

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



Save up to
40% off*
Regular Ticket Pricing!

Purchase tickets today for only \$189 each!

(regular \$319)

Register 3 tickets for the price of 2! *Limited time offer.

[Click here](#) to register online or call Toll Free 1-877-348-8742 Ext. 230.
Use promo code HCC.

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**
[Click here to register online](#)

Option 1

VIP Ticket

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

Use Promo code **HCC** and save up to **40% off the regular ticket price.**

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

Use Promo code **HCC** and save up to **40% off the regular ticket price.**

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)

[Click here to register online.](#)