

# Agenda

8:30am	Registration & Networking	
9:00am	Acknowledgment of Country	<b>Jeremy Heathcote</b> <i>WayAhead Board</i>
9:05am	Welcome & Housekeeping	<b>Sharon Grocott &amp; Edman Tam</b> <i>WayAhead</i>
9:25am	Commissioner Address	<b>Catherine Lourey</b> <i>Mental Health Commission of NSW</i>
9:55am	Harnessing Energy in the Workplace: Energy Amplifiers and Diminishers in Organisations	<b>Ephraim Patrick</b> <i>Mercer</i>
10:50am	Morning Tea	
11:30am	An Integrated Approach to Workplace Mental Health & Wellbeing: Science & Strategies	<b>Dr Suzy Green</b> <i>The Positivity Institute</i>
12:10pm	Key Insights from the Latest Indicators of a Thriving Workplace Research Survey	<b>Dr Denise Hamblin &amp; Melanie Jeffress</b> <i>Superfriend</i>
12:50pm	Break-out Session Introduction	
12:55pm	Lunch	

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1:50pm	Break-out Sessions	
3:25pm	Afternoon Tea	
3:55pm	Wellbeing Tech 2.0: Employee Wellness in the Age of ChatGPT	<b>Jay Spence</b> <i>Dark Blue Consulting</i>
4:35pm	Purposeful Ambition in a Changing Environment	<b>Gavin Bain</b> <i>Wunderman Thompson</i>
5:15pm	Thank you from WayAhead	
5:30pm	Meeting Close	

## Break-out Sessions

In-person	Virtual
How to Create a Successful Wellbeing Champion Network <b>Medibank</b>	7 Steps for Building your dream Wellness Champions Network <b>Wellness Designs</b>
Building Connections <b>WayAhead</b>	
Deepening Connection and Relationships Through Presence <b>Alan Riva</b>	D&I: Are you struggling with issue overload? Towards an integrated approach <b>Thea O'Connor</b>

# Speakers



## Jeremy Heathcote

### Board Member at WayAhead - Mental Health Association NSW

Jeremy Heathcote is an Indigenous Health Community Engagement Officer at the University of Sydney, works as a cultural mentor and Deputy Chairman of the Babana Aboriginal Men's Group, and serves as a Board Member of WayAhead.

Jeremy works closely with the Aboriginal community in the Inner Sydney region and has a strong focus on mental health and wellbeing. For the last 10 years Jeremy has been involved in organising Aboriginal Mental Health and Suicide Prevention events across the Sydney region, speaking on the issues both nationally and internationally.



## Catherine Lourey

### Mental Health Commissioner of NSW

Catherine Lourey was appointed NSW Mental Health Commissioner in 2017 and brings over 30 years' experience leading and delivering major strategic and complex mental health projects at the state and national level.

With a focus on improving systemic responses, strengthening collaboration and embedding the voice of lived experience, Catherine has led major strategic programs and projects across the area of mental health, including Living Well in Focus 2020-2024, and the five year strategic framework for suicide prevention in NSW 2022-2027.



## Ephraim Patrick

### Partner & Workforce Transformation Leader at Mercer

Ephraim Patrick is a Partner at Mercer with 20+ years in HR management and consulting on local and global levels. He specialises in people strategy, analytics and organisational performance and is key member of the global Community of Practice.

Ephraim holds an Executive MBA from Henley Business School (UK) as well as a Degree in Business Administration and Educational Science (Germany). He is a University Innovation Fellow (Stanford University) and lectures at UTS Business School.



## Dr Suzy Green

### Founder & CEO of The Positivity Institute

Dr Suzy Green is a Clinical and Coaching Psychologist (MAPS) and Founder & CEO of The Positivity Institute, an organisation dedicated to the research and application of the science of optimal human functioning in organisations and schools.

Suzy is a leader in the fields of Coaching and Positive Psychology, having published over twenty academic chapters and peer-reviewed articles. She was also a Senior Adjunct Lecturer at the University of Sydney for ten years and is an Honorary Vice President of the International Society for Coaching Psychology.

# Speakers



## **Dr Denise Hamblin**

### **Chief Customer Growth Officer at Superfriend**

Denise Hamblin recently joined Superfriend as their Chief Customer Growth Officer, and has spent the last 14 years leading teams of researchers at Colmar Brunton and Kantar Insights. She has a PhD in Psychophysiology, is an award winner for WHO's Best Postgraduate Bioeffects Research and a "Women in Marketing" mentor.

Denise is passionate about connecting with organisations who value positive mental health and wellbeing outcomes for their employees, and helps organisations delve into the strengths and challenges of any given industry, along with potential actions to help prevent future ill health and maximise thriving workplaces.



## **Mel Jeffress**

### **Research and Impact Analyst at Superfriend**

Mel Jeffress is a Research and Impact Analyst at SuperFriend, specialising in workplace mental health. With a Psychology Honours degree and nearly a decade of market research experience, Mel is dedicated to promoting well-being in the workplace.

She is currently undertaking the annual Indicators of a Thriving Workplace Survey, a national benchmarking study aiming to provide actionable insights as to what helps people to thrive at work.



## **Jay Spence**

### **Founder of Dark Blue Consulting**

Dr. Jay Spence is a Healthcare Executive and Digital Mental Health Consultant with a Masters degree and PhD in Digital Health. He has worked in a range of healthcare settings as Chief Strategy and Chief Product Officer in both US and Australian markets. In 2016, he founded an award winning mental health technology company, which was acquired in 2021.

Jay has published multiple peer reviewed studies on digital health and recently launched a digital health consulting practice, Dark Blue Consulting.



## **Gavin Bain**

### **Chief Executive Officer of Wunderman Thompson Australia**

Gavin Bain has spent over 30 years in the Marketing and Advertising industry in Senior Management and Executive roles at Bankwest and Adelaide Bank, and was CEO of Perth's most successful independent agency, Meerkats, for over 10 years.

In 2020, Meerkats merged with Wunderman Thompson and Gavin has led the evolution of the brand nationally from traditional advertising to a broader organisational platform spanning creative, technology and consulting. Gavin sits on the Board of the Advertising Council of Australia and Cancer Council WA, and leads The Creative Leadership programme for leading disability services provider, Nulsen.



# Break-out Session Hosts



## Melanie Moffatt

### Corporate Health and Wellbeing Specialist at Medibank

Melanie is a corporate wellbeing specialist, health writer and nutritionist who supports organisations to optimise the health, happiness and productivity of their people.

Melanie works closely with companies to co-design and implement evidence-based wellbeing programs aligned with their strategic goals and culture.



## Megan Bowen

### Wellbeing & Community Lead at Medibank

Megan Bowen is the Wellbeing Lead at Medibank, and is dedicated to bringing a health focus to the employee experience. For the last four years, Megan has been dedicated to employee wellbeing after a long history as a HR Business partner across multiple industries.

Megan is passionate about designing and managing programs to inspire workers and their families to prioritise their health and wellbeing to live their best lives.



## Alan Riva

### Wellbeing & Presence Coach

Alan is a coach, author, public speaker and facilitator, specialising on the personal wellbeing and organisational cultural benefits of living present.

Alan has worked with organisations including Commonwealth Bank, Village Roadshow, 99 Designs, and is a wellbeing partner for Uprise Health and Joye. He is also a partner in an ongoing research project into the benefits of being present in the age of technology with Interrelate, UTS and Deakin University.



## Katrina Johnston

### Director of Wellness Designs

Katrina Johnston is the Director and Founder of Wellness Designs, and has over 28 years' experience in the development and implementation of multi-award winning wellness solutions for small to large organisations across the globe.

Katrina develops result-oriented strategies based on her unique combination of experience both as a strategist and at the coalface as a Wellness Manager and has built a reputation as a pioneer of workplace wellness in Australia.



## Thea O'Connor

### Workplace Wellbeing Advisor and Director of Menopause at Work

Thea O'Connor is an advisor on workplace wellbeing, with a focus on key drivers of productivity and engagement in agile, resilient workforces, in addition to women's health and menopause.

Over the last 20 years, Thea's work has spanned nutrition, body image, workplace health, and sleep science, in the forms of consulting, prevention and early intervention initiatives in schools and workplaces, conference presentations, and writing for national media outlets.

## Upcoming Events

<b>20 - 21 Jun</b>	Workplace Wellness Festival 2023	Sydney
<b>11 - 12 Jul</b>	Public Sector Workplace Mental Health Strategies Summit	Canberra & Online
<b>17 Jul - 11 Aug</b>	Wellness Practitioner Training (self-paced)	Online
<b>12 - 13 Sep</b>	REwork APAC Summit	Sydney & Online
<b>6 Oct</b>	Mental Health Matters Awards WayAhead	Sydney
<b>9 Nov</b>	Comcare National Work Health and Safety Awards	Canberra

## Member Discounts

<b>Public Sector Workplace Mental Health Strategies Conference</b>	\$100 off	Code: WAYAHEAD
<b>Potential+ by the Positivity Institute</b>	20% off	Code: WAYAHEAD20
<b>triiyo</b>	5% off	Contact our team
<b>Superfriend Thriving Workplace Index</b>	10% off	Contact our team
<b>Wellness Practitioner Training</b>	10% off	Contact our team

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