Health Coaches
AUSTRALIA & NEW ZEALAND
ASSOCIATION

TRANSFORMING THE BUSINESS OF HEALTHCARE
PUBLIC, PRIVATE & PERSONAL

CONFERENCE PROGRAM (Subject to change)

DAY 1 | THURSDAY 4 SEPTEMBER	
12.30pm	**Registration opens**
2.00 - 3.20pm	**Coaching Masterclass 1** Glen Welby , Cybercy Literacy, Numeracy, Cybercy - Cybercy the new intelligence for the digital age
3.30 - 4.50pm	**Coaching Masterclass 2** Nickolas Yu - Program Manager, Staff Wellness and Patient and Family-Centred Care, Sydney Local Health District (SLHD). Contemplative coaching for self-care, wellness and coach effectiveness - (experiential session)
	BREAK
6.00 - 7.30pm	**Welcome Reception & Awards of Excellence**

DAY 2 | FRIDAY 5 SEPTEMBER	
8.15am	**Welcome from HCANZA**
SESSION 1	**Transforming the Business of Healthcare, public, private & personal**
8.30am – 9.15am	**Ben Harris,** Director of Policy & Research, Private Healthcare Australia Demonstrating value in Australia's health system.
9.15am – 9.55am	**Dr Karen Dwyer,** Director of Nephrology, The Royal Melbourne Hospital Person-centred values-based healthcare (PCVBHC): changing the paradigm in clinical service delivery and experience
9.55 – 10.25am	**BREAK (30 min)**

DAY 2 | FRIDAY 5 SEPTEMBER (CONT'D)	
SESSION 2	**Public Healthcare Systems Changes and Impact on Community**
10.25am – 10.55am	**Dr Peter Brukner,** Leading sports physician and public health advocate transforming health through performance, nutrition, and lifestyle medicine. Founder and Chair of Defeat Diabetes, 'Digital Meatbolic Health - Friend or Foe'
10.55am – 11.25am	**Dr Adam Hall,** GP, Health & Wellbeing Ambassador, Parkrun Australia 'Parkrun as a social prescription'
11.25am – 11.55am	**Elizabeth Calleja,** Senior Adviser Activity, Heart Foundation Walking Providing the catalyst for movement and social connection
11.55am – 12.30pm	**Dr Dimitra Mersinia,** Clinician, Health Consultant 'M.i.n.d. Your Health to Optimise Performance Program'. Mind the Distance: Supporting patients and professionals beyond the city limits. A Health Coaching Response
12.30pm – 1.25pm	**LUNCH (55 min)**
SESSION 3	**The Business of Corporate Healthcare**
1.25pm – 1.55pm	**Zoe McBride,** Elite NZ rower and 5-times World Champion Perspectives on performance, resilience, and life beyond sport.
1.55pm – 2.25pm	**Claire Mccaffery,** CHRO and Change Management, Corporate Wellbeing Programs Evolving well-being - from compliance to culture.
2.25pm – 2.55pm	**Lucas Finch,** Global Director of Wellbeing & Engagement, Xero Coaching in organisational systems to drive health and wellbeing outcomes
2.55pm – 3.25pm	**Karen Stein,** Women's Health in Corporate Wellbeing, Author & PCC Leadership Coach Work in Progress: Menopause, Misconceptions & Mindsets
3.25pm - 3.35pm	**BREAK (10 min)**

DAY 2 | FRIDAY 5 SEPTEMBER (CONT'D)	
SESSION 4	**Exemplars in the Field of Coaching**
3.35pm – 4.00pm	**Leah Williamson,** Health Coach, Foundations Clinic Brisbane Coaching Foundations in Shared Patient Model
4.00pm – 4.25pm	**Eva Migdal,** Healthcare Designer & Health Coach, Health Coaching in Schools The School as a Living Lab: A Whole-System Coaching Approach for Youth Wellbeing
4.25pm – 5.15pm	**Sarah McBride,** Head of Iwi Initiatives, NIB NZ **Rebekka Costello,** Health Coach, NIB NZ People First: How Health Coaching at NIB NZ Drives Positive Outcomes for All
5.15pm – 5.30pm	**Q&A Panel discussion**
5.30PM	**Close of Proceedings**