JOIN THE REVOLUTION IN WORKPLACE HEALTH AND WELLBEING

24-25 JUNE 2019
INTERNATIONAL CONVENTION CENTRE SYDNEY
WWW.WORKPLACEWELLNESSEXPO.COM.AU
AUSTRALIA’S LARGEST WORKPLACE WELLNESS EVENT
TRANSFORM WORKPLACE HEALTH & WELLBEING WITH SIMPLE LIFESTYLE TWEAKS!

Motivate your staff to make small changes in their lifestyle that will have a meaningful impact on their health, with infectiously enthusiastic UK science journalist, TV presenter and best-selling 5:2 Fast Diet and Fast Exercise author, Dr Michael Mosley:

“I’ll be sharing with you the very latest scientifically backed advice on ways in which you can fight the ageing process, and refresh and reinvigorate the body.”

40+ EXTRAORDINARY SPEAKERS
300+ DELEGATES
20 ROUNDTABLES
1 FULL-DAY WORKSHOP
1 GIANT EXPO
CREATE ENGAGED, INSPIRED & PRODUCTIVE WORKPLACES!

Hear what Australia’s coolest companies are doing to make their workplaces healthier, more productive and more inclusive!

A happy and healthy workplace is a more engaged, inspired and productive workplace. Create a business culture that fosters employee wellbeing and watch your bottom line improve. By invigorating your workforce you’ll achieve higher productivity, less absenteeism, lower turnover and less workplace accidents.

Workplace Wellness Summit is Australia’s definitive conference on the burgeoning area of workplace health and wellness. The Summit is the place where business and wellness professionals convene to hear the latest research on workplace wellness through a series of cutting-edge keynotes, case studies and roundtable discussions.

• Listen to case studies on best-in-class corporate wellness initiatives
• Explore cutting-edge methodologies for implementing strengths-based, positive change in the workplace
• Hear how new approaches to office design and fitout are boosting staff wellbeing and productivity
• Investigate the effects of bringing meaning and purpose to work
• Analyse how technology is driving new approaches to workplace wellness
• Discover methods to future proof the workforce by integrating health, wellness and safety
• Consider how to create a culture encouraging work/life balance
• Examine ways to promote a mentally healthy workforce
• Assess strategic approaches to diversity and inclusion
• Discuss solutions to the most pressing corporate wellness issues including mental health, diversity, bullying and discrimination.

“David Cooperrider is changing the world with his ideas and who he is as a person. There are few who combine such insight, inspiration and energy.”

Professor Jane Dutton, former President of the Academy of Management, and leading organisational change scholar, University of Michigan, USA

NEW INTERNATIONAL KEYNOTE ANNOUNCED!

RARE VISIT TO AUSTRALIA!

“David Cooperrider is a giant: a giant of discovery, a giant of dissemination, and a giant of generosity.”

Professor Martin Seligman, the father of the Positive Psychology movement, University of Pennsylvania, USA
LEARN HOW PERSONALITY, MINDSET AND LIFESTYLE CAN PROTECT US FROM THE EFFECTS OF CHRONIC STRESS

Ever wonder what the real impact of chronic stress is on our bodies and our longevity – on the cellular level? Be captivated by cutting edge research from Professor Elissa Epel, a psychology researcher who investigates the depths and intricacies of the mind-body connection.

Together with Nobel Prize winner Dr Elizabeth Blackburn, she has found that our everyday lifestyle choices can either protect or deplete our telomeres, the protective tips of chromosomes which are predictors of early disease and ageing.

INTERNATIONAL KEYNOTES CONFIRMED!

HEALTH HACKS FOR THE WORKPLACE

Michael Mosley, one of the world’s leading authorities on health and wellbeing, science journalist and best-selling author, UK

EMBRACING POSITIVE CHANGE

Professor David Cooperrider, the world’s foremost authority on strengths-based, positive change, Case Western Reserve University, USA

THE SCIENCE OF STRESS

Professor Elissa Epel, international expert in chronic stress and co-author with Nobel Prize winner Dr Elizabeth Blackburn of The Telomere Effect, USA

FOR MORE INFORMATION ON OUR KEYNOTES VISIT WORKPLACEWELLNESSEXPO.COM.AU
EXTRAORDINARY SPEAKERS

40+ speakers – more names to be released!

THE 100 YEAR LIFE: LIVING & WORKING IN AN AGE OF LONGEVITY
Duncan Young, Head of Workplace Health & Wellbeing, Land Lease

THE POWER OF BEING INTENTIONAL ABOUT CULTURE
Edwena Stratton, Head of Employee Success Team for APAC, Salesforce

FUTURE WAYS OF WORKING
Dean Pribetic, Head of Collaboration (WOW), Telstra

COMPASSION AT THE HEART OF WELLBEING STUDY
Dr Sean O’Connor, lecturer and researcher, Coaching Psychology Unit, University of Sydney

EMOTIONAL INTELLIGENCE AT WORK
Sue Langley, master trainer and leading advisor in the practical application of positive psychology, founder of the Langley Group

THE WELLBEING-PERFORMANCE INTERACTION: HUMANISING ANALYTICS FOR THE FUTURE OF WORK
Dr Adrian Medhurst, thought leader in high-performance psychology, Co-Founder and Director, Benny Button

TAKING THE AGILE TRANSFORMATION
Panu Nevalainen, IT program and service management specialist, Senior Manager, Accenture

KEEP CALM AND CARRY ON LEADING
Pia Lee, CEO, LiW Global Leadership Consultancy

FUTURE PROOF YOUR BUSINESS: REDUCING INJURY RISKS IN AN AGING WORKFORCE
Terry Wong, General Manager, MovedLife

YOUR WELLBEING BLUEPRINT: FEELING GOOD AND DOING WELL AT WORK
Michelle McGuaid, best-selling author, workplace wellbeing teacher and playful change activator

CREATING A CULTURE WHERE IT’S SAFE TO DISAGREE
Catherine Davidson, conflict and disputes resolution expert and leading mediator

TAMING TOXIC PEOPLE: THE SCIENCE OF IDENTIFYING & DEALING WITH PSYCHOPATHS AT WORK
David Gillespie, lawyer and best-selling author of Sweet Poison and Taming Toxic People

CASE STUDY: A MINDFUL TRANSFORMATION
Debra Just, CEO/GM, Willoughby Council

PANEL: WHERE IS EFFECTIVENESS AND WELLBEING IN FUTURE WAYS OF WORKING?
Gillian Coutts, Australian Country Director of Potential Project

THE STARS ARE ALIGNING… THIS IS A NEW FRONTIER TO BE EXPLOITED FOR ALL THE RIGHT REASONS.
Professor Rob Moodie, Nossal Institute for Global Health, University of Melbourne

FOR MORE INFORMATION ON OUR SPEAKERS VISIT WORKPLACEWELLNESSEXPO.COM.AU
WHEN PEOPLE ARE **THRIVING**

AT WORK THEY ARE:

- Nearly **6 TIMES** more likely to feel engaged
- **29%** likely to be more productive
- **45%** more likely to be satisfied
- **125%** less likely to burn out
- **46%** less likely to experience unhealthy days
- **32%** less likely to quit

Source: The Wellbeing Lab 2018 Workplace Survey, the State of Wellbeing in Australian Workplaces – The Wellbeing Lab & AIHW
JOIN THE ROUNDTABLE DISCUSSIONS AT WORKPLACE WELLNESS SUMMIT!

As part of the Workplace Wellness Summit programme, delegates will have the opportunity to delve into topics of interest and network with their peers in an interactive roundtable discussion.

Roundtable topics are progressively announced and will include such areas as:

- Creating a positive workplace culture
- Behaviours of a cohesive team
- Wearable technology in the workplace
- Healthy office design
- Mindfulness in the workplace
- More movement at work
- Economics and applications of workplace food service
- Technology in mental health
- Applications of brain-based coaching methodology
- Corporate wellness technology
- Big data and health analytics
- Applications of genomics
- Mental health in the workplace
- Designing wellness retreats
Workplaces that invest in employee wellbeing have happy and engaged workers and, on average, experience:

- 70% fewer safety incidents
- 41% lower absenteeism
- 24-59% lower turnover
- 3 times more likely to be seen as creative and innovative
- 10% higher customer ratings
- 10% over average shareholder return


Who attends

The Workplace Wellness Summit is a must-attend event for everyone with a stake in creating healthier, more engaged and productive workplaces.

The world of work is changing. Technology is disrupting, new business models are evolving and expectations of employees are rising. Business is responding by becoming more agile and productive, and by embedding health and wellbeing into their culture. This is an event for the times!

Whether you are a senior manager, business owner or directly responsible for implementing wellbeing, health and safety initiatives in the workplace, this event is for you!

Network with key personnel in the workplace wellness space:

- Senior Management
- Business Owners
- Health and Wellbeing Managers
- Workplace Health & Safety Managers
- Human Resource Managers
- Personnel Managers
- Facilities Managers
- Operations Managers

Look who’s coming!

Cockle Bay Room, Level 3, International Convention Centre Sydney

We’re excited to be at the new International Convention Centre Sydney! Featuring a striking contemporary design and leading technology, the ICC Sydney is the perfect venue for Workplace Wellness Summit & Expo 2019.

At the heart of its very own Sydney harbour waterfront precinct, ICC Sydney is set amongst restaurants, retail and a vibrant public domain on Darling Harbour, yet is only a moment’s walk to Sydney’s CBD and surrounding cultural quarters.

ICC Sydney is well connected to public transport with buses, trains, light rail, ferries and taxis all servicing the immediate area. The venue can also be accessed on foot, by car and by coach.
AUSTRALIA’S BIGGEST WORKPLACE WELLNESS EXPO

Monday 24 & Tuesday 25 June 2019
The Gallery, Level 2, ICC Sydney

Meet the people and companies transforming the way we stay healthy, happy and productive at work at Australia’s definitive workplace wellness event!

Workplace Wellness Summit & Expo is curated to squarely focus on the needs of workplaces with a major industry conference, big expo show floor, training & development forum and ample opportunities for networking.

The Workplace Wellness Expo connects businesses looking for workplace wellness solutions, whether it be office fit-out, fitness, mobile tech, medical, nutrition, safety, training or incentives, with a growing community of suppliers in this space.

Visitors can browse the show floor and also participate in a unique skills development initiative, Workplace Wellness University. It’s all free.

GET INVOLVED!

For information on sponsoring or exhibiting contact:
Lara Solomon
Business Development Manager
M: 0448 287 922
E: lara@viconferences.com.au
RESERVE YOUR SUMMIT PLACE TODAY – SUPER SAVER TICKETS NOW ON SALE!

 Reserve your place today! The earlier you book the more you’ll save. It’s really easy to book your place online.

We’ve released a limited number of Super Saver tickets – get in quickly to secure your tickets. Save $300 off the standard 2 day Summit price!

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<td>2 Day Conference 24 &amp; 25 June 2019</td>
<td>$895 (+GST) SAVE $300</td>
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* Booking fee of 1.5% applies to credit card transactions

NOTE: Summit registration includes automatic free entry to the Workplace Wellness Expo

BRING YOUR TEAM
Share the knowledge and inspiration – bring your whole team to this innovative event and get an extra discount for groups of three or more.
“... the most valuable and high growth potential resource in an organisation is the collective energy of its people.”
Dr Stefan Volk, The University of Sydney Business School

“We are embedding health and well-being at the heart of our business strategy because our people are our greatest asset... a healthy, happy and committed workforce is vital to our business success.”
Alex Gourlay, Co-Chief Operating Officer, Walgreens Boots Alliance, UK