

2011 Wellness in the Workplace Conference

Hosted by the Health and Wellness Centre of the University of the Free State

Information and Registration

The new complex world of work necessitates a fresh approach to manage the wellness of employees in an attempt to keep abreast of competitors.

***The University of the Free State proudly presents a
Wellness in the Workplace Conference***

Date: 13 and 14 June 2011

Venue: Campus of the University of the Free State, Centenary Complex

Theme: *Wellness in Africa*

This conference is aimed at exploring global and local trends in positive occupational health

Who should attend?

- All role players who are involved with staff wellness and development at public and private organisations; including those at tertiary institutions
- HR, Wellness and EAP Managers/Practitioners
- HIV/AIDS Managers/Officers
- Healthcare workers: Psychologists, Social Workers, Occupational Therapists, Dieticians, Biokineticists, Nurses, etcetera, and officials of the Department of Health
- Educationists: Educators at tertiary institutions, Special Needs Educators, Principals and School Counsellors, as well as officials from the Department of Education
- Representatives of Local Government
- Business Sector: Tertiary Institutions, including Industrial Psychology Departments and Business Schools
- Financial Institutions

This is a conference not to be missed – register now!!

Conference Address

Tel. 051 436 8145 or **E-mail** congress@internext.co.za or

Fax 086 275 2869

CONFERENCE

The challenging post-recession environment of 2011 demands ongoing and exceptional commitment and performance from employees. In order to cope with the spiralling demands at both personal and organisational level, a greater focus on occupational health is required. An increased level of passion, hardiness and adaptability is required of employees to remain both engaged and happy at work. Current work pressures often result in exhaustion and burnout, causing great personal and financial cost for the employee and organisation.

Since the competitive advantage of any organisation resides in its staff complement, employees are pivotal to organisations achieving their goals. Their commitment and involvement contribute to the resilience of organisations. In its pursuit of excellence, resilient and energetic staff provides the key to organisations attaining their mission. It is therefore argued that resilience in all seven dimensions of human functioning helps to sustain both individual and organisation.

Wellness intervention programmes are aimed at encouraging and promoting the well-being of staff with the aim to empower both the employee and organisation to reach their ultimate goals

In the light of the above, the University of the Free State is hosting their **3rd Wellness in the Workplace Conference**. This conference will be held on 13 and 14 June 2011 and will include both international keynote speakers and national experts. The theme of the conference is "**Wellness in Africa**". It aims to explore the role of wellness programmes to promote wellness in the workplace. Interactivity and participation will be enhanced by workshops that form an inherent part of the conference.

INTERNATIONAL EXPERTS

Prof. Wilmar Schaufeli

Wilmar B. Schaufeli has been a licensed clinical psychologist since 1986. He is a member of the Dutch Psychological Association and board member of various international academic psychological and research associations. He obtained his PhD in Psychology at Groningen University and is a full professor of Work and Organisational Psychology at Utrecht University, The Netherlands, and visiting professor at Loughborough Business School, UK, and Jaume I Universitat, Castellon, Spain. He published over three hundred articles and chapters, and (co-)authored or (co-)edited over twenty books (see: www.schaufeli.com). Initially his research interest concentrated on job stress and burnout in particular, but in the last decade he has shifted towards positive occupational health psychology, including work engagement. Dr Schaufeli is a fellow of the European Academy of Occupational Health Psychology, a licensed occupational health psychologist. He also works part-time as an organisational consultant

KEYNOTE ADDRESS: Work Engagement: A Key Concept of a Positive Occupational Health Psychology.

WORKSHOP: Work Engagement: From theory to practice

NATIONAL EXPERTS

Prof. Ian Rothmann

Ian Rothmann is a professor in Industrial/Organisational Psychology at the North-West University (Vanderbijlpark Campus, South Africa). He completed a B.Com. (cum laude), HED (cum laude), B.Com. Hons. (cum laude), M.Com. (cum laude) and Ph.D. (Industrial Psychology) at the Potchefstroom University for CHE. Currently he is rated by the National Research Foundation as a C2-level researcher. A total of 129 Master's and 40 Ph.D. students completed their dissertations and theses under his supervision. He received life-long honorary membership of the Society of Industrial and Organisational Psychology in South Africa for distinguished and meritorious service to Industrial and Organisational Psychology during 2006. Ian also chaired the organising committees of the first and second South African Work Wellness Conference and co-chaired the organising committee of the First South African Positive Psychology Conference (including the third South African Work Wellness Conference). Ian published a total of 124 articles in scientific journals. He presented 144 papers and posters at national and international conferences.

KEYNOTE ADDRESS: Orientations To Happiness and Life Satisfaction: Findings in Southern Africa.

WORKSHOP: Towards sustainable happiness

Prof. Bongani Aug Khumalo,

MA (Fairfield), AEP (Unisa), Dipl. In Management (Henley), MBA (Henley), D Admin (hc) (Fort Hare)

Bongani Khumalo is Chairman and Chief Executive of Gidani (Pty) Limited, South Africa's National Lottery Operator and Chairman of Grey Global (SA) and Global African Limited. He is a patron of the South African Business Coalition on HIV/AIDS (SABCOHA) and a former member of the South African National Aids Council (SANAC). Khumalo is also Professor Extraordinaire (and Chairman) of the African Centre for HIV/AIDS Management at the University of Stellenbosch and the immediate past-Chairman of the School of Business Leadership (SBL) at University of South Africa (Unisa). He is a director on the Boards of Anglo Platinum (Pty) Limited and Vunani Limited, both listed companies on the JSE (and AltX). Prof Khumalo has served on the Board of MaAfrika Tikkun for the last 6 years.

KEYNOTE ADDRESS: HIV/AIDS in the workplace

Other Day 1 Expert Presenters

Dr Louis Holtzhausen

Dr Holtzhausen is a Medical Specialist specialising in Sports Medicine at the Faculty of Health Sciences, University of the Free State and Programme Director of the Master's Programme in Sports Medicine at the University of the Free State. He is an expert on the role of exercise in wellness programmes and had previously worked as Director of

the Centre for Health and Wellness at Free State University. He served as President of the SA Sports Medicine Association from 2007 – 2009 and was appointed Venue Medical Officer: FIFA Football World Cup 2010 and Football Confederations Cup 2009.

Mr Johnny Koortzen

Johnny Koortzen holds a Master of Business Leadership (MBL) degree from the University of South Africa and a Masters degree in Clinical Psychology from the Stellenbosch University. Johnny has a track record of over 20 years of owning and managing leading wellness organisations. He is currently managing HealthChoices, a subsidiary of TBFW, which supports existing and new wellbeing stakeholders (investors and providers) to be more successful in their initiatives through wellbeing business process outsourcing services. At present the company is involved in the implementation of wellbeing solutions for a leading work/life balance services provider, as well as for an independently managed care service provider.

Ms Debbie Loots

Debbie Loots's extensive experience in the health care industry spans a period of 12 years. She is the National Business Unit Manager: Absenteeism & Wellness for Absa Health Care Consultants. Debbie has spearheaded the design, implementation and delivery of absenteeism programmes and integrated wellness solutions at a number of para-statal and private organisations.

CPD

This conference is accredited for 12 CPD points by the Professional Board for Psychology. The organising committee has applied for CPD accreditation from SACSSP

REGISTRATION FEES	Before 27 May	After 27 May
Day 1 and 2	R2 500-00	R2 800-00
Day registration	R1 500-00 per day	R1 800-00 per day

UNDERGRADUATE Full time Students

Day 1 and 2*	R1 200-00	R1 600-00
Day registration students*	R 600-00 per day	R 800-00 per day

****A certified statement is required from your academic institution in order to obtain a reduced registration fee***

Please note: Last day for registration: ***8 June 2011***

Full registration fee for the conference includes:

- Attendance of academic sessions and workshops
- Conference bag and programme
- Lunch at the venue on each day of the conference
- Tea and refreshments

Method of payment

The registration fee **MUST** accompany the registration form. **No registration will be confirmed** until the completed **registration form** and **full payment** have been received.

Cheques: Cheques should be made payable to: **University of the Free State**
 Electronic transfer: Transfer should be made in favour of: **University of the Free State**
Bank account detail: Bank account name: **University of the Free State**
 Bank: **ABSA**
 Branch code: **630 734**
 Account number: **157 085 0071**
 Type of Account: **Cheque**
 Reference: 1421 61077 **0090** plus Initials and Surname

Please note:

To avoid errors, please write your **initials and surname** in the **deposit reference block** on the deposit slip. Fax/send your deposit slip/bank transfer details, accompanied by your registration form.

Cancellation policy: Fifty percent (50%) of the registration fee will be refunded in the case of cancellations after 27 May. **No refunds** will be made **after 8 June 2011**.

ACCOMMODATION

You are responsible for your own reservation and payment. For assistance in this regard you are welcome to contact Elanie at Astra Tours/Events at (051) 430 2184 or 447 1629 or e-mail them at Elanie@astratravel.co.za

Alternatively, please find attached a list of Guest Houses in the vicinity of the University of the Free State.

TRANSPORT TO AND FROM THE AIRPORT

You are welcome to contact the following companies for transport to and from the airport. Trips are booked at your own expense.

David 083 660 8364 / 051 4343457 OR **Cedric** 072 630 6210

SOCIAL GATHERING

Monday, 13 June: Bush Braai

Time: 19:00

Dress: Informal

Venue: Emoya Wildlife Estate and Conference Centre

Cost per person: R230-00

A cash bar will be available

CALL FOR ABSTRACTS

Please note that the submission of abstracts are now closed.

GENERAL

For any additional **information regarding the conference**, please contact Laliq Smit at Tel. (051) 436 8145, Fax (051) 086 275 2869 or E-mail: congress@internext.co.za