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Human Resources Professionals Association  
London and District Chapter



Human Resources Professionals Association – London and District Chapter presents

# Making Wellness Count: Half Day Conference

March 31, 2016 | Lamplighter Inn & Conference Centre | London, ON

**7:30 am**

Registration, breakfast and exhibitors

**8:20 am**

**Keynote:** Sun Life-Ivey Canadian Wellness ROI Study

**9:20 am**

BREAK

**9:30 am**

Concurrent session 1

**10:30 am**

BREAK

refreshments & exhibitors

**10:45 am**

Concurrent session 2

**11:45 am**

Wrap-up and door prizes

**12:00 pm**

Exhibitors

*Event concludes at 12:30 pm*

Jennifer Elia, Assistant Vice President, Health & Wellness, Sun Life Financial, and Michael J. Rouse, Associate Professor, Ivey Business School at Western University

## Sun Life-Ivey Canadian Wellness Return on Investment Study

The first study of its kind in Canada, The Sun Life-Ivey Canadian Wellness Return on Investment (ROI) Study has entered its final phase of data analysis. Learn what the preliminary findings have to say about a robust wellness program for organizations and the positive effects a commitment to and prioritization of employee health can have on the workplace.

Andria McKay, Director of Business Development, Health & Wellness, Sun Life Financial, and Kevin Press, AVP, Market Insights, Sun Life Financial

## 2015 Sun Life Canadian Health Index

Presenters share insights from the recent annual Canadian Health Index providing a deep dive into Canadian's attitudes and perceptions about their health and the role their employers in it. How is work related to health? How can employers support psychological health in the workplace? What is the impact of health on productivity? Answers to these questions and more will be covered in this session.

Shauna Burke, Assistant Professor, School of Health Studies at Western University

## Sticking to It: The Use of the "Group" in the Promotion of Adherence to Workplace Wellness Programs

This presentation will focus on the benefits associated with making exercise a 'social enterprise', as well practical tips and strategies for HR professionals and wellness "champions" who are interested in using and applying this information in the development of effective workplace wellness programs.

Paula Zinken, Workplace Solutions, Sun Life Financial, and Naren Daniels, Director of Retirement & Savings, Total Benefits, Sun Life Financial

## Financial Fitness: Exploring the Link Between Health and Finances

Finances can play a role in our overall health, and financial stress can impact productivity in the workplace. In the longer term, many employees experience unplanned health events that can be devastating to their retirement savings if they are not financially prepared. How can you help them become "financially fit"? Much like with physical health, prevention is key to ensuring good financial health. This session explores the link between health and finances, the challenges employees and employers are currently facing, and how to help employees achieve financial well-being, now and in the future. The session includes an in-depth look at how Sun Life Financial incorporated financial elements into a holistic wellness initiative, the positive results, and tips for success.

Ellen Choi, PhD Candidate, Organizational Behaviour, Ivey Business School at Western University

## Mindfulness in Organizations

This session provides an overview on what mindfulness is, how it is being applied in the workplace, and what organizational outcomes mindfulness has been empirically shown to impact. Using a combination of didactic material and experiential exercises, participants will get a chance to sample a series of mindfulness practices, explore case examples of how specific companies are bringing mindfulness programs into their organizations, and gain an understanding of the theoretical and philosophical underpinnings of mindfulness at work.

KEYNOTE

CONCURRENT SESSION 1

CONCURRENT SESSION 2

This event is brought to you in collaboration with:



Register now to avoid disappointment! Visit [www.hrpld.ca](http://www.hrpld.ca)