



## Happiness + Wellbeing @ Work in turbulent times

<b>9.05 – 10.00</b>	<b>Rediscovering our natural confidence during uncertain times</b>	
Keynote Speaker	<b>Michael Carroll</b> – Corporate Executive, Buddhist teacher and author of the books “The Mindful Leader” and “Awake at Work” (International Speaker).	
<b>10.00 – 10.50</b>	<b>Happiness + Wellbeing Defined by each approach</b>	
Subjective Wellbeing Positive Psychology	<b>Robert Cummins</b> , Personal Chair, School of Psychology, Deakin University <b>Dr. Suzy Green</b> , Clinical & Coaching Psychologist and School of Psychology, University of Sydney	
<b>10.50 – 11.05</b>	<b>Morning Tea</b>	
<b>11.05-11.35</b>	<b>“Happy people = Happy profits”</b>	
Employee Engagement	<b>James Wright</b> , Strategic Account Director <b>RedBalloon</b>	
<b>11.35 – 1.00</b>	<b>Wellbeing Programs @ Work - the Case Studies</b>	
Speakers	<b>Therese Harris</b> , Recruitment Manager, Sydney Water <b>Richard High</b> , Wellbeing Manager, ING Australia <b>Anna Kerrison</b> , Corporate Responsibility & Quality Advisor, TNT Australia	
<b>1.00 - 1.45</b>	<b>Lunch</b>	
<b>1.45– 2.20/ 2.30-3.00</b>	<b>Afternoon Breakout sessions</b> <b>Managing Happiness + Wellbeing: Critical issues for Management</b>	
Content/ Speakers	<b>Prof. Timothy Sharp</b> , <b>The Happiness Institute: Building Resilience during tough times</b>	<b>Edith Hunt</b> , <b>Beyond Blue Workplace Program : Wellbeing during retrenchments, unemployment</b>
<b>3.00 – 3.15</b>	<b>Afternoon Tea</b>	
<b>3.15– 4.45/ 4.50-4.20</b>	<b>Happiness + Wellbeing Further Support</b>	
Content/ Speakers	<b>Bridget Hogg</b> , Principal Consultant, <b>HR Development at work</b> <i>Is the Boss killing you?</i>	<b>Kate Wait</b> , Director, <b>Work and Family Matters</b> <i>Parental wellbeing and happiness @ Work</i>
<b>4.20-5.00</b>	<b>Closing Comments</b>	
Chair	<b>Richard Hall</b> , Associate Professor, <b>University of Sydney</b>	