

DAY 3 - 5 SEPTEMBER

FOCUS ON YOU - PURPOSE, MOTIVATION & FULFILMENT

Chances are, over the past two years you have been waiting for things to settle down. Treading water, hoping to get back to a relative "normal" status quo.

Well, that's all in the past - today's all about you!!

Dust off those goals and inspirations, it's time to be bold.

Remember what you wanted from life. Think of all the things you've put on hold for the past couple of years and shake off those doubts.

Today provides the opportunity to dream bigger, so start dreaming BIG!!

We know you want more out of work and life, and today is all about reminding you just how unstoppable you can be.

Today's five exceptional speakers will inspire you with their own stories and lessons learned through hardship and success. They know what it takes to build momentum after adversity and focus on results. Use today to reconnect with your purpose and get serious about your future.

1.00 PM WELCOME

1.15 PM PREPARING TO SUCCEED WITH A SMILE ON YOUR FACE



There is a pressing need to focus on Mental Health and emotional well-being – of ourselves, our colleagues, our families and those we love. This first session addresses the pressures the modern world can place on people, especially within the EA role.

Creating a resilient mindset is a skill. And like any other skill, you can get better at it with training and practice. Being emotionally resilient not only helps create your best working life, but it also allows you to go beyond your own perceived limitations.

Start the day off right – with insights into how to be at your best.

- Understanding the importance of wellbeing and why it's never been more important in an uncertain world
- Learn the practical and actionable strategies, tools and techniques that empower you to invest into your wellbeing to have better days every day
- Create genuine opportunities for you, your Executive, your people and your organisation to thrive
- How EA's can lead their organisation in creating safe workplace environments and positive cultures for all employees

by Wayne Schwass



2.00 PM ACHIEVE YOUR NATURAL HIGH

High energy, low stress, life balance, work success.

Being healthy, happy & productive is easier than you think.

Mark's research into the secrets of the world's healthiest people, age-old Eastern health wisdoms (Ayurveda), and the latest modern science has unlocked the secret to simple, 'time-friendly' methods for living a healthy, high-performing, balanced work-life.

In his engaging signature keynote Mark will show you how to:

- Reduce stress/anxiety up to 30% & improve work-life balance by 40+%
- Sleep better & enjoy greater vitality, mental focus & a healthier weight
- Use sunlight and earthing to significantly improve emotional health & attitude
- Simplify modern-day health advice, reduce sick days & improve workplace morale
- How the super-productive stay motivated & still make time to exercise, sleep and eat well

by Mark Bunn

2.45 PM THE CHALLENGE OF ALIGNING TO SUCCESS



What does it take to make it to the top? This session will explore your own drivers and motivations, your weaknesses and strengths, and how to harness these to propel you forward. You need to understand what works for you and how to balance this in the workplace and home.

There is no one size fits all. So let's size you up for success.

by TBC

3.30 PM BREAK

4.00 PM 8 KEYS FOR AVOIDING BURN OUT



There is a pressing need to focus on Mental Health and emotional well-being – of ourselves, our colleagues, our families and those we love. In this first session you will learn simple and actionable daily 'keys' that will help you unlock your true potential and avoid burning out.

Looking at the 'key' drivers of strong mental, physical and emotional health, this session will not only help you in terms of your own selfcare, but also help others around you to do the same. Set up practices that help create a 'culture of health' in the organisations where you work.

Start the day off right – with insights into how to remain at your best.

- Understanding how burn out affects you physically, mentally and emotionally.
- Learn the key components and foundational blocks to empower you to build a culture of health and wellbeing.
- Learn the simple life hacks to thrive in the corporate environment.
- Create greater opportunities and possibilities to navigate whatever life throws at you.

by Olly Bridge

4.45 PM OVERCOMING THE IMPOSSIBLE



What do you do when all the odds are against you?

In this final session we'll hear exactly what is possible when those around you are telling you to be "realistic". When others say you "can't", that's the time to dig deep and really show the world what you can achieve.

Our final speaker has overcome tremendous odds and found a way to overcome the challenges. We cannot control what life throws at us, we can only control how we respond to it. Each and every one of us has a choice in life, and our choices should not be limited by our circumstances.

One of the greatest pleasures in life is achieving things people say can't be done! Hear the inspiring story of triumph over adversity and apply these lessons to your own life.

- Be inspired and overcome your own limitations.
- Seek out challenges and stretch yourself for greater success.
- Make the impossible possible.
- Hear what Passion and Determination can achieve in spite of adversity.

by Beau Vernon

5.30 PM CLOSE OF SERIES

5.30 PM COCKTAIL FUNCTION

7.30 PM CLOSE OF DAY

"Leadership is not about a title or a designation. It's about impact, influence and inspiration."

Robin S Sharma