

# 2nd Health Coaching Symposium

## Coaching for Work/Life Essentials

Friday 13 October 2006

Crowne Plaza Hotel Newcastle

*Presented by*

The Australian Psychological Society Coaching Interest Group,  
NSW Branch



*In association with*

The Australian College of Health Service Executives (NSW)



## **Introduction**

The Australian Psychological Society Coaching Interest Group (NSW) in association with The Australian College of Health Service Executives (NSW) has great pleasure in inviting you to attend the 2nd Health Coaching Symposium.

This follows on from the phenomenally successful inaugural Health Coaching Symposium which was held in Sydney in March this year. The event was sold out with over 100 coaching professionals attending the 1-day event.

Health Coaching is a discipline in which trained health professionals apply evidence-based coaching principles and techniques to assist their clients or patients to achieve positive health and lifestyle changes.

Health Coaching is informed by theory and practice from the fields of Health Education, Health Promotion and Health Psychology. It can be applied to enhancing health and wellness generally and to the management of chronic health conditions that require behaviour (and attitude) change. Health Coaching can be conducted individually or in groups.

## **Who Should Attend?**

Coaching Psychologists, Health Professionals, Human Resources specialists, Corporate Business Executives, Coaches, Psychologists.

## **Venue**

The symposium will be held at:

Crowne Plaza Newcastle

Cnr Merewether St & Wharf Road

Newcastle NSW 2300

Ph: 02 4907 5000

Fax: 02 4907 5080

[www.newcastle.crowneplaza.com](http://www.newcastle.crowneplaza.com)

Pay Parking is available in the nearby Civic Car Park. A location map will be attached with confirmation of your registration.

## **Registration Fees**

The cost of attending the 1-day Health Coaching Symposium:

\$195 (inc GST) includes Morning & Afternoon Tea & Buffet lunch

## **Symposium Organiser**

For any queries regarding registration for the Symposium, please contact:

Jane Edwards

Events Manager

Australian College of Health Service Executives (NSW)

P O Box 341

North Ryde NSW 1670

Ph: 02 9805 0431

Fax: 02 9889 3099

Email: [events@achsensw.org.au](mailto:events@achsensw.org.au)

# PROGRAM

**8.30am – 9.00am**

Registration & Arrival Tea and Coffee

**9.00am – 10.00am**

## **Welcome and Introduction**

Bonnie McKenzie, Symposium Convenor

## **Health, work and life balance in the Hunter: a case study**

John Link, MAPS

Senior Consultant, Richardson Recruitment

John has built the coaching side of his business in Newcastle around flexibility and a close focus on the needs of his individual clients. He does not follow a prescribed program. This unconventional approach has led to greater acceptance and success with his clients.

A recent major project has proven there is a lot more involved than simply coaching to provide a successful outcome for clients. John will focus on the case of a company with an exceptional culture. Forced to downsize, the potential for significant job loss threatened to throw the careers of many of its staff into confusion and undermine a great work culture.

John will be walking us through the much broader context of the case study, showing us how some critical early decisions turned an otherwise unpleasant task into a textbook case of downsizing best practice.

**10.00am – 10.30am**

Morning Tea

**10.30am – 1.00pm**

## **Coaching For Happiness: Understanding the drivers of well-being and success**

Jill McNaught, MA. (Counselling Psych), PhD Candidate Macquarie, MAPS

Director, The Executive Coach

This interactive workshop will review some of the latest Positive Psychology research. The focus will be on how to turn the key principles of Positive Psychology into practice. Jill will guide us in how to work with clients to achieve higher levels of psychological well-being and success in their personal and work lives.

Participants will explore ways in which we can work at all levels to achieve this within the context of coaching. This session will demonstrate how, at both the personal and the practical level, a comprehensive coaching program can achieve sustained behavioural change for individuals and organizations.

### 1.00pm – 2.00pm

Buffet Lunch

### 2.00pm – 3.00pm

#### **Gaining Bandwith: Insights into Coaching Emerging Leaders**

Sue Prosser, BSc OT, MBA

Principal, Abracadabra Leadership Coaching and Consultancy

Sue will present her research into leadership styles and effectiveness and use this to discuss the development of leaders. She will explain what she personally brings to the business of coaching and will describe in some detail the Leadership Development Coaching model she uses with her clients. Sue will outline the structured process she uses throughout the coaching program and discuss how it flexes to meet the individual needs of each client. To illustrate her work, Sue will draw on two case studies which describe the coaching journey for two senior managers, its impact on their work as well as on their personal lives.

### 3.00pm – 3.30pm

Afternoon Tea

### 3.30pm – 5.00pm

#### **Adventure Based Experiential Coaching**

Pamela Williams-Smith,

Director, Macquarie Street Psychologists

Campbell MacBean, BA. Grad Dip (Psych), Post Grad Dip (Psych) Assoc MAPS

Senior Consultant, Prime Practice Pty Ltd

Tamara Mendels, BA. Grad Dip (Applied Psych) MAPS

Consultant and Team Manager, Prime Practice Pty Ltd

Let us take you on a challenging and exciting journey with some safety structures in place! In the emerging field of coaching conventional wisdom says that, to be effective, you must work within a solution-focused, goal-oriented and prescriptive format. Using some of the ground breaking ideas outlined in a popular recent session by Dr Travis Kemp at the 2<sup>nd</sup> APS Symposium Interest Group Coaching Psychology, we will gently challenge some of the underlying preconceptions about how goals emerge in the first place.

Pamela, Tamara and Campbell will be your guides on what promises to be a motivational, experiential and inspirational session.

#### **Professional Development Points**

This symposium attracts up to 7 PD points for psychologists.

ACHSE Members are also eligible for up to 7 PD points.

# Speaker Biographies

## John Link

John is a Psychologist with 30 years experience in Human Resource Management. For six years he has worked as Managing Consultant with a Sydney based Human Resources Consultancy. This has enabled John to deliver human resources services to a wide range of industries. Prior to this time, John held senior Human Resource Management positions with Westpac Banking Corporation, Prudential Corporation and Digital Equipment Corporation in Australia and New Zealand.

John's mission is to help manage the relationships between organisations and the individuals they employ, so that business and employee outcomes are directly related for mutual success. He develops corporate goals and the infrastructure for managing people and works with individuals to develop their goals, strategies and skills to create the processes that connect corporate goals with individual goals, so that target outcomes are achieved.

## Jill McNaught

Jill has a background in counselling and consulting psychology, with over 25 years experience in a number of counselling, consulting and leadership roles with public, not-for-profit and private organizations. She is the founding National Secretary of the APS Special Interest Group in Coaching Psychology, and has already run a number of highly rated courses on coaching for psychologists.

Jill has operated a private consulting practice in Sydney's CBD for over 11 years, and in early 1999 founded a separate business to focus exclusively on executive and personal coaching. She recently co-founded the Centre for Coaching and Positive Psychology with Dr Suzy Green, offering professional development courses for psychologists and other professionals.

## Sue Prosser

Sue has a unique breadth of experience in the health and education sectors, firstly as an Occupational Therapist and subsequently as a senior manager and managing director at national, regional and local level. Her specialty is Leadership Development Coaching – a results oriented form of coaching, designed to enable people who lead and influence today's organisations to sharpen the skills and attributes necessary for them to fulfil their roles successfully. Sue's focus is to help them to maximise their effectiveness and deliver tangible results.

## Pamela Williams-Smith

Pamela is the principal consultant at Macquarie Street Psychologists. For the past 20 years Pamela has consulted to a range of clients across a broad spectrum of business sectors, both private and public, providing therapy as well as coaching and mentoring. She specializes in the treatment of anxiety disorders and stress management at the most senior levels.

Pamela has also been involved with an international sports management company working with elite sports people to optimise sport performance in international and local settings.

### **Campbell MacBean**

Campbell is a Psychologist specialising in coaching and leadership development. He has a diverse background in small business, counselling, training, executive coaching and working with people to develop the personal, management and leadership skills they need to achieve their goals.

In helping clients to increase awareness of the people skills and emotional competencies needed for personal growth and bottom line success, he is motivated to engage them in conscious leadership.

### **Tamara Mendels**

Tamara is a Psychologist with a background in Human Resources and Project Management from 10 years in the financial services industry. She has specific expertise in coaching and supervision; psychometric testing; performance management guidance and advice; developing and implementing HR initiatives; team building; training; and recruitment. Her current role is Coach/ Trainer for a leading Dental Practice Management company.

An enthusiastic and dedicated professional, Tamara is passionate about encouraging others to achieve their personal and professional goals.

### **Bonnie McKenzie**

Bonnie McKenzie is a clinical and organisational psychologist and an executive coach as well as holding a certificate as a psychiatric nurse clinician. Bonnie is a frequent presenter at conferences in the area of risk assessment, creating supportive networks through the establishment of mentoring programs in organisations and the development of women's leadership programs. A common theme in her endeavours includes applying the principles of health coaching to ensure life style changes that create positive psychological states. She is a Principal of The Executive Coach Pty Ltd in Sydney and The Senior Clinical Manger for IPS Worldwide Employee Assistance.

# 2<sup>nd</sup> Health Coaching Symposium

Friday 13 October 2006

9.00am – 5.00pm

Crowne Plaza Newcastle

## REGISTRATION FORM

Fax: 02 9889 3099

**1-day Registration**

\$195 (inc GST) includes Morning & Afternoon Tea & Buffet Lunch

Title \_\_\_\_\_ First Name \_\_\_\_\_ Surname \_\_\_\_\_

Position \_\_\_\_\_

Organisation \_\_\_\_\_

Address \_\_\_\_\_

Town/Suburb \_\_\_\_\_ State \_\_\_\_\_ Postcode \_\_\_\_\_

Telephone \_\_\_\_\_ Fax \_\_\_\_\_

Email\* \_\_\_\_\_

\*(required for registration confirmation to be sent)

### **PAYMENT** (Fully Tax Deductible) A Tax Invoice will be sent. **TAX INVOICE** ABN 41 008 390 734

**Cheque** (must accompany registration and be made payable to ACHSE NSW).

**EFT** (please forward remittance advice)

**BankCard**

**Visa**

**MasterCard**

Card Number: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Total Amount: \_\_\_\_\_ Expiry Date: \_\_\_\_\_ / \_\_\_\_\_

Cardholder's Name: \_\_\_\_\_ Cardholder's Signature: \_\_\_\_\_

#### **Payment Policy**

It is a condition of registration that full payment is received prior to the commencement of the event.

#### **Cancellation and Refund Policy**

If after registering for the event, you find yourself unable to come, we will refund your registration fee in full up until Monday 25 September 2006. Any cancellations made after this date and up until Thursday 5 October 2006 will be refunded, less an administrative fee of \$60. After Thursday 5 October 2006, we regret that NO REFUNDS can be given. You can at any time, however, substitute a replacement delegate at no charge.

#### **Privacy Policy**

The collection of this information is primarily so that we can register you for this event. The information (excluding payment details) will be stored in the ACHSE database and may be used for future marketing of ACHSE events. If you are not a member of ACHSE and do not wish your details to be retained by the

College, please tick this box.

**Please forward your completed registration form with payment to:**

ACHSE (NSW Branch)  
P O Box 341  
North Ryde NSW 1670  
Fax: 02 9889 3099

**For any queries, please contact:**

Jane Edwards  
Events Manager  
Ph: 02 9805 0431

Email: [events@achsensw.org.au](mailto:events@achsensw.org.au)  
[www.achse.org.au/nsw](http://www.achse.org.au/nsw)