, Robert's Pizzarotti</p>	<p>FIRESIDE CHAT: MANAGING ONGOING DISRUPTION FOR YOUR BUSINESS AND FINANCIAL WELLNESS, THROUGH ENGAGEMENT FRAMEWORKS - Sian Stephens, Human Resources Business Partner, Enhanced Group; Michele Barry, Principal Consultant, Frontis Consulting</p>	<p>FIRESIDE CHAT: PEOPLE-CENTRED LEADERSHIP: SUPPORTING DISPERSED TEAMS THROUGH DIFFICULT TIMES - Fleur Carter, Leadership Development Leader, IKEA Group; Gillian Coutts, Country Director, Potential Project Australia</p>
14:30	<p>THE UPSIDE OF STRESS - Sue Langley, Founder and CEO, Langley Group</p>	<p>FIRESIDE CHAT: BUILDING FINANCIAL RESILIENCE FOR LESS STRESS AT WORK AND AT HOME - Kristen Hartnett, Moneycare Regional Manager, The Salvation Army; Laura Higgins, Senior Executive Leader, Financial Capability, ASIC</p>	<p>FIRESIDE CHAT: TIPS FOR COPING WITH COVID-19 ANXIETY - Dr Amy Willinge, Clinical Psychologist and Founder of Agile Mind + Life; Jamie Marloo Thomas, Storyteller and Creator, Wayapa Wuurrk; contributing author, <i>Silver Linings, stories from lockdown to uplift and inspire</i></p>

14:45	<p>PANEL: POST COVID-19: WHAT IS THE ROLE OF MINDFULNESS IN SUPPORTING EMPLOYEE MENTAL WELLBEING?</p> <p>Panellists: Lauren Trethowan, Head of Organisational Development & Learning (ANZ), MYOB; Libby Birch, a star defender for Melbourne Football Clubs AFLW team; Lisa Aitken, Wellbeing Advisor, WorkSafe Victoria</p> <p>Moderator: Addie Wootten, Clinical Psychologist; CEO, Smiling Mind</p>	<p>PANEL: FINANCIAL WELLNESS IS NOT A BUZZ WORD - CHANGING HABITS, CHANGING LIVES</p> <p>Panellists: Jessica Yun, Workplace & Careers Correspondent, Yahoo Finance Australia; Geoff Millar, CEO, The Recruitment Company; Nathan Taddeo, Managing Director, Credo Financial Group; Melinda Di Vita, Head of Market Growth, Guild Trustee Services</p> <p>Moderator: Katrina Mills, Head of Strategic Partnerships, Wisr</p>	<p>PANEL: DO'S AND DON'TS OF FOSTERING EMPLOYEE TRUST</p> <p>Panellists: Erika Takahashi, Vice President of People and Capabilities, Mastercard Australasia; Patrick Hannebery, Head of Analytics, Insight & Strategy, SiSU; Amanda Reid, National HSE Manager, Mirvac; Dipra Ray, CEO, Springday</p> <p>Moderator: Fay Calderone, Partner, Hall & Willcox</p>
15:15 - 15:30	<p>'WELLO' BREAK, EXPO & NETWORKING</p> <p>Sponsored by Wellness Solutions</p>		
<p>CLOSING PLENARY DAY 2</p>			
15:30	<p>DO WE UNDERESTIMATE THE VALUE OF BEAUTY IN THE WORKPLACE? - Domino Risch, Principal, Hassell</p>		
15:45	<p>NUTRITION FOR OPTIMUM PERFORMANCE AT WORK - EXPLORE THE IMPORTANCE OF WHAT YOU EAT TO BOOST YOUR ENERGY - Nick Smith, Nutrition Manager, Gwinganna Lifestyle Retreat</p>		
15:55	<p>POST COVID-19 THE 4 DAY WEEK MAKES PERFECT SENSE - FIND OUT WHY - Charlotte Lockhardt, CEO, 4 Day Week Global</p>		
16:10	<p>PLENARY PANEL: CULTIVATING A GROWTH MINDSET TO MEET CHALLENGES THROUGHOUT LIFE Panellists: Sue Langley, Founder & CEO, Langley Group; Dr Suzy Green, Clinical and Coaching Psychologist (MAPS); Founder, The Positivity Institute; Dan Haesler, Director, Cut Through Coaching & Consulting Moderator: Dr William DeJean, Founder, Unleash Learning™</p>		
16:40	<p>CLOSE OF DAY 2 CONFERENCE PROGRAM</p>		
16:40 - 17:00	<p>EXPO & NETWORKING</p>		
17:00	<p>EXPO CLOSES</p>		