

DAY ONE THURSDAY 17 MARCH 2022

08:30 WELCOME & WELCOME TO COUNTRY
Beth Phelan, Uncle Allen Madden, MC: Gillian Coutts

08:40 OPENING PERFORMANCE
Tenzin Choegyal

CREATING HAPPINESS, MEANING & CONNECTION

08:45 BEAUTY AND THE BEST OF RESILIENCE
Dr Maria Sirois, USA

09:15 LOVING COUNTRY
Bruce Pascoe & Vicky Shukuroglou

09:35 WE CAN MOULD OUR MIND INTO ANY SHAPE WE LIKE
Ven Robina Courtin, USA

10:05 HIGH QUALITY CONNECTIONS: CREATING HAPPINESS, HEALTH & HOPE
Dr Suzy Green

10:30 MORNING COFFEE

HAPPINESS & FLOURISHING

11:00 MOVING FROM 'STRONGMEN' TO THE STRENGTH WITHIN MEN
Dr Zac Seidler

11:20 IN CONVERSATION: GROWING UP DISABLED IN AUSTRALIA
Gayle Kennedy, Moderator: Gillian Coutts

11:40 PANEL: RECOVERY, RECOVERY, RECOVERY: HOW CAN WE PREVENT LANGUISHING, ANGUISHING AND BURNOUT?
Dr Maria Sirois, Ven Robina Courtin, Gayle Kennedy, Dr Zac Seidler, Moderator: Dr Suzy Green

12:05 MAKING LEARNING STICK FOR EVERYONE TO CREATE A BETTER WORLD
Dr William DeJean

12:25 EXITING THE WORRY ROUNDABOUT - INSTANTLY!
Toni Powell

12:45 LUNCH BREAK

LIVING YOUR LIFE TO THE FULL

14:00 TWO MINUTE MOVES
Lizzy Williamson

14:05 SECRETS TO THRIVING THROUGH ADVERSITY
Sue Langley

14:25 LIVING YOUR BEST LIFE THROUGH THE ACCEPTANCE OF DEATH
Professor Ross Menzies & Dr Rachel Menzies

14:45 UNTANGLING YOU: HOW CAN I BE GRATEFUL WHEN I FEEL SO RESENTFUL?
Dr Kerry Howells

15:05 BEING HUMAN CAN BE HARD: HERE'S HOW TO MAKE IT A LITTLE EASIER
Evan Sutter

15:30 AFTERNOON COFFEE

MAKING A DIFFERENCE IN THE WORLD

16:00 IN CONVERSATION: LIVING A LIFE OF PURPOSE
Roxy Danckwerts, Zimbabwe, Moderator: David Michie

16:25 THREE PROVEN WAYS TO UNCOVER YOUR CORE VALUES
Shamash Alidina, UK

16:40 BEYOND ISOLATION, ANXIETY AND ENTITLEMENT: HOW TO CREATE A BETTER FUTURE
Maggie Hamilton

17:00 THE HUMAN WORLD OF WORK REVOLUTION - HOW COMPASSIONATE LEADERSHIP IS HELPING CHANGE WORK-LIFE FOR THE BETTER
Rasmus Hougaard, Denmark and Gillian Coutts

08:30 OPENING REMARKS FROM THE MC

Dr William DeJean

HAPPINESS, KINDNESS & CARING FOR OUR WORLD

08:35 CONVERSATIONS WORTH HAVING: THE BUSINESS OF BUILDING A BETTER WORLD

Professor David Cooperrider, USA

09:05 THE KINDNESS REVOLUTION

Hugh Mackay AO

09:30 HOW POSITIVE PSYCHOLOGY CAN HELP IN THE FIGHT AGAINST GLOBAL WARMING

Professor Felicia A Huppert, UK

09:50 HAPPINESS AND JOY WITH MEANING AND CONNECTION - A CLINICAL PERSPECTIVE

Dr Mark Cross

10:10 PERSONAL STORY: BEYOND CLIMATE GRIEF

Dr Jonica Newby

10:30 MORNING COFFEE

HAPPINESS, HOPE & VULNERABILITY

11:00 THE POWER OF WISE OPTIMISM

Gillian Coutts

11:20 PANEL: JUST WHEN WE THOUGHT IT WAS OVER: PROTECTING OURSELVES FROM PANDEMIC FATIGUE

Professor David Cooperrider, Professor Felicia A Huppert, Dr Mark Cross, Effie Fox, Moderator: Jonica Newby

11:45 NUDGING YOUR WAY TO WELLBEING

Dr Michelle McQuaid

12:00 CLEANING OUR TRAUMA

Yemi Penn PhD

12:20 PERSONAL STORY: MY YEAR OF LIVING VULNERABLY

Rick Morton

12:40 MUSICAL MINDFULNESS PRACTICE

Tenzin Choegyal

12:45 LUNCH BREAK

HAPPINESS, HEALTH & LIFESTYLE

14:00 HABITS FOR GREATNESS

Dr Tim Sharp

14:25 PERSONAL STORY: HEAL YOUR GUT, HEAL YOUR LIFE

Kirsty Wirth

14:45 THE POWER OF LETTING GO

Phil Lee

15:05 THE EMPATHY DILEMMA: BALANCING SELF-CARE AND CARE FOR OTHERS

Corey Jackson

15:30 AFTERNOON COFFEE

TAKING ACTION FOR A HAPPIER LIFE FOR OURSELVES & OTHERS

16:00 PERSONAL STORY: RECOVERING FROM BURNOUT - HOW SCIENCE HELPED ME

Sophie Scott

16:20 SOCIAL KUNG FU: LIFE & DEATH IS IN THE POWER OF YOUR SPEECH

Matt Purcell

16:40 BRINGING BUOYANCY INTO TO YOUR LIFE - A PRACTICAL GUIDE TO NAVIGATING CHOPPY TIMES

Anna-Louise Bouvier

17:00 AWAKENING THE KITTEN WITHIN: A MEDITATION ON GRATITUDE AND WONDER

David Michie

17:20 CLOSING PERFORMANCE: MUSIC MAKES THE HEART SING

Tenzin Choegyal

17:30 CLOSE OF DAY 2