



8th

national
conference on
workplace health
promotion

building healthy organisations

CONFERENCE

20-21 November 2008

PRE-CONFERENCE SEMINAR

19 November 2008

VENUE

Suntec Singapore International Convention and Exhibition Centre

The Health Promotion Board cordially invites you to the 8th National Conference on Workplace Health Promotion (WHP). This 1.5-day Conference with a 1-day Pre-Conference Seminar, includes stimulating presentations and workshops on strategies to promote and sustain health at the workplace.

Don't miss out on this unique opportunity for Employers, HR Directors, Executives and Workplace Health Managers to engage in insightful exchanges to build healthy organisations.

CONFERENCE HIGHLIGHTS

1

Gain insight into what it takes to create a healthy organisation: the role of leadership, corporate culture and change strategies in steering WHP programmes towards new frontiers.

2

Discover the art of forging successful partnerships and collaborations from within and outside the organisation.

3

Learn and apply marketing strategies that will engage employees and boost participation in WHP programmes.

4

Case in Practice: Building on strengths and successes

- How a CEO successfully transforms and shapes a healthy culture within his organisation.
- How overseas and local workplace health practitioners implement successful WHP programmes.

KEYNOTE SPEAKER



Dr Graham Lowe, PhD
President, The Graham
Lowe Group Inc.

Professor Emeritus,
Department of Sociology,
University of Alberta,
Canada

Dr Lowe is a leading expert in workplace health and organisation culture in Canada. A Professor of Sociology at the University of Alberta for over 20 years, he is now the President of The Graham Lowe Group, Inc, a consulting and research company which helps organisations create high quality workplaces and build their future workforce capabilities.

He has numerous publications related to healthy workplaces which include 'The Quality of Work: A People-Centred Agenda' (Oxford University Press). He has also given numerous talks and workshops internationally on creating higher quality and more productive workplaces. He received the 2004 Canadian Workplace Wellness Pioneer Award in recognition of his significant achievements and contributions in the field of organisational health.

CONFERENCE PROGRAMME (20-21 NOVEMBER 2008)

TIME	20 NOVEMBER 2008 • BALLROOM 3, LEVEL 2
1.30pm	Registration
2.00pm	Keynote Address Building Healthy Organisations: Towards New Frontiers <ul style="list-style-type: none"> The concept of healthy organisation that goes beyond WHP, linking health with business performance The role of leadership, its impact on corporate culture and the physical and mental wellbeing of employees Systemic changes to steer WHP towards new frontiers
3.00pm	Leadership for Healthy Organisations: Case in Practice <ul style="list-style-type: none"> Putting health and wellness on the CEO's agenda Sharing of key strategies and experiences to create a healthy culture within the organisation
4.00pm	Tea Break
4.30pm	Successful Partnerships in a Healthy Organisation <ul style="list-style-type: none"> Establishing effective partnerships internally within the organisation for successful WHP programmes Establishing effective partnerships externally to create a win-win relationship in the management of WHP programmes
5.30pm	End of Programme

TIME	21 NOVEMBER 2008 • MEETING ROOM 208-209, LEVEL 2
8.30am	Registration
9.00am	Strategies That Work - Marketing in WHP <ul style="list-style-type: none"> Applying marketing strategies in WHP to engage employees and to boost their interest and participation
9.50am	Tea Break
10.15am	Best Practices in Healthy Organisations Sharing from the Region: From Global to Local <ul style="list-style-type: none"> Procter & Gamble Wellness: A Strategy for Peak Performance Johnson & Johnson: Implementing Global Health Goals
11.15am	Sharing from Local Companies: Strategies for Successful WHP Programmes <ul style="list-style-type: none"> Winning organisations of the Singapore HEALTH Award 2008
12.15pm	Q&A
12.30pm	Lunch

TIME	PARALLEL SESSION (Please choose either Option 1 or 2 and indicate your choice on the Registration Form)
2.00pm to 5.00pm (Break 3.00pm - 3.30pm)	Option 1 Creating Demand: Marketing WHP Programmes <ul style="list-style-type: none"> An interactive workshop on how to apply marketing strategies in the promotion of WHP programmes
	Option 2 (Limited to 90 delegates) Creating a Healthy Organisational Culture <ul style="list-style-type: none"> The workshop will help participants assess their work environment, strengths and gaps, and guide them through the process of designing and implementing a customised healthy work environment plan.

PRE-CONFERENCE SEMINAR (19 NOVEMBER 2008)

LEADING, WITH MENTAL WELLNESS IN MIND

- 1 Appreciate the importance of subjective mental wellbeing and its impact on increasing employee productivity and resilience.
- 2 Understand how mental wellbeing can be optimised by learning and applying practical skills.
- 3 Learn how optimism can influence employee mental wellbeing and productivity.
- 4 Gain insight into what it takes to achieve a mentally healthy workforce, and the role of leadership and corporate culture.

TIME	19 NOVEMBER 2008 • MEETING ROOM 209, LEVEL 2
8.30am	Registration
9.00am	Opening Lecture The Science of Mental Wellbeing: Implications for the Singapore Workplace
10.00am	Treasure Your Mind: It's About Time Workplaces Do It
10.30am	Tea Break
11.00am	Learning Optimism Optimistic people = Happy workers?
12.30pm	Lunch
2.00pm	Leading the Way to Employee Mental Wellbeing
2.30pm	Best Practice Sharing
3.00pm	Tea Break
3.30pm	Why Mental First Aid? Paying attention to your team's mental wellbeing
5.00pm	End of Programme

POSTER COMPETITION

The 8th National Conference on WHP invites submission of abstracts for a Poster Competition on **'Effective Marketing & Communication Strategies of WHP Programmes'**.

Shortlisted entries will qualify to take part in the Poster Presentation on 20-21 November 2008. Prizes will be awarded to the top three entries.

All abstracts (maximum 250 words) must be submitted using the Abstract Submission Form and reach the Workplace Outreach Department, Health Promotion Board by **8 October 2008**. The Abstract Submission Form, guidelines and samples can be obtained from www.hpb.gov.sg/healthatwork



8th national conference on
workplace health promotion

REGISTRATION FORM

Registration closes on 14 November 2008

Please register the following delegate(s):		<p>Completed Registration Form can be submitted via:</p> <ul style="list-style-type: none"> • Fax: 6438 3609 • E-mail: HPB_Health_At_Work@hpb.gov.sg • Post: Workplace Outreach Dept Health Promotion Board 3 Second Hospital Avenue Singapore 168937 • Online: www.hpb.gov.sg/healthatwork <p>For Enquiries Call Nurashikin at 6435 3704/6435 3141 or visit www.hpb.gov.sg/healthatwork for more information.</p> <p>Terms & Conditions</p> <ul style="list-style-type: none"> - All payment to be made payable to Health Promotion Board. - Registration will only be confirmed upon receipt of completed Registration Form, accompanied by full payment prior to the Conference. - Seats are limited. Registration will be on a first-come first-served basis. - Fee includes lunch, refreshments and conference materials. - The Organiser reserves the right to make any amendments without prior notice, if deemed to be in the interest of the Conference. - Cancellations are not permitted. However, a substitute delegate is welcome at no extra charge. Please inform us by 14 November 2008.
(1st Delegate) Dr/Mr/Mrs/Ms:		
Designation:		
Tel:	E-mail:	
Selection: <input type="radio"/> Pre-Conference (19 November 2008) <input type="radio"/> Conference (20-21 November 2008) – Parallel Session <input type="radio"/> Option 1 <input type="radio"/> Option 2		
(2nd Delegate) Dr/Mr/Mrs/Ms:		
Designation:		
Tel:	E-mail:	
Selection: <input type="radio"/> Pre-Conference (19 November 2008) <input type="radio"/> Conference (20-21 November 2008) – Parallel Session <input type="radio"/> Option 1 <input type="radio"/> Option 2		
Company Name:		
<input type="radio"/> Singapore HEALTH Award 2006 or 2008 Organisations <input type="radio"/> Not Applicable		
Company Address:		

CONFERENCE FEES	CONCESSION RATE
Pre-Conference (19 November 2008): \$50 Conference (20-21 November 2008): \$200 Conference and Pre-Conference: \$230	<ul style="list-style-type: none"> - 10% early bird discount (register by 3 October 2008) - Additional 10% for participants from Singapore HEALTH Award 2006 or 2008 winning organisations