

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

Halifax, NS | May 7, 2019 | Halifax Convention Centre  
9:00am - 4:00pm



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

## Guest Speakers & Topics



### Nora Spinks

CEO of the Vanier Institute of the Family

**TOPIC:** Caregiving at Work: Strategies to Navigate the Mental, Physical and Financial Stress for Employers and Employees



### Tammy Brazier

Senior Director, Corporate & Business Development, GoodLife Fitness

**TOPIC:** Authentic Leadership: Building a Culture of Engagement that Inspires Effective Leaders for Tomorrow



### Dr. Paul Oh, M.D.

Medical Director of the Cardiovascular Prevention and Rehabilitation Program at the Toronto Rehabilitation Institute

**TOPIC:** Chronic Disease Prevention: Saving Lives in the Workplace



### Judy Croon

Author, Motivational Speaker & Comedian

**TOPIC:** Stress Management: The Power of Humour to Diffuse Stress and Improve Well-Being

“

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

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

”

## Purchase tickets today!

Seating is limited. This event will sell out.

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

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

## What You Will Learn:

### Authentic Leadership

- Keys to being an authentic leader and a catalyst for continuous improvement
- The relationship between behaviour, culture and performance
- The importance of establishing a psychologically safe and healthy workplace as a means to support positive and sustainable behavioural changes

### Caregiving at Work: Strategies to Navigate the Mental, Physical and Financial Stress for Employers and Employees

- Workplace practices, policies and programs provided by employers
- Organizational culture as it relates to employers' experiences, attitudes and motivation to address employee needs
- Distinguishing factors of positive and negative outcomes

### Chronic Disease Prevention: Saving Lives in the Workplace

- The alarming facts regarding chronic disease and the costs to employers
- 4 Keys to prevention
- Building a culture of "health" along with safety
- Measuring results and emphasizing the positive

### Stress Management: The Power of Humour to Diffuse Stress and Improve Well-Being

- Learn how humour can be used to improve engagement and build a positive culture
- Realize the benefits of laughter to lower blood pressure, relieve stress and improve resiliency
- Improve creativity, risk taking and unique problem solving abilities

### Added Bonus – 2018 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
- Learn how to submit your organization for Awards consideration

## 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](http://www.goodlifeatwork.com/leadership-summit)

### Option 1

### VIP Ticket

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

Regular Rate: **\$419.00**

Corporate Partner/  
Member Rate: **\$285.00** (Available to the first 100 registrants – a savings of \$134!)

### Option 2

### General Admission Ticket

- ◆ Includes full day conference and morning/afternoon refreshments

Regular Rate: **\$319.00**

Corporate Partner/  
Member Rate: **\$189.00** (Available to the first 100 registrants – a savings of \$130!)

### 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](http://www.goodlifeatwork.com/leadership-summit)