

Agenda

August 2023

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| 8:30am | Registration & Networking | |
| 9:00am | Welcome to the network | |
| 9:15am | <i>The cost of separation and divorce on the workplace</i> | Elisabeth Shaw Relationships Australia NSW |
| 9:55am | Morning Tea | |
| 10:35am | Panel Discussion <i>Working Mums: The relationship between mental health, career outcomes, and workforce optimisation</i> | Jessica Wong-Saunderson Samantha Sutherland Cathy Ngo Aubrey Mazinyi |
| 11:20am | Break-out Session | |
| 12:00pm | Quarterly Highlights | |
| 12:20pm | Housekeeping & wrap up | |
| 12:30pm | Close | |



Elisabeth Shaw
CEO of Relationships Australia NSW

Elisabeth Shaw is a clinical and counselling psychologist who has focused her whole career on how people live and work well in relationships and communities.

She has taught at ACU, UNSW, and University of Newcastle in clinical practice, management, and professional ethics, routinely presents and publishes work in these areas, and coaches executives across industries. She is a Fellow of the Australian Psychological Society, a Senior Consultant at The Ethics Centre, a graduate of the Australian Institute of Company Directors, and sits on a number of boards.



Jessica Wong-Saunderson
Co-Founder of MumbleMe

Jessica Wong-Saunderson is a tax lawyer, accountant, entrepreneur, and board member of several not-for-profit organisations. She has spent 15 years working in Big Four accounting firms and advises global clients on mergers, acquisitions, and cross-border deals.

Jess is passionate about empowering and supporting mums and carers to thrive as working parents. She is the co-founder of MumbleMe, an online marketplace that aims to provide every Australian mum with access to career opportunities, no matter the stage of their career or parenthood.



Samantha Sutherland
DEI Expert

Samantha Sutherland is a diversity and inclusion expert with a focus on gender equity in Australia. Her goal is to enable every woman to have lives and careers that are fulfilling and joyful, and to help create a world that works for working women. She is also a skilled facilitator with extensive experience in stakeholder engagement.

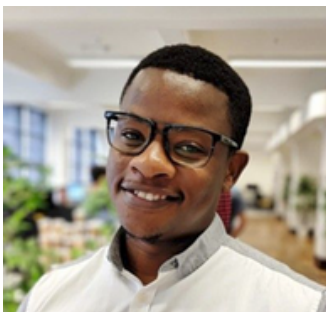
In early 2021, Samantha conducted research into the impact of COVID on working women, exploring the intersection between work and home life. It had almost 1300 responses from women across Australia and received national media attention.



Cathy Ngo
Entrepreneur, Strategic Advisor, & Gidget Ambassador

Cathy Ngo (she/her/hers) is an entrepreneur, sought-after speaker, and podcaster. With her extensive background in Human Resources and Employee Communications, Cathy has advised some of the world's largest corporations on people strategy and transformation, and her thought leadership is regularly featured in top media outlets around the globe.

Cathy is the Founder of Keynoteworthy, a platform tackling speaker diversity by connecting diverse speakers and thinkers with event curators, and is an Ambassador for the Gidget Foundation.



Aubrey Mazinyi
Head of People & Culture at PALO IT

Aubrey Mazinyi is Head People and Culture for PALO IT Australia with extensive experience in the People & Talent space. He is passionate about transforming the way we think about the people landscape, creating environments that provide meaningful experiences, both professionally and personally.

Aubrey has worked with various organisations to support women in their transition back to work, and has worked with career changers, helping them build confidence in their ability and take steps to change careers and excel in partnership with General Assembly UK.

Upcoming Events

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|------------------|---|-----------------|
| 7-8 Sep | Workplace Mental Health Symposium | Gold Coast |
| 12-13 Sep | REwork APAC Summit | Sydney & Online |
| 6 Oct | WayAhead - Mental Health Matters Awards | Sydney |
| 12-24 Oct | Treely - Mental Health Week Inter-Company Challenge | Aus-wide |

Member Discounts

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| Leadership Responsibility for Mental Health in the Workplace Healthy Minds | 20% off | Self-paced psychosocial hazard training for your organisation's leaders. |
| Potential+ Positivity Institute | 20% off | Develop capability and enhance mental health, wellbeing, and resilience for individuals, teams, and organisations. |
| triiyo | 5% off | Supporting organisations and leaders in helping people navigate life transitions during the entire career life-cycle. |
| Thriving Workplace Index Superfriend | 10% off | A mental health wellbeing benchmarking tool identifying practical actions to help your organisation thrive. |
| Treely | 10% off | Turn footsteps into trees in private or inter-company walking challenges. |
| Workplace Mental Health Symposium | 15% off | Learn integrated approaches to workplace mental health practices with over 300 delegates. |
| Wellness Practitioner Training Wellness Designs | 10% off | Nationally accredited training on developing, delivering, and evaluating an effective workforce wellness strategy. |