

Agenda

9.00am Conference begins

MC | Miriama Kamo

People, place and performance – Inspiring wellness through supportive cultures
Ryan Picarella | WELCOA

Creating a Healthier Society
Vicki Caisley | Southern Cross Health Society

10.40am Morning tea

11.10am Session two begins

Supporting New Zealand businesses to switch to wellbeing
Chris Watney | Southern Cross Health Society

Healthy Thinking – Tools to improve your team's wellbeing
Dr Tom Mulholland | Health Innovation Centre

Corporate case studies – Best practice in corporate wellbeing from around New Zealand
Vodafone, SkyCity, Flexi Cards, Calibre Consulting, Southern Cross Health Society

12.40pm Lunch

1.30pm Session three begins

Movember and Workplace – Fun as a Trojan Horse
Robert Dunne | Movember Foundation NZ

Wearables in wellness – Integrating technology into an effective corporate wellness programme
Andrew Eagling | Fitbit Group Health

Back pain and work – Understanding causes and strategies to keep your team healthy
Chris Gregg | TBI Health

3.10pm Afternoon tea

3.30pm Session four begins

Lisa Carrington (video appearance)
Double Olympian & Southern Cross Ambassador

Diet, not diets! Eating well in a busy world
Niki Bezzant | Healthy Food Guide

Taking an holistic approach to tracking, measuring, and reporting
Corporate Wellness
Thomas Dijohn | dacadoo

5.00pm Networking drinks

Healthy tip

EAT WELL – aim to fill up half your plate with salad or vegetables at lunch

Healthy tip

CONNECT – introduce yourself to someone new and learn something about them

Thanks

bloom
hearing specialists

enableMe
FINANCIAL PERSONAL TRAINERS

fitbit

healthyfood

HUM

LES MILLS

MMC CORPORATE

OPSM



St John
Here for Life

Healthy tip

BE ACTIVE – get up and move during the breaks. Why not visit our exhibitors?

Want to find out more? Email the team at wellbeing@southerncross.co.nz

Southern Cross Medical Care Society
Level 1, Ernst & Young Building
2 Takutai Square, Auckland 1010
southerncross.co.nz/society
0800 100 777

 Southern Cross
Health Society

 Southern Cross
Health Society

Wellbeing now

People, place and performance

Thursday 3 November 2016, 9am – 5pm
Pullman Hotel, Auckland



Speakers



People, place and performance – Inspiring wellness through supportive cultures

Ryan Picarella | WELCOA (Wellness Council of America)

Most people have a strong desire to live a healthy happy life, yet not everyone is successful at achieving long term success. The impact of our culture on our health can have devastating consequences – or substantial life gains. Discover a new model for building lasting cultures of health that can be used in families, organisations or community-based efforts.

Discover what is going on in our environments that is leading to poorer health, learn about new models for creating lasting change and take away strategies to improve health and wellbeing.



Creating a Healthier Society

Vicki Caisley | Southern Cross Health Society

Southern Cross Health Society has been on a decade-long journey creating an environment of wellbeing for its employees. Learn how the focus on employee wellbeing has enabled the delivery of the Society's brand promise to over 800,000 Kiwis and how the Health Society's whole person model provides positive returns back to the organisation.



Supporting New Zealand businesses to switch to wellbeing

Chris Watney | Southern Cross Health Society

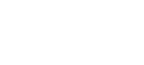
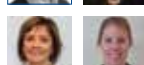
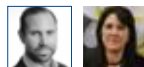
After over 50 years of caring for New Zealand's health, Southern Cross Health Society is ready to take an holistic view of wellbeing – looking after you when you're well, not just when you're ill. Hear how an exciting new proposition will aim to create a healthier New Zealand, one member's journey at a time.



Healthy thinking tools to improve your team's wellbeing

Dr Tom Mulholland | Health Innovation Centre

Dr Tom Mulholland is an Emergency Department doctor who is changing the paradigm of health care delivery. By being the ambulance at the top of the cliff with some unique tools and perspectives he is improving wellbeing on a number of innovative fronts. He will share his experiences and give you some tools to be happier and healthier, plus he promises to reveal how to live to 100 and stay out of the Emergency Department!



Corporate case studies – best practice in corporate wellbeing from around New Zealand

Vodafone, SkyCity, Flexi Cards, Calibre Consulting, Southern Cross Health Society

Leading corporate wellbeing experts share their stories from the trenches – what worked, what didn't go so well, how do you engage your teams in wellbeing and – most importantly – what have they learned on the journey?

- Vodafone New Zealand – Max Riley, Human Resources – Health & Safety.
- SkyCity, Antoinette Forrest – National Health & Safety Manager.
- Flexi Cards, formerly known as Fisher and Paykel Finance – Sarah Mannion, Chief People and Operations Officer.
- Calibre Consulting – Leisha Holliday, Human Resources Leader – H&S Manager & Samantha Almeida, Marketing and Communications Leader.
- Southern Cross Health Society – Vicki Caisley, Head of People, Strategy & Performance.



Movember and the Workplace – Fun as a Trojan Horse

Robert Dunne | Movember Foundation NZ

The Movember community has raised over \$900 million to date, funding over 1000 programmes in 21 countries. Robert will share how Movember creates a movement behind health and wellbeing, and how initiatives such as MOVE keep Movember's programmes fresh.



Wearables in wellness – Integrating technology into an effective corporate wellness programme

Andrew Eagling | Fitbit Group Health

Engagement in many corporate wellness programs has increased with the introduction of wearable tech. Maintaining engagement is a key factor in programme efficacy. Learn from the wearables leaders about the link between technology and engagement and how relevance can build longevity into your programmes.



Back pain and work – Understanding causes and strategies to keep your team healthy

Chris Gregg | TBI Health

Back pain continues to be a common musculoskeletal complaint within workplaces, and has a significant impact on both individual wellbeing and workforce productivity. Learn about an innovative approach to back pain that gives people the tools to manage the problem in the long term and practical tips that will help your employees with back pain remain happy and productive at work.



Lisa Carrington (video appearance)

Double Olympian & Southern Cross Ambassador

Not only is Lisa an outstanding sportsperson, she is also an inspirational leader and post-graduate student of Psychology. Lisa (Ngati Porou and Te Aitanga-a-Mahaki descent) was named 2014 Outstanding Maori Business Leader of the Year by the University of Auckland Business School.



Diet, not diets! Eating well in a busy world

Niki Bezzant | Healthy Food Guide

We're surrounded by advice on healthy eating – but is it improving our health or productivity? Maybe it's time to help your teams take a step back and put into practice what we know for sure about how to eat for lifelong good health.



Taking an holistic approach to tracking, measuring and reporting Corporate Wellness

Thomas Dijohn | dacadoo

Corporate Wellness is moving centre stage as a real driver of business outcomes. Learn from leading tech business dacadoo how to track, measure and report on organisational wellness and behaviour, and build the case for wellbeing in your organisation.



Miriama Kamo | Host of TV One's Kiwi Living

Miri will guide us expertly through the day, keeping us on time and topic, whilst also getting the debate going!



Karla Brodie | HUM, breath and movement education

HUM delivers breathing and movement programmes that get people and businesses humming. Participants learn simple and effective tools for focus, clarity and resilience so they can perform at their best. HUM's programmes take a mindful approach for people to reclaim balance, wellness and happiness and for businesses to be more productive with higher functioning workplaces.

You'll have the opportunity to experience the HUM difference as they bring their simple and effective tools for focus, clarity and resilience to the conference.

Notes

Healthy tip

BE PRESENT
– cut out those distractions and capture all the insights.