

Toronto, ON | November 28, 2016 | Metro Toronto Convention Centre (South Building, Room 718) | 9AM - 4PM



**Dr. Peter Jensen**

*Founder, Performance Coaching Inc. and Instructor,  
Queen's Smith School of Business*

**Theme:** Leadership Excellence  
**Topic:** Thriving in a 24-7 World – critical skills to manage pressure and operate at peak efficiency

Dr. Peter Jensen is the author of *The Inside Edge, Ignite The Third Factor* and *Thriving in a 24-7 World*, the founder of Performance Coaching Inc., and a longstanding instructor at Queen's Smith School of Business. A dynamic speaker with a Ph.D. in Sport Psychology, Peter has attended 8 Olympic games as a member of the Canadian team and helped over 70 athletes medal. With the world of Olympic sport as a laboratory, he has developed a deep understanding of what it takes to be a successful leader of high performers. Peter is a renowned innovator – bringing coaching and personal high performance to corporations worldwide. Peter has the power to invigorate audiences through his use of humour, personal experiences and actionable content.



**Dr. Paul Oh**

*Medical Director, University Health Network, and Assistant Professor of Medicine, University of Toronto, and GoodLife Fitness Chair in Cardiovascular Rehabilitation Medicine  
Peter Munk Cardiac Care Centre*

**Theme:** The Dos and Don'ts of Wellness Program Design  
**Topic:** Building a wellness model that addresses health risks, improves morale and reduces costs

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 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.



**Jennifer Elia**

*Assistant Vice President, Client Experience, Integrated Health Solutions at Sun Life Financial*

**Theme:** Integrated Health Solutions for a Changing Workforce  
**Topic:** Creating a culture of engagement in employee health management

Jennifer Elia is Assistant Vice President, Client Experience, Integrated Health Solutions at Sun Life Financial. Jennifer is responsible for launching an innovative health model, with a holistic approach focused on physical, mental and financial well-being. Integrated Health Solutions is a core line of business within the Group Benefits unit, supporting a proactive, multi-disciplinary approach to organizational and employee health – from wellness to absence & disability management.



**Nitika Rewari, B.Sc., M.Sc., PMP**

*Manager, Workplace Mental Health, Research, Evaluation & Knowledge Translation*

**Theme:** Organizational Performance & Sustainability  
**Topic:** Promising practices for advancing mental health at work

Nitika Rewari is a manager in the area of workplace mental health at the Mental Health Commission of Canada (MHCC). Nitika's role allows her to oversee research, evaluation, and knowledge translation activities related to building evidence and disseminating knowledge of effective strategies in the workplace to address mental health. She also works to eliminate barriers to employment for individuals with mental illness. One of the key roles Nitika plays at MHCC is to lead a three-year national study (2014 – 2017) where MHCC is following more than 40 organizations across Canada to identify promising practices related to the implementation of the *National Standard of Canada for Psychological Health and Safety in the Workplace*.



**Tammy Robertson**

*Author, Inspirational Speaker and Leadership Coach*

**Theme:** Inspiring Great Workplaces  
**Topic:** Are you an example of resiliency? Be the change and change your culture

Tammy Robertson is a co-author of four books: *Success Strategies for Women*, *Awakening the Workplace*, *Mastering the Art of Success* with renowned speakers and authors Jack Canfield, Mark Victor Hansen and Les Brown and most recently, *No Winner ever Got There Without a Coach* with thought leader David Rock. Tammy is a respected commentator in the media on workplace wellness and culture, who offers a unique blend of research, observation and gritty guidance along with a distinct call to action to “make your time count.”



**Mike Lipkin**

**Emcee/Host**  
*World Renowned Motivator and Communicator*

Mike Lipkin brings out the best in leaders and employees around the world. The founder and president of EnviroNics/ Lipkin, a global research and motivation company, and the author of numerous bestselling books, he combines EnviroNics' trademark “social values research” with his personal expertise to provide organizations such as Deloitte, P&G, Pfizer, Wells Fargo, and GE with the tools to take powerful action and achieve pre-eminence in their workplaces.



**The 2016 GoodLife Fitness Health & Wellness Leadership Awards Presentation & Panel Discussion**

The GoodLife Fitness Health & Wellness Leadership Award is a Canadian benchmark for recognizing organizations of varying size and industry for their efforts to promote a fit, healthy, active, engaged and productive workforce. 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](http://www.glfwfitness.com)**

## What You Will Learn:

### Leadership Excellence & Peak Performance

- Leadership strategies for managing teams in a 24/7 world
- Learn crucial diagnostic tools to improve mental focus, inspire creativity and perform consistently at a higher level
- Minimize the drain on your valuable energy resources and prevent burn out
- Learn practical strategies to manage emotions – yours and others

### Mental Health & Workplace Resiliency

- The critical role leaders play in shaping a culture of mental well-being & resiliency
- Strategies to cope and adapt to changing circumstances
- Recommendations from leading companies for implementing the National Standard for workplace mental health in your organization
- Eliminate barriers to employment for individuals with mental illness

### The Blueprint for a Successful Workplace Wellness Program

- Understanding the fundamental risks to employee health and workplace costs
- The “Dos and Don’ts” of wellness program design
- Learn how preventative health care improves morale, productivity, resiliency and the bottom line
- Measuring results, building engagement and sustainability

### Building Engagement - Integrated Health Solutions for a Changing Workforce

- The impact changing generations will have on employee health related programs
- Supporting the continuum of health in a holistic manner including physical, mental and financial health
- The risks associated with a traditional “siloes” model of workplace wellness
- Emerging trends and opportunities to improve productivity and reduce costs

### BONUS – 2016 GoodLife Fitness Health & Wellness Awards Presentation & Panel Discussion

- Gain firsthand knowledge from organizations that demonstrate continuous improvements in areas related to fitness, activity, nutrition, education and employee behavioural changes
- Integrate current practices leading to a healthier and more productive workforce
- Submit your organization for Awards consideration and gain valuable feedback from a member of the GoodLife Corporate Wellness team!

## Who Should Attend:

- C Suite Management
- Senior Leadership Professionals
- Human Resources Professionals
- Organizational Development Professionals
- Managers & Team Leaders
- Health & Safety Professionals
- Project Managers
- Educational Administrators and Providers
- Teachers
- Administrative Personnel
- Wellness Committee Members
- Health care Professionals
- Entrepreneurs & Business Owners
- Fitness & Personal Coaches
- Holistic Practitioners (Chiropractors, Massage Therapists, Physiotherapists & Naturopaths)
- Health Technology Vendors
- Private Health care Providers

**Purchase Tickets Today:** Seating is limited. Call toll free 1 877 348-8742 Ext. 230  
Register online at [www.glfwllness.com](http://www.glfwllness.com)

#### Option 1 VIP Ticket

- ◆ Includes preferred conference seating, morning/afternoon coffee service, VIP Luncheon, and awards presentation

Regular Rate: **\$595.00** | Corporate Partner/Member Rate: **\$329.00** (AVAILABLE TO the first 100 registrants – a savings of \$266!)

#### Option 2 General Admission Ticket

- ◆ Includes full day conference, morning/afternoon coffee service and awards presentation

Regular Rate: **\$349.00** | Corporate Partner/Member Rate: **\$199.00** (AVAILABLE TO the first 100 registrants – a savings of \$150!)

**\*Group Rate:** Register 2 tickets and receive the 3rd complimentary (Limited availability and subject to change without notice)

**RESERVED TABLE SEATING: PURCHASE 6 TICKETS FOR THE PRICE OF 4 AND RECEIVE A RESERVED TABLE.**

\*Tuition includes full day conference access, awards presentation and refreshment breaks. Please add 13% HST per transaction. All sales are final and tickets are transferrable. Please note because this is a live event, the ending time may vary. Speakers and date may be subject to change. Ask about continuing education qualification (CE, PDU and CPD credits may apply)

[www.glfwllness.com](http://www.glfwllness.com)