

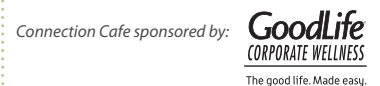
Schedule at a Glance

A Business Imperative

Tuesday October 4, 2011

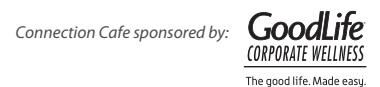
6:30 AM – 6:30 PM	REGISTRATION DESK OPEN
9:00 AM – 12:00 PM	You Asked For It – You Got It: Managing Mental Health Matters™ By Mary Ann Baynton, Program Director, Great-West Life Centre for Mental Health in the Workplace and co-facilitated by Dr. Joti Samra, principal developer of the resource *Complimentary to all delegates but limited to the first 150 who choose this session.
1:30 PM – 4:30 PM	PRE-CONFERENCE PROGRAMS PRE-CON 1 – How to Avoid the Top 4 Mistakes Change Leaders Make By Carla Rieger, Director of The Artistry of Change *Limited space. Reserve early. PRE-CON 2 – Turn Your Health Work & Wellness™ Ideas into an Implementable Action Plan By Rory Cohen, Idea Implementation Coach and founder of Take 10 *Limited space. Reserve early.
2:00 PM – 3:30 PM	HATHA YOGA CLASS
4:30 PM – 6:30 PM	EXHIBIT MARKETPLACE AND CONNECTION CAFE OPEN
5:15 PM – 6:15 PM	SPEAKER/SPONSOR MEET & GREET (BY INVITATION ONLY)
6:30 PM – 8:30 PM	CONFERENCE 2011: OPENING CEREMONY Tapas, Speed Networking (bring your business cards!) and dessert buffet. Includes Canadian Workplace Wellness Pioneer Award.

Sponsored by:



Wednesday October 5, 2011

6:30 AM – 7:15 AM	ZUMBA FITNESS CLASS powered by Tri Fit
6:30 AM – 7:15 AM	WALK/RUN WITH THE WESTIN
6:30 AM – 6:00 PM	REGISTRATION DESK OPEN
7:45 AM – 5:00 PM	EXHIBIT MARKETPLACE AND CONNECTION CAFE OPEN
7:45 AM – 8:25 AM	BREAKFAST BUFFET AVAILABLE
8:25 AM – 10:05 AM	OPENING REMARKS & KEYNOTE Opening remarks: Deborah Connors, President & Managing Director, The Health Work & Wellness™ Group; Strategic Partner, Great-West Life. Opening keynote: Purpose Inspired Growth and Leadership By Roy Spence, chairman and CEO of GSD&M Idea City and co-founder and CEO of The Purpose Institute.
10:05 AM – 10:30 AM	WELLNESS BREAK powered by Tri Fit
10:30 AM – 12:00 PM	BREAKOUT SESSIONS 1A From Paper to Increased Engagement Scores: building an effective healthy workplace strategy By Nancy van Boxmeer, Healthy Workplace and Training Consultant, with co-presenter Leslie Brams-Baker, Mars Canada 1B The Gamers are Coming- is your organization ready? By Estelle Morrison, Ceridian LifeWorks Canada 1C Developing the Business Case for a Mentally Healthy Workplace By Patsy Marshall, President, Train on Track and Instructor, Conestoga College
12:00 PM – 2:00 PM	LUNCH PICK UP IN EXHIBIT MARKETPLACE



Wednesday October 5, 2011 *continued*

Sponsored by:

12:45 PM – 1:45 PM

SPONSORED SPOTLIGHTS

Sponsored Spotlight 1: Life Happens...How this Affects Workplace Health

By Karen Seward, *Morneau Shepell*

Sponsored Spotlight 2: Return-to-Work and Accommodation: Unlocking the Potential (A Case Study) Presented by Debbi Gordon, *Workplace Consultant, fseap*; Myra Lefkowitz, *Manager, Health and Well-being Programs and Services, University of Toronto*; and Maureen McKenna, *Founder, Mentoring with Momentum Ltd.*

Sponsored Spotlight 3: Navigating Health in 2011 and Beyond

Panel. Moderated by Mira Jelic, *co-founder of Novus Health, Vice-President of Client Services and Product Development.*

MORNEAU
SHEPELL

fseap Now we're talking.

 NOVUS™
HEALTH

1:45 PM – 2:00 PM

MOVEMENT BREAK

powered by Tri Fit

2:00 PM – 3:30 PM

BREAKOUT SESSIONS

Stream- Aligning
Business with Health

2A From Paper to Increased Engagement Scores: building an effective healthy workplace strategy

By Nancy van Boxmeer, *Healthy Workplace and Training Consultant, with co-presenter Leslie Brams-Baker, Mars Canada*

Stream- Sustainable
Business Health

2B A Healthy Enterprise Standard: a continual improvement process to faster, sustainable organizational health

By Marie-Claude Pelletier, *President & Executive Director, GP2S*; Dr. Mario Messier, *Medical Director for IBM and GE Aviation*; and Patrice Roy, *Senior Advisor, Group Insurance and Health Management, Desjardins Group.*

Stream- Mental
Health & Business

2C I Can't Stand the Gossip Around Here: Incivility at Work

By Sharone Bar-David, *LLB, MSW, President, Bar-David Consulting*

 INDUSTRIAL
ALLIANCE
INSURANCE AND FINANCIAL SERVICES INC.

3:30 PM – 5:00 PM

EXHIBIT MARKETPLACE WINE & CHEESE RECEPTION

Reception sponsored by:

 STANDARD LIFE

5:00 PM – 6:00 PM

RUSS KISBY MEMORIAL WALK/RUN

6:30 PM – 10:00 PM

CRYSTAL CELEBRATION

Featuring ABBA tribute band ABsalute Gold, dinner and dancing under glittering lights.

MORNEAU
SHEPELL

Thursday October 6, 2011

6:30 AM – 7:15 PM

CORE CONDITIONING FITNESS CLASS

powered by Tri Fit

6:30 AM – 7:15 AM


WALK/RUN WITH THE WESTIN

6:30 AM – 4:00 PM

REGISTRATION DESK OPEN

7:00 AM – 4:30 PM

CONNECTION CAFE OPEN

Connection Cafe sponsored by:  **GoodLife**
CORPORATE WELLNESS
The good life. Made easy.

7:30 AM – 9:00 AM

BREAKFAST SESSION

Stream- Applies
to all Streams

Sun Life Wellness Institute

By Lori Casselman, *Assistant Vice President, Health & Productivity Solutions, Group Benefits, Sun Life Financial and Janet Young, Vice President, Buffett & Company Worksite Wellness Inc.*

 Sun
Life Financial

9:00 AM – 9:15 AM

MOVEMENT BREAK

powered by Tri Fit

9:15 AM – 10:45 AM

BREAKOUT SESSIONS

3A Preventing Workplace Meltdown

By Mary Ann Baynton, *Program Director, Great-West Life Centre for Mental Health in the Workplace and Dr. Martin Shain, Founder & Principal, Neighbour at Work Centre*

Stream- Sustainable
Business Health

3B A Healthy Enterprise Standard: a continual improvement process to faster, sustainable organizational health

By Marie-Claude Pelletier, *President & Executive Director, GP2S*; Dr. Mario Messier, *Medical Director for IBM and GE Aviation*; and Patrice Roy, *Senior Advisor, Group Insurance and Health Management, Desjardins Group.*

Stream- Mental
Health & Business

3C As the Pendulum Swings: Leading Your Team in the Rights Direction

By Stephen Hammond, *Workplace Human Rights Speaker, Author & Consultant, Harassment Solutions Inc*

 GREEN SHIELD
CANADA

10:45 AM – 11:15 AM WELLNESS BREAK
powered by Tri Fit



11:15 AM – 12:15 PM CLOSING KEYNOTE & REMARKS
How to Build an Inspired Culture: how we built a culture of raving fans on our way to becoming the # 1 Best Workplace
By John DeHart, co-founder Nurse Next Door Home Healthcare Services



12:15 PM – 1:00 PM REFLECT AND CONNECT OVER LUNCH
Served immediately following Closing Keynote.



1:30 PM – 4:30 PM STRATEGIC THINKING FORUM
Future Forward: Power-Up Your Strategic Thinking de Bono Style
By Lynda Curtin, de Bono Thinking Systems Master Trainer/Facilitator
**Included in delegate registration*

