



<b>Breakfast Meeting</b> Date: Friday 31 January 2020 Time: 7.00am – 8.30am Venue: Tait Radio International Conference Centre (Parking can be accessed via Wooldridge Road.)	7.00 – 7.30am Breakfast and Networking 7.30 – 8.30am Speaker & Branch News 8.30am - Close
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<b>Jan Breakfast Meeting</b>	<b>Branch/Member Engagement</b>	<b>North Canterbury Network Group</b>
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**Speaker Profile:**



David Marra is the Manager of Christchurch Budget Services Inc. and he's passionate about people being the best they possibly can at home, at work and in their communities. David's presentation will include:

- An overview of the current financial climate
- What our employees may be experiencing: "Mountains and Molehills"
- Impact on work: i.e. absenteeism, loss of focus, unwanted calls, fatigue and distraction
- How to recognise if they are having financial issues: Staff Asking for "Subs" (pay advances), Cashing in holidays, etc
- What we can do to help: Make no judgements, open-ended questions, be confidential and make the referral. **DO NOT LEND THEM MONEY!**
- Question/answer session

**Please note that there will be new breakfast options available:**

- Scone or Muffin with barista coffee (regular) @ \$8
- Scone or Muffin with pump pot instant coffee/tea @ \$6
- Bacon/egg roll, or potato/spinach frittata (GF/veg/DF) + pump pot coffee/tea @ \$8 (\$10 with barista coffee)

**We will do our best to provide you with your 1<sup>st</sup> choice however it will be on a 1<sup>st</sup> in 1<sup>st</sup> served basis!**

**2020 looks to be an exciting year** for all members as the Branch trial different ways to engage with its members across the whole of Canterbury and the West Coast.

1. We will be trialling Zoom at the main breakfast meetings. In January we will be recording the meeting via Zoom with the view to future meetings being accessible to all members who wish to use this option
2. The North Canterbury Network Group has been running for a while now and we would like to know if Mid Canterbury members want to start something similar? Please send your feedback to Steph at ([canterbury@nzism.org](mailto:canterbury@nzism.org))

**The New Zealand Workplace Health and Safety Awards 2020**

**Entries open soon**

- Have you done something in the last year that has improved health, safety & wellbeing at your company or worksite?
- Have you been working with others in your supply chain or industry to improve safety for everyone?
- Have you got a rising star, high performing HSR or an executive leader who deserves recognition?
- Then consider entering the 2020 New Zealand Workplace Health & Safety Awards. There are a range of organisational and individual categories to enter, covering all aspects of health, safety and wellbeing.
- Entries open shortly and will close on 27 March 2020.
- Finalists and winners will be celebrated at a gala dinner and awards ceremony at the Cordis Auckland on 9 June 2020.

**For further details and to download an entry kit go to** <https://www.thomsonreuters.co.nz/events/awards>

**Everyone is invited!!**



If you missed the excellent presentation on 'The Art of Behaviour Change' given by Brad Norris (the founder and director of Synergy Health Ltd) at the Nov breakfast meeting, then here is your second chance.

Brad has agreed to redeliver his presentation at the next North Canterbury Network Group meeting for those members who missed out. Please feel free to pay the invite on to any colleagues, clients or business owners who you feel would benefit from hearing Brad's excellent presentation

**Date: Wed 5th February 2020**  
**Time: 12.00 – 13.00**  
**Location: Boardroom @ Mainpower, 172 Fernside Road Rangiora.**  
**Parking: Plenty of on-site parking**

Please feel free to bring your own lunch although home-made scones maybe provided ☺

**Dates for the Diary 2020**

- Breakfast Meetings**
- **Friday 28<sup>th</sup> Feb – Wellness Topic**
  - **Friday 27<sup>th</sup> March – WorkSafe Update**
  - **Friday 24<sup>th</sup> April – HSNO updates**

**AGM – 29<sup>th</sup> May 2020**  
**CPD Day – 31<sup>st</sup> July 2020 venue yet TBC**

Check the Canterbury Branch webpage for all details on events and how to book onto them including breakfast meetings. You will also find past newsletters and speaker presentations available to view/download

You can go directly to the Branch Page using the following link - <https://www.nzism.org/info/branch/canterbury/>

**Please ensure you keep the Branch and National updated with any email changes!!!**  
**RSVP by going to: <https://www.nzism.org/info/branch/canterbury/> to purchase a free ticket for the relevant event**