

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

Calgary, AB | October 22, 2019 | 9:00am - 4:00pm
BMO Centre at Stampede Park (Palomino Room)



Learn How to Improve Leadership Skills, Optimize Employee Health & Well-Being and Build an Extraordinary Workplace Culture!

Guest Speakers & Topics



Tammy Brazier

Senior Director, Corporate & Business Development,
GoodLife Fitness

TOPIC: Authentic Leadership: Tools for Building a Psychologically Safe and Healthy Workplace that Supports Inclusiveness, Engagement and Collaboration



Dr. Rajiv Kumar

Chief Medical Officer and President,
Virgin Pulse Institute

TOPIC: Adapting to the Future of Digital Health: Finding a Balance between Hi-Touch and Hi-Tech Approaches to Health and Wellness



Danny Weill

Vice President, Partnerships at
LifeSpeak

TOPIC: The Role of Technology in Workplace Wellness - Reaching today's Remote and Mobile Workforce with Employee Centric Solutions (Moderated panel discussion)



Keith Macpherson

Mindfulness Expert, Author and Musician

TOPIC: Making Sense of Mindfulness: Daily Practices to Improve Focus, Build Resiliency and Foster Positive Mental 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

Ask about
Corporate
Rate Specials!

Purchase general ticket seating for \$389

(Seating is limited.)

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

[Click here](#) to register online or call Toll Free 1-833-277-4306 Ext. 230.

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

Adapting to the Future of Digital Health

- How we can embrace the power of digital solutions for health improvement while finding the right balance between a high-tech and a high-touch approach
- Why data will be the greatest asset of the 21st century and how we can harness it to drive personalization, engagement, and positive health outcomes
- Keys to preparing yourself and your organization for the challenges of digital health adoption

The Role of Technology in Workplace Wellness Programs

- Best practices
- Deep dive into digital tools and methods to engage employees
- Offering solutions that meet the needs of a multi-generational workforce

Making Sense of Mindfulness

- Discover the meaning of mindfulness and the benefits to work-life integration
- Learn how to cultivate a deeper practice of mindfulness on a daily basis
- Tools, exercises and strategies to reduce stress, improve clarity, build resiliency and foster mental well-being

Added Bonus – 2018 GoodLife Fitness Health & Wellness Award Highlights

- Gain firsthand knowledge about organizations that demonstrate continuous improvements in areas related to fitness, activity, nutrition, education and employee behavioral changes
- 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: **1-833-277-4306 Ext. 230**

[Click here to register online](#)

Option 1

VIP Ticket

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

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 and morning/afternoon refreshments

Regular Rate: **\$389.00**

Corporate Partner/Member Rate: **\$199.00**

(Available to the first 100 registrants – a savings of \$190!)

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 5% GST per transaction. All sales are final and tickets are transferrable. Please note; because this is a live event, the ending time may vary. Speakers, topics and date may be subject to change. Ask about continuing education qualification (CE, PDU and CPD credits may apply)

[Click here to register online.](#)