

Agenda

May 2024

Wayahead®
Workplaces



8:30am	Registration & Networking	
9:00am	Welcome to the network	
9:15am	<i>Burnout: An Employer's Responsibility</i>	Jennifer Cains Advice for Good
10:00am	<i>Organisational Change - Connecting with emotions in managing psychosocial hazards</i>	Desleigh White People Matter Coaching & HR
10:45am	Morning Tea	
11:25am	<i>Bouncing Forward: Strong Minds for a Healthier Workplace</i>	Renee Carroll & Dr Vincent Oxenham Northern Sydney Local Health District
12:05pm	Quarterly Highlights	
12:20pm	Housekeeping & wrap up	
12:30pm	Close	

Speakers

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Jennifer Cains

Director and Healthy Workplaces Expert - Advice for Good

Jennifer Cains is a recently appointed board member of Wayahead, with over 25 years experience in people management and leadership within the digital technology sector, including at Salesforce and Microsoft.

As the Founder of Healthy Workplaces Australia, Jennifer champions the importance of mental well-being in the workplace, channelling her expertise in business transformation and technology leadership and her deep commitment to mental health advocacy and education.



Desleigh White

Coach and HR Business Partner - People Matter Coaching & HR

Desleigh is a people and culture practitioner and organisational coach with experience across multiple industries and sectors, from not for profit to multinationals. Desleigh founded People Matter Coaching and HR, supporting organisations to create a better world of work for their people.

She has a Masters degree in HR, is a qualified organisational coach, a certified professional with the Australian Human Resources Institute and is currently completing postgraduate study in Organisational Leadership and Coaching.



Renee Carroll

Acting Manager, Health and Wellbeing - Northern Sydney LHD

Renee is a qualified Exercise Physiologist and Manager of Injury Management at Northern Sydney Local Health District, with over 15 years' experience in the Workers Compensation industry.

She is currently responsible for the development and implementation of the NSLHD Health & Wellbeing Program. Renee is passionate about influencing cultural change to maximise the health & wellbeing of her colleagues by ensuring staff are physically & psychologically safe at work.



Dr Vincent Oxenham

Senior Clinical Neuropsychologist - Royal North Shore Hospital

Vince Oxenham is a Clinical Neuropsychologist specialising in the management and treatment of cognition and psychological wellbeing following acquired brain injuries.

He is a Senior Clinical Neuropsychologist at Royal North Shore Hospital, where he developed the first publicly funded Concussion Clinic service in Australia. Vince is also the Neuropsychology Clinical Discipline Head and Placement Education Lead at Macquarie University and MQ Health, and consults for Football Australia.