

# Annual *Members'* Forum 2022

# Agenda

8:30am      Networking

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9:00am      Welcome & Acknowledgment of Country

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9:10am      Lendlease Address

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9:20am      Catherine Lourey - NSW Mental Health Commissioner

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9:40am      *Separating Fact from Fiction - Rethinking your Workplace Mental Health Activities*  
David Burroughs - Australian Psychological Services

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10:20am      *Look at purchasing hand sanitiser: Employee Wellbeing & Mental Health in the Aviation Industry, during a Global Pandemic*  
Brooke Dwyer - QANTAS

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11:00am      Morning Tea

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11:30am      *A Regulator's Perspective on Mentally Healthy Workplaces*  
Erica Rubic - SafeWork NSW

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11:50am      *Neurodiversity in the Workplace*  
Vicky Little - Specialisterne

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12:35pm      *Vicarious Trauma – A Silent Hazard in 2022: Analysis and Case Study*  
Penny Myerscough - Centre for Corporate Health

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1:10pm Networking Lunch

2:10pm *Workplace Mental Health From the Perspective of Lived Experience (Panel Discussion)*  
Jennifer Waltmon and Peter Kirwan

2:50pm Round Tables Introduction

2:55pm Round Table 1

3:15pm Round Table 2

3:35pm Afternoon Tea

4:00pm Round Table 3

4:20pm Thank you from Steph and Camille

4:40pm Close

[Questions for our speakers?](#)



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[Tell us about your experience:](#)



Evaluation Form

## ROUND TABLES

Live

***Normalising Neurodiversity in the Workplace***  
Vicky Little - Specialisterne

***Engaging Lived Experience in the Workplace***  
Camille Wilson - Grow Together Now

***Wellbeing within a Complex Workplace***  
Brooke Dwyer - QANTAS

Virtual

***Loneliness and Connection in a Post-Pandemic World***  
Dr Michelle Lim - Ending Loneliness Together

***Workplace Financial Wellness***  
Darren Smith - Financial Wellness Matters

***Strategic Wellbeing in the Workplace***  
Sharon Leadbetter - Wellness Designs

# Annual *Members'* Forum 2022

# Speakers



Camille is a leading expert in workplace mental health, with over 10 years' experience working in Human Resources & Corporate Training across industries, witnessing the importance of real and genuine mental health programs at work. Her passion is derived from her own lived experience of mental health.

She is the National Organisational Development Manager at Benestar, a Leading Australian Employee Assistance Program, and the founder of Grow Together Now, a consultancy firm driving systematic change by engaging with the voice of lived experience for the development and design of workplace programs. Camille is also an ambassador for Australian New Zealand Mental Health Association, Neuroscience Australia and is a lived experience advisor for By Mind Side.



Catherine Lourey was appointed NSW Mental Health Commissioner in 2017 and brings over 30 years' experience leading and delivering major strategic and complex mental health projects at the state and national level. She has held positions at local health district, state and federal government levels, understands the systemic issues people and services face when accessing and providing support, and is a passionate supporter of lived experience at the core of mental health reform.

She is deeply committed to improving the lives of people living with mental health issues and strengthening the communities that support them, and has recently led the development of Living Well in Focus 2020-2024, the updated NSW strategic plan for community recovery, wellbeing and mental health in NSW.



Vicky Little is the National Manager, Quality and Practice at Specialisterne Australia. She is a passionate disability consultant, trainer and mentor with over 15 years' experience in the field of autism employment, including establishing and delivering autism specific recruitment programs, mentoring autistic individuals, training employers, and establishing NSW's first autism specific employment service, Aspect Capable.

Specialisterne assists organisations to access, embrace and integrate skilled autistic individuals into the workplace through education and alternative recruitment pathways. Vicky is passionate about enabling employers to tap into the skills and strengths of autistic individuals and empowering workplaces to embrace inclusion and neurodiversity.

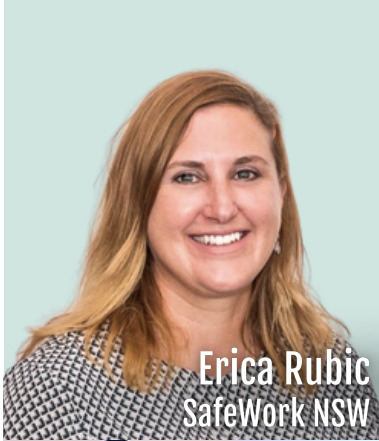


Holding various People focused Program Management roles across the Qantas Group over the last 10 years, Brooke now leads the Employee Wellbeing and Mental Health Program for the 20,000 Qantas Group employees across the Globe.

With a passion for driving systematic and sustainable organisational change and not being afraid to disrupt 'what we have always done', Brooke is driven by finding more meaningful and authentic ways to encourage and empower people to strive for more, in all areas of their lives. A professional dreamer, Brooke loves collaborating with and learning from her esteemed colleagues with their evidence and risk-based approaches to health, safety and wellbeing to create programs of work that are based in, but not confined by, science.

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# Speakers



Erica Rubic has been driving the SafeWork vision to create mentally healthy workplaces across NSW since May 2017. Working closely with people with lived experience, academics, industry peak bodies and advocates, she has led the development of the 'NSW Mentally Healthy Workplaces 2018-2022' strategy. She is currently implementing free programs and services to NSW businesses to encourage and enable workplaces to take effective action towards creating work environments that are mentally safe.

With extensive Program Management experience and qualifications in life sciences, Erica has worked on major programs in the pharmaceutical industry, delivering on global clinical trials, regulatory submissions and health economic projects. Her drive comes from a desire to provide services that benefit individuals and the community.



David Burroughs has had a 20-year career as a strategist, consultant, psychologist and advisor. David specialises in workplace behaviour and the early intervention and prevention of workplace mental ill-health, and has a passion for innovation and challenging convention.

His current interests include managing the mental health demands of increasingly dynamic and complex operating environments, creating 'psychologically safe' workplace cultures and evidence-informed, preventative and psychosocially focussed approaches to workplace mental health. David holds various appointments at corporate and industry levels, including Mentally Healthy Workplaces Ambassador for SafeWork NSW and as Principal Psychologist for Australian Psychological Services.



Penny Myerscough is a National Manager of Learning and Wellbeing Culture at Centre for Corporate Health, with 25 years of corporate consulting experience bringing best practice mental health approaches to life to corporates.

Over the last 10 years, Penny has specialised in all things "prevention" at Centre for Corporate Health and has partnered with a wide range of clients to support them in strengthening psychological safety in the workplace, developing emotional intelligence, identification of psychosocial risks in the workplace, effectively managing vicarious trauma in the workplace, strengthening workplace resilience. Penny is known for her ability to bridge commercial realities with best practice psychological approaches.

## Peter Kirwan

Peter Kirwan is a Technical Rescue Instructor with Fire & Rescue NSW, starting as a frontline firefighter in 1992.

His story, told by the Black Dog Institute, "Depression and the Firefighter who fought it" has been viewed over 200,000 times online. This led him to further work with the Institute, as well as work with the NSW Mental Health Commission, SIRA, and SafeWork NSW.

Peter uses his story as a demonstration of hope and recovery, and to destigmatise mental illness.

## Jennifer Waltmon

Jennifer Walton works as Beyond Blue's Blue Voices Manager, using the voice of lived experience to improve mental health services and programs, inform policy, and reduce stigma. With experience as a peer researcher and lived-experience advisor, Jen works, volunteers, and sits on the SPA NSW/ACT Joint Committee.

Jen has lived experience of previous suicidality and manages her own depression. She's also bereaved by the suicides of 3 people in her life over a 3 year period, during which time she began volunteering in mental health and suicide prevention. Passionate about mental health services, Jen believes that true change occurs only through listening to lived experience.

# Annual *Members'* Forum 2022

# Upcoming Events

WayAhead Workplaces members can access exclusive discounts to major events, conferences, and more.



[Find all discounts & offers on our website.](#)

<b>22 - 23 JUN</b>	Workplace Wellness Festival	Sydney & Online	A place to learn, have fun, and do business with over 100 expert speakers, top vendors, and thousands of professionals for APAC's largest workplace wellness gathering.
<b>9 - 10 AUG</b>	Wellness Practitioner Training	Sydney	We're collaborating with Wellness Designs to host their award winning, nationally accredited Wellness Practitioner Training in person, exclusively for WayAhead Workplaces members.
<b>22 - 24 AUG</b>	Workplace Mental Health Symposium	Gold Coast & Online	Three days of keynote addresses, speaker presentations, panel discussions, workshops, and exhibitors for the common goal of creating mentally healthy workplaces.
<b>5 - 7 SEP</b>	International Mental Health Conference	Gold Coast & Online	A world-class forum to connect and collaborate with national and international mental health leaders, gaining knowledge and tools to improve your approach to client care.
<b>24 - 25 OCT</b>	Indigenous Wellbeing Conference	Adelaide & Online	Bringing First Nations Australians, Maori and Pasifika leaders, mental health professionals and people with lived experience together to progress the wellbeing of their communities.
<b>8 - 10 NOV</b>	Wellbeing at Work Summit	Sydney, Melbourne & Online	Strategic guidance, advice and inspiration from employers and experts from across the world to help you create a more compassionate corporate culture that delivers results.
<b>9 - 11 NOV</b>	Rural & Remote Mental Health Symposium	Adelaide & Online	Hear from, network, and unite with mental health experts, providers, and fellow workers providing greater mental health accessibility, and support to rural and remote communities.