



# THE THRIVING WORKPLACE

SURVIVING TO THRIVING

A Virtual Experience  
16th Nov 2020 to 18th Feb 2021

**YOUR JOURNEY OF TRANSFORMATION**

# WEEKLY PROGRAM IN SUMMARY

## **Mindfulness Monday** 15 mins - live and recorded : Monday 7.00am

Take a moment to kick start your week with this short meditation session

## **Experience Exchange** 60 mins - live and recorded : Tuesday 10.00am

Three incredible storytellers share their experiences and unique concepts in daring to be different. Half of this session is dedicated to interactive discussion, so have your questions at the ready!

## **Wellbeing Wednesday** 30 mins - live and recorded : Wednesday 7.00am

A stretch and movement practice that will leave you feeling present and empowered

## **Co-Creation Huddles** 60 mins - LIVE ONLY : Friday 1.00pm

Let's talk about YOU! Join your tribe in our virtual gathering to workshop YOUR most pressing challenges and issues

*Session participation is wholly optional and all - aside from the Co-Creation Huddles - will be available for you to view later in your own Thriving Hub*

# WEEK 1 - AMPLIFY

*Brought to you by Culture Amp*

## **Mindfulness Monday : Opening Your Mind to The New**

## **Experience Exchange : Equipping Yourself and Your People to Thrive Through Change**

*Featuring:*

**Jac Peters** - Head of Leadership and Engagement - Coca Cola Amatil

**Andrea Muras** - Organisation Development Manager - NSW Dept of Customer Service

**Matt Loop** - Head of Asia Pacific - Slack

*With Your Session Champion:*

**Melanie vonHartitzsch** - People Geek - Culture Amp

**Wellbeing Wednesday - Expand and Open Your Body**

**Co-Creation Huddles - Are YOU Coaching, Inspiring, and Leading Through Change?**

## WEEK 2 - CALM

**Mindfulness Monday : Calming Your Mind for Greater Clarity**

**Experience Exchange : How Can Senior Leaders Create a Mentally Healthy Culture For People to Thrive?**

- Identifying the new and amplified issues our people are facing in light of the pandemic
- Taking a preventative, sustainable approach to mental health
- Putting your own oxygen mask on first and modelling behaviours
- How to harness the super power of connection

*Three incredible storytellers share their experiences and unique concepts in how to quell the tide of mental health issues coming to our workplaces as a response to 2020!*

*Featuring:*

**Steven Worrall** - Managing Director - Microsoft Australia

**Genevieve Hawkins** - General Manager Insurance - Coles Group & Author of *Mentally At Work*

**Dr Greg de Moore** - Associate Professor Psychiatry - Westmead Hospital

*With Your Session Champion:*

**Melinda Upton** - Global Co-Chair, IP & Technology - DLA Piper

**Wellbeing Wednesday - Relax Your Body**

**Co-Creation Huddles - Mental Health in YOUR Team and Organisation**

We will break out into smaller, expert-led groups to discuss:

- How has this year impacted your own mental health?
- How would you rate the mental fitness level of your team and your organisation?
- What steps could you take to solve current issues or prevent further ones?

# WEEK 3 - COURAGE

## Mindfulness Monday - Finding Your Courage

### Experience Exchange - What Does it Take to Lead Courageously Through These Unprecedented Times and Beyond?

- Who are you? be inspired to be your true, authentic self!
- The magic triangle of connected leadership - heart, head and gut
- Why integrity always wins
- Energising yourself and others to thrive through continuous change
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*Three incredible storytellers share their experiences and unique concepts in daring to be different - and succeeding as a result!*

*Featuring:*

**Peter Zorn** - Global Talent and Transformation - IBM

**Peggy Renders** - Senior VP, Digital Transformation Office APJ - SAP

*Led by your session champion:*

**Gillian Coutts** - Country Director & Author - Potential Project

## Wellbeing Wednesday - Build Courage Through Your Body

### Thursday - BONUS SESSION

#### An Interview with Dan Price - CEO - Gravity Payments & 'The \$70k CEO'

In 2015, Dan made headlines around the world when he announced to the entire Gravity team that he planned to raise the minimum wage for everyone to \$70,000 - and reduce his own to \$70,000 from \$1.1million. He called the move a "moral imperative" to do the best you can for those you're leading.

Join this session to hear what led Dan to rethink the true purpose of business—and how taking a huge risk ultimately helped his company become more resilient and competitive. Calling on leaders to set and execute on their own purpose-driven visions, Price encourages you to question traditional market-centric business wisdom in favor of a more human—and much more sustainable—approach. It's not easy, he argues, but in the end, the rewards will be worth it.

#### Co-Creation Huddles - How Can YOU Be A More Courageous Leader?

We will break out into smaller, expert-led groups to discuss:

- What does courageous leadership mean to you?
- How have you shown courage through these challenging times?
- What's stopping you from being the leader you want to be?
- Where to next? And who will keep you accountable?

## WEEK 4 - TRUST

### Mindfulness Monday: Letting Go

### Experience Exchange - How to Make Flexible Working Work... For the Long Term

- Celebrating the unique needs of individuals
- Preventing burnout where boundaries are blurred
- Designing an environment for people and creativity to thrive - both at work and in the office

*This year, the worlds' biggest experiment in remote working took place. And most agree, there can be no turning back to the way things were! Join this session where three game changing business leaders are redefining what 'work' means for their businesses.*

*Featuring:*

**Eglantine Etiemble** - EGM IT and Digital - DuluxGroup

**Steve Milnes** - Head of Change Management - QBE

**Kath Blackham** - Founder and CEO - VERSA

*Led by your session champion:*

**Alana Bennett** - Human Experience Fanatic & Coach - Connected Experience

### Wellbeing Wednesday: Opening Up Your Body To New Possibilities

### Co-Creation Huddles - How Can You Make Flex Working Work Better for YOUR Team?

We will break out into smaller, expert-led groups to share experiences and help one another, discussing:

- How has the way 'work' gets done changed in your team or organisation this year?

- What challenges and opportunities have emerged?
- Where do you want to take your team and organisation in 2021?

## BONUS WEEK 1 - PURPOSE

### Tuesday - Thrive Global Workshop

#### Self-Fidelity: How Being True to Yourself Uplifts Your Working Life

Self-fidelity is an invitation to create an uplifting working life. A working life that honours our humanity and nourishes our hearts, minds, bodies and souls. A working life that supports us to better serve our colleagues, customers, friends and family. A working life that works in harmony with our other big loves and the delicate eco-systems we inhabit. A working life that tumbles and brings forth the brilliant jewels buried deep inside of us.

In this 90-minute interactive session, together, we will...

1. Wake Up to the truth of who we are and to a new understanding of work
2. Let Be the parts of ourselves that have been diminished and forgotten
3. Let Go of the things that hold us back
4. Let in the nourishment we need to rise
5. We will discover that what we have been desperately seeking has been available to us all along – waiting patiently inside of us.

This workshop is for you if:

- You are sick and tired of trying to 'fix', mould and prove yourself
- You want to experience greater fulfilment, happiness and vitality at work, and in life
- You believe that work has the potential to be life-enhancing – not soul-destroying

Led by Thrive Global Facilitator and Author of 'Self Fidelity' **Cassandra Goodman**

*All participants will also receive a complimentary copy of Cassandra's book with exercises to work through at your own pace.*

# BONUS WEEK 2 - VITALITY

**Tuesday - Benestar Workshop**

Top Secret - Watch This Space!

# WEEK 5 - CONNECTION

**Mindfulness Monday: Be More Connected To Self, Others, Environment**

**Experience Exchange : Empowering Team Connectedness & Culture in a Virtual Environment**

- Unique ways to foster collaboration, innovation and flexibility
- Developing social intelligence as a pathway to social connectedness
- How to replicate the 'water cooler' conversation virtually
- Embedding new hires into the team fabric

*Join this session where three exceptional business leaders share how they've strengthened team cohesion in the past year.*

*Featuring:*

**Chin Yin Ong** - Head of People - Grab (Singapore)

**Chloe Sesta Jacobs** - Head of People & Culture - Deputy

*Led by your session champion:*

**Laurent Sylvestre** - CEO and Founder - The Human Perspectives

**Wellbeing Wednesday: Strengthening Bonds in Your Body**

**Co-Creation Huddles - Bringing Greater Cohesion to YOUR Team**

We will break out into smaller, expert-led groups to share experiences and help one another, discussing:

- How has the way 'work' gets done changed in your team or organisation this year?
- What challenges and opportunities have emerged?
- Where do you want to take your team and organisation in 2021?

## WEEK 6

TOP SECRET

Details to be revealed shortly...

## WEEK 7 - TOGETHERNESS

**Mindfulness Monday: A Practice to Build Empathy and Compassion for Others**

**Experience Exchange: Harnessing Renewed Energy for Diversity to Build a Better World of Work**

- How every leader - regardless of role or responsibility - can improve diversity outcomes
- What gender balance issues has the pandemic highlighted and amplified? And what can we as employers do to resolve them?
- Channeling the energy from the Black Lives Matter Movement for greater good in our teams and organisations

*Join this session where three exceptional business leaders share the outstanding work they're driving to transform diversity outcomes and discuss where to from here.*

*Featuring:*

**Andi Csontos** - Partner Climate Change & Sustainability - EY

**Sarah Merrick** - Business Manager, Technology - SBS

*Led by your session champion:*

**Liz Wilson** - CEO & Founder - Include

## Wellbeing Wednesday: Opening Your Heart Space to Others

### Co-Creation Huddles: Advancing Diversity in YOUR Team & Organisation

We will break out into smaller, expert-led groups to share experiences and help one another, discussing:

- Has the pandemic amplified or created any new biases in your team?
- Where is your team or organisation currently at in its push for greater diversity?
- What challenges do you need to overcome to achieve greater diversity?

WEEKS - HOPE

TOP SECRET

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