

GoodLife Health & Wellness FITNESS Leadership Summit

Calgary, AB | May 16, 2016 | BMO Centre, Stampede Park (Palomino Room) | 9AM - 4PM



Mary Ann Baynton

Founder and Executive Director, Mindful Employer Canada, and Program Director, The Great-West Life Centre for Mental Health in the Workplace

Theme: Mental Health & Workplace Morale
Topic: Leadership strategies for enhancing productivity, resiliency and improving working lives

Mary Ann Baynton works with employers, organizations, unions, teams, and associations who wish to improve, address or resolve workplace issues related to individual or organizational mental health issues. As a workplace relations specialist Mary Ann helps resolve issues for individuals, teams and organizations including those involving mental health, psychological safety, and conflict or performance concerns. She focuses on helping people get unstuck, move beyond problems, reclaim dignity, preserve civility, restore productivity, and improve working lives. She has served as the co-chair of the Technical Committee for the National Standard of Canada on Psychological Health and Safety in the Workplace, a member of the Mental Health Commission of Canada's Workforce Advisory Committee, and a member of the Employment Standards Committee for the AODA.



Dr. Paul Oh

Medical Director, University Health Network, and Assistant Professor of Medicine, University of Toronto

Theme: Chronic Disease Prevention
Topic: The ROI of Wellness - saving lives in the workplace

Paul Oh, MD, Dr. Paul Oh is Medical Director of the Cardiovascular Prevention and Rehabilitation Program at the Toronto Rehabilitation Institute / University Health Network, and Assistant Professor of Medicine, University of Toronto. He obtained his M.D. from the University of Toronto in 1988 and completed specialty training in Internal Medicine, Clinical Pharmacology, and Clinical Epidemiology with a focus on the management and evaluation of risk factors and lifestyle interventions for cardiovascular, metabolic and other chronic diseases. He is a past president of the CACR and serves on the Board of Directors for the Cardiac Care Network of Ontario and the Cardiac Rehab Network of Ontario. He is a highly respected public speaker who is sought after to present on a variety of topics including integrated health strategies at work for preventing or delaying the onset of chronic diseases.



Erin Power

Registered Holistic Nutritionist and Health Centre Specialist

Theme: Nutrition & Peak Performance
Topic: Super Foods for Super Immunity and Healthy Lives

Erin Power is a CSNN Registered Holistic Nutritionist consultant specializing in corporate wellness, as well as holistic and personal nutrition. Her background in sports and fitness dates back two decades. She completed her Registered Holistic Nutrition diploma from the Canadian School of Natural Nutrition and has set forth spreading the word of effortless health and optimal workplace performance vitality.



Michael Kerr

"The Workplace Energizer"

Theme: Inspired Leadership: Building a Dynamic Organization
Topic: Engaging Employees During the Good, the Bad and the Ugly Times

Listed as one of Canada's most in-demand speakers, Michael travels the world researching, writing, and speaking about inspiring leadership, inspiring workplace cultures, and how businesses leverage their humor resources to produce outrageous results. He is one of only 30 speakers to be inducted into the Canadian Speakers Hall of Fame. Michael is a regular contributor to Business Insider, while his ideas on building great workplaces have been featured in dozens of publications around the world. He is also the author of six books, including most recently, *The Humor Advantage: Why Some Businesses Are Laughing All the Way to the Bank*.



Dan Pontefract

*Chief Envisioner of TELUS Transformation Office
Author of THE PURPOSE EFFECT and FLAT ARMY*

Theme: Purpose, Meaning & Engagement at Work
Topic: Creating a Sense of Personal and Organizational Purpose

Dan Pontefract is the author of *THE PURPOSE EFFECT: Building Meaning in Yourself, Your Role and Your Organization* and *FLAT ARMY: Creating a Connected and Engaged Organization*. He is also Chief Envisioner of TELUS Transformation Office; an organizational culture change consulting firm. Previously he led the leadership development, learning and collaboration technology strategy at TELUS where he introduced the TELUS Leadership Philosophy (TLP), an open and collaborative-based leadership framework for all 44,000+ TELUS employees in addition to a litany of social tools and the pervasive learning model. Engagement improved from 53% to 87% in six years.



James Cunningham

*Emcee/Host
Comedian, Author and Actor*

James has enjoyed smash success with his award-winning "Funny Money" lectures as well as successful nightly stints on comedy stages across North America. He has hosted and performed at numerous events for clients, including Pepsi, Frito-Lay, Sobeys, Future Shop, Canadian Tire, McDonald's, Nestle Purina, Walmart, Proctor & Gamble, Rogers Media, and Astra Zeneca. He has also hosted a series of sold-out events across Canada for "The Power Within," where he had the pleasure of sharing the spotlight with such luminaries as former US President Bill Clinton, Sir Richard Branson, Martha Stewart, Barbara Walters, Andre Agassi, Suze Orman, and Hilary Swank



GoodLife Fitness Health & Wellness Leadership Award- Highlights of the 2015 Recipients

The *GoodLife Fitness Health & Wellness Leadership Award* is presented annually to organizations that demonstrate continuous improvements in areas related to fitness, activity, nutrition, education and employee behavioural changes. The goal is to celebrate initiatives demonstrated by organizations, regardless of size and industry, in order to provide examples so that others may learn and integrate innovative practices leading to a healthier and more productive Canadian population.

Seating is Limited Call Toll Free 1-877-348-8742 Ext. 230 | www.glfwfitness.com