



GoodLife
FITNESS[®]

Health & Wellness Leadership Summit

Learn to inspire the best in workplace performance!

November 22, 2017
9:00am - 4:00pm
Metro Toronto Convention Centre
222 Bremner Blvd,
Toronto, ON M5V 3L9

Toronto, ON | November 22, 2017 | Metro Toronto Convention Centre South Building, Room 718



Dr. Bill Howatt

PH.D., Ed.D. – Chief Research & Development Officer, Workforce Productivity, Morneau Shepell Inc.

Theme: Mental Health & Resiliency

Topic: The Coping Crisis - how to deal effectively with work related and environmental pressures

Dr. Bill Howatt has over 25 years' experience in strategic HR, mental health and addictions, and leadership. He has published numerous books and articles, such as: *The Coping Crisis*, *Pathways to Coping*, *TalOp®: Taking the Guesswork Out of Management*, the *Howatt HR Elements Series*, the *Wiley Series on Addictions*, *Human Services Counselor's Toolbox*, *The Addiction Counselor's Desk Reference*, and *The Addiction Counsellor's Toolbox*. He is the author of *Beyond Engagement: The Employee Care Advantage* and the creator of the Quality of Work Life (QWL) methodology and survey. He is the co-author of behavioural engineering, a strategy aligned to the QWL to provide guidance on how to lead employees to facilitate behaviour change.

He is a regular contributor to *The Globe and Mail* and is behind the *Your Life at Work Initiative*, where a mini version of the QWL has been explored by over 14,000 Canadians.



Tim Magwood

Master Storyteller, Catalyst
Mark of a Leader

Theme: Leadership Excellence

Topic: The Mark of a Leader -the art of story-telling to improve performance and team effectiveness

Tim is a creative, collaborative, and passionate leader who believes wholeheartedly in healthy living! A colleague describes him as a "lightning rod in driving positive change." He has the mind of an entrepreneur, the heart of a coach & storyteller and the soul of a songwriter. He is a Master storyteller with *The Mark of a Leader* – being a catalyst of change by sharing inspiring leadership stories. He is also co-founder & partner of 1-degree, whose vision is to *inspire & equip organizations with the agility to transform*. He has just released his third original album of songs, *Scorpio Soul*.



Todd Nelson

Senior Consultant, Investment Leader
Willis Towers Watson

Theme: Emerging Trends in Employee Wellness Management

Topic: Supporting Financial Well-Being in a Multi-Generational Workforce

Todd is the Toronto leader for the Willis Towers Watson investment practice and co-leader of the Canadian defined contribution team. He consults with a wide variety of institutional clients, including defined benefit and defined contribution plan sponsors as well as endowments and foundations. His areas of expertise include asset and liability modeling, currency management, manager selection and alternative investments. He is a frequent speaker on current and emerging issues on the pension and investment landscape and has authored a number of industry articles.



Judy Croon

Author, Motivational Speaker & Comedian

Theme: Stress Management

Topic: The Power of Humour to Diffuse Stress & Improve Well-Being

Judy is a comedian, motivational speaker, radio host, Second City stand-up coach and author. She has worked with many celebrities including; Jon Stewart, Lewis Black, Robert Klein and Joan Rivers. Her specials have appeared on NBC, CBS, CTV and The Comedy Network. She is a co-author of *From the Stage to the Page: Life Lessons from Four Funny Ladies!* Judy draws from her stand-up performance experience to entertain, inform and inspire in her dynamic keynote entitled, 'Relieving Work Related Stress with Humour'. Judy is the creator/host of 'Laughlines' and 'Stand Up For The Girls' which have both helped raise over \$650,000 for breast cancer research.

The 2017 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.



Please refer to the ticket pricing and registration procedure located
on the following page.

What You Will Learn:

Leadership Excellence & Team Effectiveness

- Develop stories that align with organizational objectives and support team effectiveness
- Discover the relationship between story-telling, behaviour and organizational culture
- Keys to being an effective communicator and a better leader

Mental Health – Building Psychologically Safe Workplaces

- The Coping Crisis – evolving coping skills for employees
- Learn how both employers and employees can better deal with environmental pressures
- Explore 9 micro skills that influence one's ability to cope with stressors and improve mental well-being

The Power of Humour to Improve Resiliency & Manage Stress

- Building your leadership presence through optimism and resiliency
- Learn how humour can be used to improve engagement, prevent stress-related illnesses and inspire a positive culture
- Enhance creativity and problem solving abilities

Emerging Trends in Employee Wellness Management – supporting financial well-being in a multi-generational workforce

- Discover the new model for offering benefits and building engagement
- The impact changing generations will have on employee wellness-related programs
- Emerging trends and opportunities to improve productivity and reduce costs

Added Bonus – 2017 GoodLife Fitness Health & Wellness Award Highlights

- Gain firsthand knowledge from organizations that demonstrate continuous improvements in areas related to fitness, activity, nutrition, education and employee behavioral 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
- Benefits, Rewards & Compensation
- 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.goodlifeatwork.com/leadership-summit

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: **\$349.00**

(Available to the first 100 registrants – a savings of \$246!)

Option 2 General Admission Ticket

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

Regular Rate: **\$339.00**

Corporate Partner/Member Rate: **\$229.00**

(Available to the first 100 registrants – a savings of \$110!)

Option 3 Most Popular

◆ Register 3 tickets for the price of 2! (Limited availability)

Option 4 Best Value

◆ Register 8 tickets for the price of 5 and receive a reserved table for your team! (Limited availability)

*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.goodlifeatwork.com/leadership-summit

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