

I recently had the opportunity to attend the HealthyWork Conference 2017 at Sky City Convention Centre. Firstly I'd like to thank Thomson Reuters for the opportunity to attend, as well as providing NZISM with 2 additional tickets for our members which were given to John Frampton and Karen Lyttle as a result of their membership benefits submission.

Being new to the industry this was an excellent insight into the issues that our members face when dealing with worker health and wellbeing. There were some great resources identified which I encourage you to investigate, use and share in your role as health and safety practitioners.

www.beyondblue.org.au

www.auntydee.co.nz

www.depression.org.nz

www.mh101.co.nz

www.dairynz.co.nz/people/wellbeing/

www.mentalhealth.org.nz/home/ways-to-wellbeing/

www.themovement.kiwi/dashboard

www.mentalhealthcommission.ca/English/national-standard

There were also a few gold nuggets that really resonated with me which I'd like to share...

- *Leadership is not about being in charge, its about taking care of those in your charge.*
- *It's the incremental changes that get us to the big rewards.*
- *Good leadership is about what you...think...say...do.*
- *You never change things by fighting the existing reality. To change something build a new model that makes the existing model obsolete.*

All in all an excellent day, a wide range of passionate speakers and an engaged audience. I would highly recommend this event to our members.

Thanks

Selena Armstrong

Chief Executive Officer