

# Agenda

November 2023



8:30am	Registration & Networking	
9:00am	Welcome to the network	
9:15am	<i>Promoting mental health through physical activity across workplace contexts</i>	<b>Dr Rhiannon White</b> Western Sydney University
9:55am	Morning Tea	
10:40am	<i>The Medibank MOVEment</i>	<b>Melanie Moffatt</b> <b>Megan Bowen</b> <b>Brenda Myburgh</b> Medibank <b>+ Lizzie Williamson!</b>
12:10pm	Quarterly Highlights	
12:20pm	Housekeeping & wrap up	
12:30pm	Close	

# Speakers

November 2023

Wayahead®  
Workplaces



## Dr Rhiannon White

Senior lecturer - Western Sydney University

Dr Rhiannon White is a Senior Lecturer in Health and Physical Education at Western Sydney University. With a background in exercise motivation and behaviour change, her research predominantly focuses on the promotion of mental health through physical activity, exploring contextual factors including the physical and social environments, time of day, and type of activity.

She examines a range of mental health outcomes and affective and emotional reactions to different types of activities in different contexts, and has conducted work in schools, with adults, and with community organisations spanning sport, fitness, and recreation.



## Melanie Moffatt

Corporate Health & Wellbeing Specialist - Medibank

Melanie is a Health & Wellbeing subject matter expert with more than 15 years of experience as a nutritionist, health leader, health writer and corporate wellbeing specialist.

Melanie is also an accredited workplace wellbeing practitioner and can support workplaces with program consultation, health and wellbeing program design and strategic support.

Mel is dedicated to delivering programs that create sustainable, impactful change to create happier and healthier workplaces and humans.



## Megan Bowen

Wellbeing & Community Lead - Medibank

Megan Bowen is a Wellbeing and Community Lead at Medibank, and is dedicated to bringing a health focus to the employee experience.

For the last four years, Megan has been dedicated to employee wellbeing after a long history as a HR Business partner across multiple industries.

Megan is passionate about designing and managing programs to inspire workers and their families to prioritise their health and wellbeing to live their best lives.

# Speakers

November 2023

Wayahead®  
Workplaces



## Brenda Myburgh

Corporate Health & Wellbeing Specialist - Medibank

Brenda is a Health and Wellbeing subject matter with more than 17 years' experience in the corporate health and wellbeing space across AU and NZ markets.

As an accredited workplace wellbeing practitioner she can support wellbeing program design, implementation, program consultation and strategic support.

Brenda is dedicated to delivering programs that improve the health of corporate employees.



## Lizzie Williamson

Keynote Speaker & Founder - Two Minute Moves

Lizzie Williamson is on a mission to inspire workforces to integrate movement into their workday for optimal energy, wellbeing and performance. Lizzie started her career as a professional dancer, dancing around Australia and the world.

When she became a mum of two and experienced post-natal depression, she launched Two Minute Moves - bite-size active breaks that make exercise easier. Her first book was published under the same title, where she shares her personal journey of overcoming depression, two minutes at a time.



## Karim Hadid

Co-Founder - Treely

Karim Hadid is a Co-Founder of Treely, a global app and step challenge, connecting teams and supporting the planet by planting a tree for every 10,000 steps.

Inspired by the 2019 Australian wildfires, Karim founded Treely with two childhood friends and expanded from Europe into Australia in May 2023.

Treely has worked with 15,000+ participants from over 250 companies, including Nikon, WWF, Westpac, SafetyCulture, and Google, to collectively plant over 100,000 trees.



## Discounts & Offers

Leadership Responsibility for Mental Health in the Workplace	20% off	Self-paced psychosocial hazard training for your organisation's leaders by Healthy Minds Education and Training.
Paint It Forward	\$500 off	Reward your employees with a revitalised WFH space with PAINT IT CO.
Potential+	20% off	Positivity Institute's signature digital program for individuals, teams, and organisations, developing capability and enhancing wellbeing.
triiyo	5% off	Simplifying how organisations, managers and employees connect and communicate through life transitions at work.
Thriving Workplace Index	10% off	Superfriend's mental health wellbeing benchmarking tool for identifying practical actions to help your organisation thrive.
Treely	10% off	Turn footsteps into trees in private or inter-company walking challenges.
Wellness Practitioner Training	10% off	Wellness Designs' nationally accredited training program guiding leaders in the development of results-oriented workforce wellness strategies.

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