

WELLNESS CONFERENCE 2011

_LIVING WELL _WORKING WELL _PLAYING WELL

_02 JUNE _JAMES COOK HOTEL WELLINGTON

02
JUNE

Ageing tends to change our attitudes and approaches to life in general, to work and the length of time we want to remain in the workplace, and to leisure and play. The conference will paint some pictures on how all of these components piece together to form a whole.

With the support of Southern Cross Healthcare Society, ECCC is proud to present the Wellness Conference 2011 Living Well, Working Well, Playing Well.

Attendees will hear from our keynote speaker Diana Crossan, Retirement Commissioner, and a variety of other speakers on healthy retirement, wellness programmes, shift work from an employer and employee perspective, emotional health, resilience and absenteeism, and how all off these can impact on the wellbeing within the workplace.

The conference is beneficial for employers and employees alike, especially those involved in human resources and health and safety.

In association with,



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8.00am – 8.50am **REGISTRATIONS**

8.50am – 9.00am **WELCOME**

Introductions and housekeeping

*Brent Mitchell, Chairperson
Employers' Chamber of Commerce Central*

9.00am – 10.00am **KEYNOTE SESSION: FINANCIAL WELLNESS**

- The baby boomers are approaching retirement – the first reach 65 this year and we have an aging workforce.
- This presentation will cover the best way to plan for our retirement from a young adults through to the 65+ year olds.

*Diana Crossan, Retirement Commissioner
– Keynote Speaker*

10.00am – 10.30am **CASE STUDY 1: HEALTHY RETIREMENT – PREPARING FOR RETIREMENT WHILE STILL AT WORK,**

- keeping the body and the brain going.

Ron Turner

10.30am – 10.50am **_BREAK AND NETWORKING**

10.50am – 11.20am **SWITCH2WELL – HEALTHY CHOICES WELLNESS PROGRAMME.**

- How Southern Cross Health Society switched a workforce to healthier lifestyles and more productive work days.
- Southern Cross isn't just talking the talk, we're walking the walk. Through the Switch2well programme, good eating and exercise habits have become part of our everyday life – at work and at home.
- Southern Cross will provide an insight into the programme and the benefits to both Southern Cross and its employees.

*Brad Norris,
Synergy Health*

11.20am – 12.10pm **HEALTHY SHIFT WORKERS:**

- Shift work can have numerous effects on those employees that work shifts and those who administer the rosters.
- Our speakers will explore some of the key issues around shift work both from an employer and union perspective.

NZ Nurses Organisation

*Darryl Stonehill
First Contact Security*

12.10pm – 1.10pm **_LUNCH AND NETWORKING**

1.10pm – 2.00pm

EMOTIONAL HEALTH – KEEPING OURSELVES SAFE WITHIN THE WORKPLACE

What is it we need to do to keep us emotionally healthy within the workplace?

- Have a balance in our lives between work and leisure – social time
- Manage our workloads – have a plan and use the tools
- Use communication effectively
- Know what to do when we are confronted by unacceptable behaviour

This presentation will focus on the last point and look at ways we can keep ourselves emotionally safe in the workplace.

*Lynn Harris – Team Leader ECCC Learning and Development
Employers' Chamber of Commerce Central*

2.00pm – 2.20pm

CASE STUDY 2: HEALTH AND WELLBEING AWARD & STANDARD.

- Fresh ideas for wellness programmes.
- How to keep employees interested/motivated in participating.
- Incentivising participation.

*Matt Beatie, Director
Salusora*

2.20pm – 3.10pm

RESILIENCE - WHAT DIFFERENCE DOES A RESILIENT WORKFORCE MAKE?

- A resilient workforce is a productive workforce. A resilient workforce is healthy, energetic, durable, and enthusiastic.
- Resilience in the workplace is a measure of how well we can handle the everyday pressures of the job, and the way in which challenges are faced.

Chris Elphic, Training Consultant

3.10pm – 3.30pm **_BREAK AND NETWORKING**

3.30pm – 3.50pm

WORK AND WELLBEING: STAYING AT WORK IS GOOD FOR OUR HEALTH

Is being away from work harmful to health? Can an employer proactively reduce absence from work? This session will explore the link between working and wellness. Learn about best practices in total absence management based on past experiences.

*David Wutzler and Adrienne Pryde
ECCC OSH*

3.50pm – 4.00pm

CLOSING REMARKS

*Brent Mitchell, Chairperson
Employers' Chamber of Commerce Central*

