



***GoodLife***  
***FITNESS***<sup>®</sup>

# **Health & Wellness Leadership Summit**

Learn to inspire the best in workplace performance!

April 5, 2018  
9:00am - 4:00pm  
Halifax Convention Centre  
1650 Argyle Street  
Halifax, NS  
B3J 0E6

Halifax, NS | April 5, 2018 | Halifax Convention Centre Hall C 1



## 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*.



## Lisa Tsakos

Registered Holistic Nutritionist  
Corporate Wellness Speaker

**Theme:** Food, Nutrition and Building a Healthy Workplace

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

Over the past 20 years, Lisa's nutrition seminars have been presented at hundreds of organizations across Canada, and her *Nu-Vitality (Healthy!) Weight Program* has guided employees at businesses across the country to lose thousands of pounds. Lisa has been featured on numerous television and radio programs, including *Wylde on Health*, *The Better Show (U.S.)*, the *Discovery Channel*, and *CBC Radio*. She contributes to various websites and is a co-founder of *NaturallySavvy.com*. Her articles have appeared in magazines and newspapers around the world. Additionally, Lisa teaches nutrition at numerous colleges and authored three books including *Unjunk Your Junk Food: Healthy Alternatives to Conventional Snacks* (Simon & Schuster). In 2016, Lisa was awarded a Lifetime Achievement Award for her work in the Holistic Nutrition industry within Canada.



## Keith Macpherson

Mindfulness expert, author and musician

**Theme:** Making Sense of Mindfulness

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

Keith Macpherson has a special ability to motivate the masses and win over even those who might otherwise neglect their health and wellness. As a trained life coach through CTI (Coaching Training Institute, San Rafael, CA) along with a B Ed Degree and extensive yoga teacher training through Moksha Yoga International, Keith Macpherson is poised to be a global leader in community leadership involving health and wellness. With a strong dream of accessible health and wellness for our global community, Keith Macpherson is truly on his way to fulfilling his vision of a healthier planet aligned mentally, physically and spiritually. Keith has spent over 15 years touring globally as a speaker and performer in Africa, Dubai, the UK and United States.

## The 2017 GoodLife Fitness Health & Wellness Leadership Award Highlights

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