



Friday 2nd March

8:00–9:00am REGISTRATION in Amokura Gallery (4th Floor)

AMOKURA GALLERY

9:00 – 9:30 Opening Ceremony
Mihi whakatau, Deputy Mayor of Wellington Jill Day, Convenor Andrew Morrison

9:30 – 10:15 Keynote Address: Mike Bennetts, CEO, Z Energy
"My Mindfulness Shadow"

10:15-10:30 Facilitated warm up with Co-liberate

10:30 – 11:00 MORNING TEA in Amokura Gallery (4th Floor)

11:00 -11:45 Keynote Address: Michael Bunting, Best Selling Author, Leadership Development Specialist, Mindfulness Teacher
"Mindful Leadership: The Evidence will Amaze You"

Press Pause (Facilitator: Kerene Strochnetter)

11:45 – 12:30 Keynote Address: Dr Craig Hassed, Associate Professor, Monash University
"The science & benefits of mindfulness"

12:30–1:30pm LUNCH in Amokura Gallery (4th Floor)

POWER UP SESSIONS

Interactive case study sessions on aspirations and learnings from implementing programmes in the workplace

Room	Amokura Gallery Business Stream 1 & 2		Rangimarie 1 Health Stream	Rangimarie 2 Education Stream	Rangimarie 3 Community Stream
1:30 – 3:00	Xero WCC Russell McVeagh	Cigna Z Energy Ministry of Health	Nirvana Health Dr Brigid O'Brien Fit for Work	Pause, Breathe, Smile Alopha Wellness Samantha Hannah Wellbeing Academy	Yoga in Prisons Mindfulness for Change WCC City Housing
3:00 – 3:30	Facilitated discussion to harvest the learning and insights from case study sessions (Facilitator: Michelle Dalley)				

3:30 – 4:00 AFTERNOON TEA in Amokura Gallery (4th Floor)

CONCURRENT SESSIONS

Room	Amokura Gallery	Rangimarie 1	Rangimarie 2
4:00 – 4:30	<i>"Leading through change - Using mindfulness to find balance"</i> Lotty Roberts , Head of Strategic Change and Transformation Office, BNZ	<i>"Pausing, Breathing and Smiling – A Journey of Growing Present and Future Mindful Leaders within Education"</i> Grant Rix , Training and Programmes Director, Mindfulness Education Group; Natasha Rix , Strategy and Operations Director, Mindfulness Education Group	<i>"Mindfulness training for staff within large organisations: learnings from the healthcare sector"</i> Nadav Avny , Senior Clinical Psychologist, Adult Acute Mental Health Inpatient Unit, Auckland District Health Board
	Press Pause (Facilitator: Kerene Strochnetter)		
4:30 – 5:30	Expert Panel Discussion Theme: Why Mindful Leadership (Facilitator: Andrew Morrison) Questions from the audience		
5:30 – 7:00	Networking drinks		



Saturday 3rd March

8:00–9:00am REGISTRATION in Amokura Gallery (4th Floor)

RANGIMARIE 1

8:00 – 8:45 Optional Yoga and Mindfulness Session Led by Kim and Andy Munro, Empower Studio – Mats provided

AMOKURA GALLERY

9:00 – 9:30 **Keynote Address: Chris Ruane** (by video link), Member of Parliament for Vale of Clwyd
“An international perspective – Mindfulness in national policy and parliaments around the world”

9:30 – 9:45 **Impacts within the New Zealand political landscape**
 A response to Chris Ruane’s keynote address

Press Pause (Facilitator: Jess Stuart)

9:45-10:30 **Dr Robin Youngson**, Co-Founder, HEARTS in HEALTHCARE
“Hearts in Healthcare – Towards Mindful Leadership and sustainable values”

10:30 – 11:00 **MORNING TEA** in Amokura Gallery (4th Floor)

11:00 -11:45 **Keynote Address: Heather Kean**, Head of HR, Goodman Fielder New Zealand Limited
“Mindful Leadership to drive high performance culture”

11:45 – 12:00 **Transition to concurrent sessions**

CONCURRENT SESSIONS

Room	Amokura Gallery	Rangimarie 1	Rangimarie 2
12:00 – 12:30	<i>“Recovery from addiction: A personal mindfulness journey”</i> Lotta Dann , Community Manager 'Living Sober', Best Selling Author, Speaker and Recovery Advocate	<i>“Mindfulness and Open to Learning Leadership- A respectful approach to having difficult conversations”</i> Bill Hubbard; Mark Broadwith , University of Auckland Centre for Educational Leadership	<i>“Hau ora - A Māori perspective on mindfulness and wellbeing”</i> Jase Te Patu , Co-owner of Power Living Yoga Aotearoa and Creator of M3 - Mindfulness for Children (Maori Myth, Movement & Mindfulness)

12:30–1:30pm **LUNCH** in Amokura Gallery (4th Floor)

CONCURRENT SESSIONS

Room	Amokura Gallery	Rangimarie 1	Rangimarie 2
1:30 – 3:00	<i>“Leadership & Engagement a Practical Workshop”</i> Michael Bunting , Best Selling Author, Leadership Development Specialist, Mindfulness Teacher	<i>“Conversational Intelligence™ - Mindful communication”</i> Michelle Dalley , Director at Ignite Group; Britta Christiansen , Director at The Ripple Effect; Michelle McCormack , Director at People Focus	<i>“Moving from Stress mode (the Red Zone) into the Growth and Healing mode (the Green Zone)- a practical workshop”</i> Paul Bedson , Senior Therapist and Facilitator, the Gawler Foundation

AMOKURA GALLERY

3:00 – 3:30 **Facilitated discussion to harvest the learning and insights from case study sessions** (Facilitator: Michelle Dalley)

3:30 – 4:00 **AFTERNOON TEA** in Amokura Gallery (4th Floor)

4:00 – 5:00 **Facilitated discussion – Where to from here?** (Facilitator: Ignite Group)
 Key learnings and implementation

5.00: - 5:30 **Closing Ceremony**