

GoodLife **Health & Wellness** FITNESS. **Leadership Summit**

Halifax, NS | April 5, 2018 | Halifax Convention
Centre Hall C 1 | 9am - 4pm



Learn How to Improve Leadership Skills, Optimize Health & Well-Being and Build an Extraordinary Work-Life Experience!

Guest Speakers & Topics



Dr. Bill Howatt

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

Mental Health & the Coping Crisis - how to deal effectively with work related and environmental pressures



Lisa Tsakos

Registered Holistic Nutritionist
Corporate Wellness Speaker

Eating to Improve Well-Being, Reduce Stress & Enhance Productivity



Tim Magwood

Master Storyteller, Catalyst
Mark of a Leader

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



Keith Macpherson

Mindfulness Expert, Author
and Musician

The Power of Mindfulness to Improve Focus, Build Optimism and Inspire Resiliency



“Awesome session - will watch out for this one next year.” - L. Olsen

“Loved the conference - would come again in a heartbeat.” - A. Rew



Purchase General seating tickets
for only **\$169 each** + HST
(Regular \$249)

Group Rate: Purchase 2 tickets
and receive the 3rd free!
Limited time offer.

Purchase tickets online at www.goodlifeatwork.com/leadership-summit/events
or call Toll Free 1 877 348-8742 Ext. 230. Use Promo Code: **GLFBV** to receive your discount!

All sales are final. Tickets are transferable. Speakers and date may be subject to change.

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 Mindfulness to Improve Resiliency & Manage Stress

- Discover the meaning of mindfulness and the benefits to work-life performance
- Learn how to cultivate a deeper practice of mindfulness on a daily basis
- Reduce stress, anxiety and burn out through improved balance and resiliency

Healthy Eating, Stress Management & Improved Work-Life Performance

- The relationship between the foods we consume and mind/body performance
- Building a workplace culture that supports healthy eating and well-being
- Safe nutritional options that help mitigate the effects of stress

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 and VIP Buffet Luncheon

Regular Rate: **\$395.00**

Corporate Partner/
Member Rate: **\$265.00**

(Available to the first 100 registrants – a savings of \$130!)

Option 2

General Admission Ticket

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

Regular Rate: **\$249.00**

Corporate Partner/
Member Rate: **\$169.00**

(Available to the first 100 registrants – a savings of \$80!)

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 and refreshment breaks. Please add 15% 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