

HCANZA 2023 CONFERENCE: DRIVING POSITIVE CHANGE

Harnessing Value through Community, Collaboration and Coaching

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Wednesday 30 August 2023

14:00
15:20

Coaching Masterclass 1: Optimising Mental Fitness

Mental Fitness is a term that encapsulates mental well-being, resilience, vitality, and performance. It's similar to physical fitness, in that it's a continuum from low to high fitness, and it requires ongoing work. This masterclass explores the 6 interactive pillars of Mental Fitness and delves into the science behind each of these pillars, exploring why they are important and more importantly, what you can do to move yourself, and help your clients to move, up the Mental Fitness continuum, no matter what the starting point is. It's a stimulating blend of neuroscience, psychology and physiology with a range of actionable take home strategies that participants can use for themselves, their clients and their families.



Paul Taylor

Director
Mind Body Brain Performance Institute

15:30
16:50

Coaching Masterclass 2: Developing your Emotional Intelligence as a Health Coach: Roche Martin Competency Report

It is well recognised when we coach others that congruence has an impact and as coaches we need to work on ourselves in order to work congruently with others.

Understanding the link between highly impactful coaching and your own level of Emotional Intelligence is essential.

In this hands on workshop we will explore the Roche Martin Emotional Competency Report which builds on Daniel Goleman's original work on Emotional Intelligence.

Learn the 10 competencies that create your emotional intelligence and reflect on how they interact with each other.



Craig Levitt

ICF PCC Coach and Facilitator
FIRE UP Coaching

18:00
19:00

Welcome Reception

Keynote Presentation: The Past Present & Future of Positive Psychology Coaching

Suzy will provide an historical account of the emergence of Coaching Psychology in Australia and beyond and its integration with the complementary field of Positive Psychology into the now widely accepted field of Positive Psychology Coaching (PPC). Suzy will also highlight the benefits of utilising a PPC approach for health and wellbeing.



Dr Suzy Green







Founder & CEO
The Positivity Institute

19:00
21:00

Awards Ceremony

Outstanding Contribution to Health Award
Health & Wellness Coach Advocacy Award
Health & Wellness Coach of the year Award
Health & Wellness Coach of the year in a Healthcare setting Award
Business Achievement Award
Health Equity Award

Thursday 31 August 2023

06:00 06:45	Yoga Session / Morning Run	
08:15 08:30	Welcome to Country	
08:30 09:25	Presence is the Soul of Coaching COLLABORATIONS	^
	 Dr Joel Bennett (Zoom Speaker) President Organizational Wellness & Learning Systems (OWLS)	v
09:25 10:00	Plenary Session 2: Collaborations Focus COLLABORATIONS	^
	 Dr Sam Manger General Practitioner / Ambassador RACGP / Equally Well Australia	v
10:00 10:30	Morning Tea	
10:30 11:00	Health Communities B2B2C COMMUNITIES	^
	 Steve Humphris Co-Founder Let's Talk	v
11:00 11:30	Communities, Culture and Character Strengths COMMUNITIES	^
	 Dr Denise Quinlan New Zealand Institute of Wellbeing & Resilience	v
11:40 12:25	Moderated Speaker Discussion Q&A COMMUNITIES	^
	 Steve Humphris Co-Founder Let's Talk	v
	 Dr Denise Quinlan New Zealand Institute of Wellbeing & Resilience	v



Dr Sam Manger
General Practitioner / Ambassador
RACGP / Equally Well Australia



Dr Suzy Green
Founder & CEO
The Positivity Institute



Dr Tabitha Healey
Executive and Personal Coach



12:30
13:30

Lunch

13:30
14:05

Quality of Food for Mental Wellbeing

CONNECTIONS



Dr Dominique Hodgkin (Zoom Speaker)
Dr Sears Wellness Institute



14:05
14:40

A day in the Life of a Blind Coach

CONNECTIONS



Andy Hampson
Aus Coach
The Inspire Network

14:40
15:15

Nothing about us without us: Partnering to deliver a Ngangkari 'Aboriginal Traditional Healers' Clinic in Sydney

CONNECTIONS



Dr Mirna Hunter



Lucinda Hyde (Zoom Speaker)

15:15
15:30

Afternoon Tea

15:30
16:00

Coaching for Positive Change Rural and Regional Communities

COACHING



Christine Boucher
Aus Coach
Natural Health Balance

16:00
16:30

Women as a Niche

COACHING



Sharon Tomkin

NZ Coach
Zeal

16:30
17:00

Achieving a Common Goal - Group Coaching

COACHING



Olivia Stubbs

NZ Coach

17:00
17:20

Close