

# DAY ONE

## THURSDAY 17 MARCH 2022

**08:30 - 08:45 WELCOME & WELCOME TO COUNTRY**

**08:45 - 10:20 CREATING HAPPINESS, MEANING & CONNECTION**

**BEAUTY AND THE BEST OF RESILIENCE**

Dr Maria Sirois, USA

**WE CAN MOULD OUR MIND INTO ANY SHAPE WE LIKE**

Ven Robina Courtin, USA

**HAPPINESS AND JOY, WITH MEANING AND CONNECTION - A CLINICAL PERSPECTIVE**

Dr Mark Cross

**HIGH QUALITY CONNECTIONS: CREATING HAPPINESS, HEALTH & HOPE FOR OURSELVES, OTHERS AND OUR COMMUNITY**

Dr Suzy Green

**10:20 - 10:50 MORNING COFFEE**

**10:50 - 12:30 HAPPINESS & FLOURISHING**

**PANEL: RECOVERY, RECOVERY, RECOVERY: HOW CAN WE PREVENT LANGUISHING, ANGUISHING AND BURNOUT?**

TBC

**MAKING LEARNING STICK FOR EVERYONE TO CREATE A BETTER WORLD**

Dr William DeJean

**MOVING FROM 'STRONGMEN' TO THE STRENGTH WITHIN MEN**

Dr Zac Seidler

**THE EXTRAORDINARY ORDINARY CAKE**

Toni Powell

**12:30 - 14:00 LUNCH BREAK**

**14:00 - 15:30 LIVING YOUR LIFE TO THE FULL**

**TWO MINUTE MOVES**

Lizzy Williamson

**SECRETS TO THRIVING THROUGH ADVERSITY**

Sue Langley

**UNTANGLING YOU: HOW CAN I BE GRATEFUL WHEN I FEEL SO RESENTFUL?**

Dr Kerry Howells

**LIVING YOUR BEST LIFE THROUGH THE ACCEPTANCE OF DEATH**

Professor Ross Menzies & Dr Rachel Menzies

**BEING HUMAN CAN BE HARD: HERE'S HOW TO MAKE IT A LITTLE EASIER**

Evan Sutter

**15:30 - 16:00 AFTERNOON COFFEE**

**16:00 - 17:30 HAPPINESS, LEADERSHIP & PURPOSE**

**BEYOND ISOLATION, ANXIETY AND ENTITLEMENT: HOW TO CREATE A BETTER FUTURE**

Maggie Hamilton

**PURPOSE AND MONEY - HOW TO HAVE BOTH IN THE NEW AGE**

Vanessa Stoykov

**THE HUMAN WORLD OF WORK REVOLUTION - HOW COMPASSIONATE LEADERSHIP IS HELPING CHANGE WORK-LIFE FOR THE BETTER**

Rasmus Hougaard

**CLOSING PERFORMANCE**

**17:30 CLOSE DAY 1**

# DAY TWO

## FRIDAY 18 MARCH 2022

**08:30 - 08:40** OPENING REMARKS FROM THE MC

**08:40 - 10:25** HAPPINESS, KINDNESS & CARING FOR OUR WORLD

**CONVERSATIONS WORTH HAVING: THE BUSINESS OF BUILDING A BETTER WORLD**

Professor David Cooperrider, USA

**THE KINDNESS REVOLUTION**

Hugh Mackay AO

**WHY CRITICAL THINKING SKILLS ARE CRUCIAL FOR OUR FUTURE HAPPINESS**

Professor Felicia A Huppert, UK

**PERSONAL STORY: BEYOND CLIMATE GRIEF**

Dr Jonica Newby

**LOVING COUNTRY**

Bruce Pascoe & Vicky Shukuroglou

**10:25 - 10:55** MORNING COFFEE

**10:55 - 12:30** HAPPINESS, HOPE & VULNERABILITY

**PANEL: FROM FINANCIAL WEALTH TO MENTAL WEALTH - THE TRUE MEASURE OF OUR PROSPERITY**

TBC

**THE POWER OF WISE OPTIMISM**

Gillian Coutts

**SOCIAL KUNG FU: LIFE & DEATH IS IN THE POWER OF YOUR SPEECH**

Matt Purcell

**PERSONAL STORY: MY YEAR OF LIVING VULNERABLY**

Rick Morton

**ROCK POOL GAZING: AN ECOLOGICAL MINDFULNESS PRACTICE**

Bastian Fox Phelan

**12:30 - 14:00** 12:30 - 14:00 LUNCH BREAK

**14:00 - 15:30** HAPPINESS, HEALTH & LIFESTYLE

**BRINGING BUOYANCY INTO TO YOUR LIFE - A PRACTICAL GUIDE TO NAVIGATING CHOPPY TIMES**

Anna-Louise Bouvier

**PERSONAL STORY: HEAL YOUR GUT, HEAL YOUR LIFE**

Kirsty Wirth

**THE EMPATHY DILEMMA: BALANCING SELF-CARE AND CARE FOR OTHERS**

Corey Jackson

**THE POWER OF LETTING GO**

Phil Lee

**PERSONAL STORY: RECOVERING FROM BURNOUT - HOW SCIENCE HELPED ME**

Sophie Scott

**15:30 - 16:00** AFTERNOON COFFEE

**16:00 - 17:30** TAKING ACTION FOR A HAPPIER LIFE FOR OURSELVES & OTHERS

**NO MORE EXCUSES: HOW TO BRIDGE THE KNOWING-DOING-GAP**

Dr Tim Sharp

**THREE PROVEN WAYS TO UNCOVER YOUR CORE VALUES**

Shamash Alidina, UK

**IN CONVERSATION: HAPPINESS & RESILIENCE - LEARNING FROM ANIMALS**

Roxy Danckwerts / Moderated by David Michie

**AWAKENING THE KITTEN WITHIN**

David Michie

**17:30** CLOSE DAY 2