

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.



Coming Up

Psychosocial Risk Management Masterclass	20% off	22 May Online	Join The Opus Centre's online Masterclass to learn how to effectively manage stress, burnout, and mental health in the workplace.
Wellness Practitioner Training	10% off	5 - 6 June Sydney	Wellness Designs' nationally accredited training program guiding leaders in the development of results-oriented workforce wellness strategies.

Discounts & Offers

WHEREFIT	20% off	Employee discounts at 1,500 leading fitness and wellbeing brands like Fitness First, HelloFresh, Anytime Fitness, and more. Join 200+ leading Australian organisations in keeping your team fit, active, and healthy. Special 20% launch offer until 30 June 2024.
Potential+	20% off	Positivity Institute's signature digital program for individuals, teams, and organisations, developing capability and enhancing wellbeing.
triyo	5% off	Simplifying how organisations, managers and employees connect and communicate through life transitions at work.
Thriving Workplace Index	10% off	Superfriend's mental health wellbeing benchmarking tool for identifying practical actions to help your organisation thrive.
Treely	10% off	Turn footsteps into trees in private or inter-company walking challenges.