

AGENDA

Wednesday 15 February 2022

2 Market Street
Sydney NSW

Meeting Eval Form



8:30am

Registration

9:00am

Welcome to the Network

9:15am

The Value of Lived Experience in Mental Health Recovery
Neami National

9:50am

Exploring the 80:20 Rule in Wellbeing Initiatives
Panel Discussion

10:30am

Networking Morning Tea

11:10am

Bridging the Gap: Practical and Effective Promotion of Help Seeking at Work
Black Dog Institute

11:40am

Quarterly Highlights

12:20pm

Housekeeping and Wrap Up

12:30pm

Close

SPEAKERS



Ruah Grace (she/her) is an Indigenous Transfem Peer Support Worker from Aotearoa/New Zealand. Ruah currently works as a Peer Support Worker for Neami National's Hear2Talk phone support line, and as a Project Officer – Initiatives for Marginalised Communities – at University of Sydney and University of Technology Sydney.

Ruah has previously worked in Peer Support roles with NSW Health, NDIS, Acute Care Services and Mental Health Care Units, and is a passionate advocate for the Lived Experience workforce.



Pagan Kael is a Pakeha from Aotearoa/New Zealand and currently works as a Peer Support Worker for Neami National's Hear2Talk phone support line. Pagan is a valuable member of the health care community and has an expansive history in community service roles including aged care coordination, youth work, disability support, employment services and community mental health.

Pagan holds formal qualifications in Mental Health Peer Work and enjoys working collaboratively with people during their mental health recovery. Pagans' passion for Peer Work includes assisting people to explore empowerment and self-determination from within.



Leighton Hellem-Williams has worked in Workplace Mental Health in Australia since 2013. First, as an Employee Assistance Program Account Manager, before joining the Black Dog Institute as a Workplace Engagement Manager.

In this role, Leighton works with organisations to roll out workplace mental health education and consulting programs. A passionate believer in individual and organisational wellbeing, Leighton is committed to partnering with organisations to educate and support their team members with evidence-based education programs and resources.



Gagan Mudhar is a Principal Psychologist at Transitioning Well and comes with over a decade's worth of experience applying her skills to the workplace to help teams, leaders, and individuals thrive. Her work in coaching and leadership development has seen her support and positively shape the working lives of people across not for profit, private, academic, and government sectors.

Gagan has a passion for solving challenges for individuals and organisations to build cultures that are well and high performing. It is her belief that work should be a safe and accepting space for place for people to flourish, grow, and contribute meaningfully.

UPCOMING EVENTS



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22 FEB	Webinar: Black Dog Institute	Online	<u>Promoting wellbeing and help-seeking resources at work</u> Understand more about common mental health support options and how you can effectively communicate these resources in your workplace.
6 - 7 MAR	Frontline Mental Health Conference	Gold Coast & Online	Connect with leaders and managers in police, fire, defence, rescue, and emergency services to collaborate on solutions to improve frontline mental health.
11 MAR	Healthy Work Design Forum	Brisbane	Hear from industry experts about the latest evidence around work health and chronic disease and best practice approaches to good work design in this breakfast with WorkSafe QLD.
27 - 28 MAR	Psychosocial Risk Management Masterclass	Online	Join The OPUS Centre for a 2 day course on psychosocial risk management theory, best practice case studies and resources to take back to your workplace.
20 - 21 JUN	Workplace Wellness Festival 2023	ICC Sydney	A place to learn, have fun, and do business with over 100 expert speakers, vendors, and thousands of professionals for APAC's largest workplace wellness gathering.
18 - 19 MAY	The Thriving Workplace by The Serenity Collective	Sydney	A community of Australia's most progressive Executives and Leaders dedicated to building high energy, high performing cultures where individuals, teams and business truly thrive.
27 - 30 NOV	World Congress on Safety and Health at Work	Sydney	This international conference is your opportunity to gather and connect with global leaders in safety and harm prevention from over 120 countries.

Do you have an offering that our network would benefit from?
Reach out to our team to discuss how we can work together.