

# AGENDA

Tuesday 13 September 2022

WayAhead  
Suite 2.02, Building C  
33 Saunders Street Pyrmont NSW

Meeting Eval Form



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9:00am	Welcome to the Network and Acknowledgement of Country
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9:10am	<i>4 Key Journeys for your Wellbeing Strategy</i> Troy Morgan - Springday
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9:50	Networking Morning Tea
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10:30am	<i>Leaders as the Stewards of Workplace Wellbeing</i> Ben Farr-Wharton - Edith Cowan University
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11:15am	<i>Balancing Performance and Care in Business</i> Melinda Upton - Positive Group
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11:55pm	WayAhead Workplaces Updates & Housekeeping
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12:30pm	Close
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# SPEAKERS



Troy Morgan is the Head of Wellbeing Strategy at Springday, a renowned 'Wellbeingpreneur' and CEO of Willows Health Group. He was a Business Partner in ABC Commercial's Award Winning Happy Body at Work Program, a multimedia, technology-based corporate health program that has been rolled out to more than 40,000 employees across Australia.

Troy's corporate health work has seen him launch wellbeing and change strategy initiatives in Australia, New Zealand, Hong Kong, Singapore and Malaysia. Troy is a sought-after national speaker in wellbeing, leadership and culture, focusing on increasing productivity, improving self-esteem and self-image, and examining professional and personal development.

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Ben Farr-Wharton is the Associate Dean (Management) at Edith Cowan University's School of Business and Law. Ben's research specialises in employee wellbeing and compassion, and focuses on generating real world impact. Before joining ECU, Ben lectured at University of Technology Sydney and Southern Cross University.

For the last decade, he has worked with a broad array of organisations across the globe, to enhance workplace productivity through wellbeing, inclusion, and psychosocial safety initiatives, with a particular focus on health care and public organizations.

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With a legal career spanning over 25 years in global firms Ashurst and DLA Piper, Melinda has recently been appointed as the Asia Pacific CEO for corporate performance and resilience specialist's The Positive Group.

Melinda serves as Chair of Minds Count Foundation and a member of the Board of the Corporate Mental Health Alliance Australia. She also served as a member of the Board of The Arts Health Institute focused on the integration of the arts into health and age care environments.

Melinda is a passionate advocate for corporate workplace health. She is the founding Chair of DLA Piper's International Health & Wellbeing Steering Committee, working to raise awareness about mental ill-health and help drive positive change across the corporate community locally and globally.

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# UPCOMING EVENTS



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

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



24 - 25 OCT	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 and mental health of their communities.
1 - 2 NOV	Wellness Practitioner Training	Sydney	<p>Fast-track the development of a results-oriented workforce wellness strategy for your organisation or clients in this nationally accredited course delivered by Wellness Designs on behalf of Australasian Leadership Academy (RTO Code 41012).</p> <p>10% off standard and early bird registrations. Member Exclusive session.</p>
8 - 10 NOV	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.
10 - 11 NOV	Happiness & Its Causes	Sydney	Bringing together science, psychology, philosophy, education, and the arts to explore how to make life more meaningful and make a difference in the lives of ourselves and others
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.

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