

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 aspirations, 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 DIGITAL WELLBEING - SUPPORT PEAK-PERFORMANCE IN A DIGITAL AGE

There's no denying that we're tethered to technology, for our professional and personal lives. This is having a profound impact on our physical health and mental wellbeing.

This presentation equips participants with science-backed solutions they can embed to optimise their performance in the digital landscape, without having to revert to a #digitaldetox, or ignoring your inbox.

Kristy will explore:

- Why we feel digitally overwhelmed and suffering from 'infobesity' from pings, alerts and notifications (our brains and bodies aren't biologically wired for information onslaught);
- Why it's challenging to FOCUS in the digital world, that's constantly vying for our attention;
- The impact of our constantly- connected lives on our MENTAL WELLBEING and micro-habits we can embed to protect it; and
- The consequences of being tethered to technology on our PHYSICAL HEALTH (sleep, vision, hearing and musculoskeletal health); and
- A menu of (brain-based) micro-habits that can be embedded into our professional and personal lives to support our MENTAL WELLBEING and PHYSICAL HEALTH.

by Dr Kristy Goodwin



2.00 PM WINWIN CONVERSATIONS- HOW TO HAVE CHALLENGING CONVERSATIONS WITH CLARITY AND CONFIDENCE

In a world of complexity, change and disruption your ability to communicate on a deeper level is vital.

WinWin Conversations is designed to deliver a competitive advantage because those who can influence relationships and results positively in the future will thrive.

WinWin Conversations will help you become agile and flexible in your thinking while offering new ways of communication that can transform relationships and results.

In this presentation Kamal explores:

- What is a WinWin Conversation
- How do you navigate complex conversations
- The 3 Principles of WinWin Conversations that will reduce stress and strengthen relationships

by Kamal Sarma



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 OVERCOMING THE UNKNOWN – CONQUERING FEAR



Everyone dreams of living a bigger life, free of fears and emotional limitations. Fear is what holds us back from taking the next step in our career and life. Fear of the unknown, fear of failure, and fear of looking incompetent can all paralyse you in the workplace. The key to moving past this perspective is reframing fear as a tool to help you navigate the way forward.

Learn how you can tap into your own inherent resources in the face of insurmountable odds. When the critical voice in your head is screaming at you, learn how to make focussed and deliberate actions in spite of fear. Move forward with purpose and know that with courage and a burning desire to succeed, nothing can stop you from reaching your goals.

- Understand how fear serves you.
- Assess, adapt and overcome in the face of the unknown.
- Develop an unstoppable mindset that propels you forward.
- Build a life of courage and opportunities.

by Damien Thomlinson

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 Fadi Chalouhy

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