

A woman with dark hair, wearing a yellow cardigan over a white shirt and a patterned headband, is sitting in a meditative pose with her eyes closed and hands raised in a mudra. She is in an office environment with a computer monitor and desk visible in the background. A large yellow diamond shape is overlaid on the image, framing the text.

CORPORATE HEALTH AND WELLNESS CONFERENCE

**12 NOVEMBER 2020
VIRTUAL CONFERENCE**



CORPORATE HEALTH AND WELLNESS CONFERENCE

What are the challenges related to wellbeing during the pandemic?
How do we address these and enhance productivity as organisations transition to the new normal?

Promoting health and wellbeing of employees is critical for any organisation. This is especially the case now with the current pandemic and global crisis and the transition of the world of work to a 'new normal'. We see the fast tracking of the transition to remote work, augmentation, automation, and digitalisation for most job roles.

This rushed transition has forced many organisations to experiment with remote work, automation, and digitalisation. Through these experiments many organisations have managed through the fear of the change and the transitions entailed and are thriving and productive.

However, now we realise that the change and transitions are impacting our employees' wellbeing – mentally, emotionally, physically, and spiritually. The economic downturn has also impacted employees' financial wellness. Thus, we need to attend to the various dimensions of wellbeing in an integrated manner and address both wellbeing and productivity together.

With this in mind, we are hosting a Corporate Health and Wellness Virtual conference to be held the 12th November 2020. Join SABPP and other HR professionals in promoting employee wellness and maximising productivity for the betterment of the country's economy.

BENEFITS OF ATTENDING

- Discover ways of reducing the COVID-19 risks for your organisation
- Get tips to reduce digital fatigue
- Leave the conference with an understanding of well-being and productivity paradox in the now always-on digital workspace
- Learn how you can support your organisation on mental health issues
- Unlock the secret to energise your team

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PROGRAMME

TIME	TOPIC	SPEAKER
09:00 - 09:15	DELEGATE LOGIN	
09:15 - 09:30	Word of welcome	Xolani Mawande CEO, SABPP
09:30-10:30	The business case for wellness in reducing the COVID-19 Risk for employers across all industries	Sandra Chadehumbe CEO, Well Nation Africa
10:30-11:30	Corporate Health in the workplace & Energy: How to manage your Intellectual (IQ), Emotional (EQ), Physical (PHQ) and Spiritual (SQ) Energy for Performance in our New Way of Working?	Luc Van der Hofstadt Executive Business Coach & Country Director Mentally Fit Institute South Africa
11:30-11:45	LEG STRETCH AND COFFEE BREAK	
11:45-12:30	Well-being and productivity paradox in the now always-on digital workspace	Ajay Jivan Head: Research, Quality Assurance, HR Audits and Financial Controls
12:30-13:00	LUNCH	
13:00-14:00	Tips to reduce digital fatigue - a sensory intelligence approach	Dr Annemarie Lombard CEO, Sensory Intelligence Consulting
14:00-15:00	Mental health and the increased need for corporate support – the role for HR	Alinda Nortje Chairperson, Free to Grow
15:00	CLOSURE	

EVENT DETAILS:

TIME: 09:00 - 16:00
PLATFORM: ONLINE
PRICE: R1250 excl VAT (SABPP Members)
R1750 excl VAT (Non-members)
CONTACT: siphwiwe@sabpp.co.za Or 011 045 5400

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SPEAKER PROFILES

Luc Van der Hofstadt Executive Business Coach & Country Director, Mentally Fit Institute South Africa



Luc Van der Hofstadt is an Executive Business Coach at the Mentally Fit Institute since 2000. He holds a Masters in Laws from the University of Antwerp (Belgium), is a Certified Coach from the Institute of Neurocognitivism and is a Belbin Team Role Accredited Trainer. As sports and executive coach, Luc uses powerful sports metaphors to coach individuals, teams and organisations to reach sustainable performance. He teaches at various international Business Schools such as Insead Paris and is co-author of the book "Management Assistant". He regularly directs team and individual coaching sessions for Executive Committees, Managers and Individuals for corporate and institutional clients in various countries around the world. As an international facilitator and motivational speaker, Luc coaches and inspires on team dynamics, advises individuals, leaders and managers how to manage their own energy, their team members' energy and their organisational energy in our diverse world. He also manages the Mentally Fit Institute South Africa which he founded.

Dr Annemarie Lombard, CEO, Sensory Intelligence Consulting



Dr Annemarie Lombard is the founder and CEO of Sensory Intelligence® Consulting, with a PhD in Health Sciences. She completed her doctorate through the University of Cape Town comparing sensory profiles with performance in contact centres and has an interest in the dynamics of open plan working environments. Annemarie is registered with the Health Professions Council of South Africa and brings 23 years of national and international experience as an occupational therapist in brain learning and development. She is the author of the book "Sensory Intelligence: Why it is more important than EQ and IQ" (Metz Press, Cape Town). Her work has been widely published across print media and she is a regular speaker at conferences.

Dr Ajay Jivan, Head: Research, Quality Assurance, HR Audits and Financial Controls



Dr Ajay Jivan has gained competence in HR development and management as well as in strategic and operational management through various pertinent roles he has held in the public, education, non-profit and private sectors. These include management, consulting, research and development, and academic roles. He was also an elected board member of the Assessment Centre Study Group. Ajay successfully completed his doctoral thesis at the Wits Business School on the design, integration, and management of leadership development in the South African retail banking sector. He has a masters degree in public and Development Management and a Masters degree in Psychology.

Sandra Chadebumba, CEO, Well Nation Africa



Sandra Chadebumba is passionate about improving the wellbeing of people on the Mother Continent of Africa. In her role as Co-founder and CEO of Well Nation Africa, she drives this vision through collaborative partnerships with organisations and thought leaders who share the same vision and offer innovative, tech-driven and affordable solutions that help employers create healthier and happier workplaces. With 21 years of experience in the Health and Wellness sector, Sandra has gained valuable knowledge and insight into the unique wellbeing requirements of public and private organisations across all industry sectors. She strongly ascribes to the shared value model and believes that the success and wellbeing of organisations should transcend their immediate environment, to positively impact their immediate communities and the customers they serve. Sandra is a wife and mother of three who holds a B.Sc. Honours Degree in Physiotherapy and an MBA from the Gordon Institute of Business Science (GIBS).

Alinda Nortje, Chairperson, Free to Grow



Alinda Nortje founded Free To Grow 26 years ago as a vehicle to ignite purpose, passion and potential for growth in individuals and organisations so both may thrive. Since then the employee engagement, personal wellbeing and leadership development programmes she has developed have been implemented in more than 1350 organisations across all industries in 34 countries in Africa, Asia and the Middle East. Alinda is the Executive Chairperson of Free To Grow and Chairperson of Free To Grow Foundation, which aims to bring healing and hope to communities. She holds a BA Honours degree in social work.