

AGENDA

Wednesday 4 May 2022

Office of Industrial Relations QLD
347 Ann St, Brisbane

Meeting Eval Form



9:30am

Welcome to the Network from WayAhead Workplaces Program Manager
and Acknowledgement of Country

9:40am

*For Wellbeing's Sake - A call to take action on destructive leadership in the
workplace*

Dr Vicki Webster - Incisive Leaders

10:20am

Networking Morning Tea

10:50am

Men's Mental Health - An Insider's Perspective

David Westgate - Assure Programs

11:30am

A Case Study: Bupa Psychological Health and Safety Team

Mason Gismondi - Bupa

12:15pm

WayAhead Workplaces Updates & Housekeeping

12:30pm

Close

SPEAKERS



Dr Vicki Webster is an organisational psychologist with over twenty years' consulting, coaching and leadership experience, working with individuals, teams, and organisations to enhance the quality of leadership, collaboration, team performance and wellbeing. Vicki is a fellow of the College of Organisational Psychologists, an Adjunct Research Fellow with Centre for Work, Organisation and Wellbeing (WOW) at Griffith University, a fellow and chartered professional with AHRI, and a fellow of the Institute of Managers and Leaders. In 2016 Vicki completed her research PhD on the dark side of leadership and its impact on followers and has just released her book *Destructive Leadership in the Workplace* with co-author, Professor Paula Brough. Vicki delivers interactive and thought provoking sessions on the bright and dark side of leadership. She coaches, lectures and writes on leadership and followership, personal and career resilience topics. When she is not working she winds down by reading crime novels, watching psychological thrillers and walking on the beach with her partner, John, and dog, Brax.



David Westgate worked in advertising for 35-years, all while suffering from a rollercoaster-like mental illness known as bipolar 1.

He is now a Mental Health and Wellbeing Ambassador for Assure Programs and a keynote speaker for the Black Dog Institute, having spoken to organisations including NSW Law Society, Australian Road Transport Industry, the Treasury and the Friends and Family of Missing People Police Unit. David is also a Master Mental Health First Aid trainer, serves on an action group with TAL, has been interviewed by the Australian Financial Review and SBS Insight.

After 40-plus years of bipolar 1 and 64-years of being a bloke, David Westgate shares his insights into speaking to men about something most of them have no interest in talking about. And that's their mental health.



Mason Gismondi is the Psychological Health and Safety Partner for Bupa APAC.

Mason has a background in psychology, injury management, operations management, leadership coaching and is currently driving effective psychosocial risk management within Bupa's aged care and Defence health services businesses.

He is passionate in establishing the role of a leader in creating a psychologically safe workplace climate that also works to proactively minimise the potential of psychological harm to its employees.

UPCOMING EVENTS



WayAhead Workplaces members can access exclusive discounts to major events, conferences, and more.

[Find all discounts & offers on our website.](#)



9 - 11 MAY	Australian & New Zealand Addiction Conference	Gold Coast & Online	Discover evidence-based solutions, lived-experience lessons, and research findings for the prevention, treatment, harm reduction and recovery of substance and behavioural addictions.
7 - 8 JUN	Comcare National Conference	Canberra	Creating a safer workplace together: Join over 500 WHS industry peers to explore how to promote and enable safe and healthy work with the latest research, best practice, and valuable networking.
22 - 23 JUN	Workplace Wellness Festival	Sydney & Online	A place to learn, have fun, and do business with over 100 expert speakers, top vendors, and thousands of professionals for APAC's largest workplace wellness gathering.
22 - 24 AUG	Workplace Mental Health Symposium	Gold Coast & Online	Three days of keynote addresses, speaker presentations, panel discussions, workshops, and exhibitors for the common goal of creating mentally healthy workplaces.
5 - 7 SEP	International Mental Health Conference	Gold Coast & Online	A world-class forum to connect and collaborate with national and international mental health leaders, gaining knowledge and tools to improve your approach to client care.
24 - 25 OCT	Indigenous Wellbeing Conference	Adelaide & Online	Bringing First Nations Australians, Maori and Pasifika leaders, mental health professionals and people with lived experience together to progress the wellbeing and mental health of their communities.
9 - 11 NOV	Australian Rural & Remote Mental Health Symposium	Adelaide & Online	Hear from, network, and unite with mental health experts, service providers, and fellow workers to provide greater mental health accessibility, support, and services to rural and remote communities.

Do you have an offering that our network would benefit from?
Reach out to our team to discuss how we can work together.