



HEALTH & WELL-BEING S U M M I T

Send your team home healthier than when they arrive.

Wednesday 25th August, 2021

1pm - 4pm | Landing Services Building, 2 George Street, Timaru

Chamber members \$25 | Non Chamber \$40 | NFP \$10 *

1.00pm **Welcome | Housekeeping | Introduction**

1.05pm **Helen Mason - Coolspring Consulting Ltd**

Managing violence in the workplace

- *Types of workplace violence*
- *Mitigating the risk of violence to your workers and the general public*
- *Learnings from recent violent events in New Zealand*

1.20pm **Annette Beautrais - SCDHB**

Secondary stresses and consequences of Covid - their impact on the workplace

- *How workplaces can support the wellbeing of their team during uncertain times*
- *How workplaces can support their team to manage stress*
- *Promoting the use of online resources for stress and anxiety*

1.50pm **Steph Holloway - Elemental Potential**

How to use body language to notice more and react/respond sooner.

2.20pm **Afternoon tea**

2.50pm **Guest Presenter - Rob Veale**



Rob has worked in a variety of roles serving the community and bringing awareness about domestic violence locally, nationally and throughout the Pacific Islands. Rob has worked to reduce domestic violence and the effects of domestic violence on whānau as a police officer, detective, national and international advisor. A compelling speaker with over 30 years combined experience.

3.55pm **Closing and reflections**

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7pm - 8.30pm Evening session with Rob Veale & Steph Holloway

Chamber of Commerce, 25 Canon Street, Timaru

Chamber members \$15 | Non Chamber \$30 | NFP \$10

*** NFP please call Chamber office to register 03 687 2733**

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