



CONFERENCE MASTERCLASSES:  
**WEDNESDAY 11 / 09 / 2024**  
CONFERENCE:  
**THURSDAY 12 / 09 / 2024**  
**FRIDAY 13 / 09 / 2024**

**HILTON HOTEL  
AUCKLAND, NEW ZEALAND**

**WWW.NZPSHA24.CO.NZ**



**SUSTAINABLE HEALTH WORKFORCE**

## WEDNESDAY 11<sup>TH</sup> SEPTEMBER MASTERCLASSES

### MASTERCLASS ONE: REVITALISING A WORKFORCE UNDER PRESSURE



**Dr Fiona Moir** (she/her) MBChB, MRCP, PhD

*Director, Connect Communications,  
Senior Lecturer in Communication Skills and Mental Health, University of Auckland*

#### **9.00am – 12.00pm: Revitalising a Workforce Under Pressure**

Within the constraints of a demanding workplace, there are still strategies that organisations, teams, and individuals can use to optimise wellbeing and enhance energy and efficiency at work. We all know that burnout affects attrition and workplace interactions, and that there are benefits to motivating yourself, your colleagues, and staff to prioritise their own health. It is important to be able to identify the risk factors and signs of burnout, be aware of its causes and consequences, and understand the evidence regarding what can be done to turn it around. We will consider what 'wellness leadership' might look like and reflect on the drivers, practicalities, and mind-set for prioritising wellness. The session will also include communication skills to manage conflict and tricky interactions with colleagues, employees and patients, as good communication and boundary setting are integral to wellbeing.

Please refer to the registration page for full details on pricing.

### MASTERCLASS TWO: IMMUNITY TO CHANGE



**Fiona Michel**, NZPSHA Executive member, CEO Braemar Hospital, Fiona holds an MBA from the University of Auckland, is an alumnus of Harvard Business School and is a Chartered Member of the NZ Institute of Directors

*Fiona was trained to facilitate 'Immunity to Change' by Professors Robert Kegan and Lisa Lahey in Boston.*

#### **1.00pm – 4.00pm: Immunity to Change**

The Immunity to Change™ approach is specifically designed to help individuals, work teams, and organisations make those personal and collective changes that are most important to them – but have proven resistant even to thoughtful plans and heartfelt intentions. In this masterclass, you will learn how to create powerful individual Immunity to Change™ maps in individual coaching and group workshop settings, and uncover the hidden immune system that prevents, even highly desired, change.

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**THURSDAY 12<sup>TH</sup> SEPTEMBER 2024 CONFERENCE PROGRAMME**

**SESSION TIMINGS/SPEAKER TOPICS ARE SUBJECT TO MINOR ALTERATION**

9am	Welcome by NZPSHA President / Karakia	Blair Roxborough
9.15am - 10.15am	Keynote Presentation – ‘Common Ground’	Jehan Casinader, Journalist
<b>10.15am</b>	<b>Morning Tea</b>	
10.45am - 11.30am	Future Health Workforce Talent	Joanne Fair, Southern Cross, and Founder of Hive
11.30am - 12.15pm	Sustainability at Work: Slowing down to speed up and other ways to defeat the tyranny of busyness	Jo McFadden, PEP Worldwide
12.15pm – 12.25pm	Sponsor	
<b>12.30 pm</b>	<b>Lunch</b>	
1.30pm - 2.20pm	Enriching Lives with Māori Culture	Precious Clark, Maurea Consulting
2.20pm - 3.10pm	Leading and Leadership in Health	David McCormack, Heart Surgeon Group and Te Whatu Ora
3.10pm – 3.30pm	Sponsor	
<b>3.30pm</b>	<b>Afternoon Tea</b>	
4.00pm - 5.00pm	What Does the Future Hold for Healthcare and Workforces?	Frances Valintine, AcademyEx and Tech Futures Lab
5.00pm	Day 1 Concludes	
<b>6pm</b>	<b>Pre - Dinner function</b>	
<b>7.00pm</b>	<b>Conference Dinner</b>	
7.30pm – 7.40pm	Sponsor	
<b>8.30pm</b>	<b>After Dinner Speaker</b>	Nikki Canter-Burgoyne, PWC



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7.30am	NZPSHA Principal and Sponsors breakfast <i>Speaker to be confirmed</i>	
9.00am	Day Two Welcome	Blair Roxborough, NZPSHA President
9.10am to 10.00am	<i>To be confirmed</i>	
<b>10.00am</b>	<b>Morning Tea</b>	
10.30am – 10.40am	Sponsor	
10.40am - 11.40am	Keynote Presentation – Resilience	Dr Lucy Hone
11.40am - 12.30pm	Sustainable Business Leadership in New Zealand	Rob Perry, Sustainable Business Council
<b>12.30 pm</b>	<b>Lunch</b>	
1.20pm – 1.30pm	Sponsor	
1.30pm - 2.30pm	The Journey to Our Third Medical School	Professor Neil Quigley, Vice Chancellor, University of Waikato
2.30pm - 3.30pm	<i>To be confirmed</i>	
3.30pm	The Last Word - NZPSHA	
4pm	Close of Day 2	