

Hear Martine Beaumont, CEO Select Wellness, Audrey McGibbon, Co-Founder of Eek & Sense and Co-Author of the Global Leadership Wellbeing Survey and Adam Brett, Head of Strategy for Medibank share their views, research and stories about all things to do with leader led wellbeing. What does it look like in practice? Research on the current state of our leaders. How does it impact on company performance? And what are the common barriers leaders come up against in successfully leading wellbeing?

1.26 Hear Audrey's motivation behind her present focus on leader led wellbeing and the development of the Global Leadership Wellbeing diagnostic tool.

5.02 What lead Select Wellness to shift their focus from EAP to Wellbeing and in particular switching on Leaders to better managing their Wellbeing.

8.13 Wellbeing addresses way more than the 1 in 5 struggling with mental health. It also supports the 4 out of 5 to operate in sustainable ways.

9.53 Adam talks about the generational shift and how Leaders are struggling with having the skills to lead in a very different environment.

11.12 Hear from Audrey about the benefits to organisations from investing in Wellbeing.

11.35 What happens to Wellbeing in challenging Economic times.

14.12 Martine & Audrey talk about what great leadership looks like when it comes to leading wellbeing

19.03 Hear from Adam what Leader led Wellbeing looks like for him and what is happening at Medibank.

'The behaviours you accept are the behaviours you walk past'

'The leaders that manage themselves effectively and keep their heads in challenging times are the ones that everyone wants to follow'

Cultures won't move without this group of people at the top buying into it.

21.45 What does leading wellbeing actually mean. Leaders aren't getting enough support to know how to manage it in themselves and encourage it in the people around them.

23.11 There is a need to promote and reward leaders and employees who are living and encouraging wellbeing.

23.63 What does great leadership look like when it comes to leading wellbeing.

'Get your head around you are being paid to be an optimist'

Organisations need to do more than talk the talk - use KPI's, scorecards, policies to embed it.

26.00 Audrey shares key stats on the state of wellbeing in senior leaders.

28.46 The impact of leaders Wellbeing shadow and the contagion effect. Leaders are in an ideal position to have the most impact on wellbeing in an organisation.

'Workplaces of the future need to be net additive to Wellbeing rather than net dilutive'.

32.40 More emphasis currently on healthy work cultures.

'Lets look at investment in wellbeing as a return on humanity rather than a return on investment.'

34.60 Wellbeing is individual and unique to each person.

36.50 Equip leaders to have conversation around wellbeing rather than enforce their way of doing it on those around them. This can actually detract from wellbeing.

38.35 What gets in the way of leaders successfully leading wellbeing.

41.20 Adam share his own story of burn out and how his leader helped him to look in the mirror at his own ineffective work and life practices.

42.75 Adam believes we must ensure people assisting organisations with Wellbeing are using quality evidence backed interventions.

43.70 Wellbeing technology not delivering what we thought it would. Technology can't call individuals out on their stuff.