

WELLNESS IN THE WORKPLACE CONFERENCE 2011: WELLNESS IN AFRICA

PRELIMINARY PROGRAMME

Day: 1: 13 June 2011

TIME	TOPIC	PRESENTER
08:00 – 08:30	REGISTRATION	
08:30 – 08:35	WELCOME	Dr Annette Prins
08:35 – 09:00	OPENING	Prof. Jonathan Jansen
09:00 – 10:00	KEYNOTE ADDRESS	Prof. Wilmar Schaufeli
	“Work Engagement: A key concept of a Positive Occupational Health Psychology”	Clinical psychologist. Full professor of Work and Organisational Psychology at Utrecht University, The Netherlands. Visiting Professor at Loughborough Business School, UK, and Jaume I Universitat, Castellon, Spain.
10:00 – 10:30	REFRESHMENTS	
10:30 – 12:30	WORKSHOP	Prof. Wilmar Schaufeli
	“Work engagement in practice: from theory to practice”	Same as above
12:30 – 13:15	LUNCH	
13:15 – 14:15	“Case management: Incapacity, absenteeism, solution plan”	Ms Debbie Loots National Business Unit Manager: Absenteeism & Wellness for Absa Health Care Consultants

14:15 - 15:15	"Exercise is medicine"	Dr Louis Holtzhausen Medical Specialist specialising in Sports Medicine at the Faculty of Health, University of the Free State.
15:15 – 15:30	REFRESHMENTS	
15:30 – 16:30	Return on Investment (ROI)	Mr Johnny Koortzen Clinical psychologist managing HealthChoices, a subsidiary of TBFW

Day 2: 14 June 2011

07:45 – 08:00	OPENING AND WELCOME	
08:00 – 09:00	KEYNOTE ADDRESS	Prof. Ian Rothmann
	"Orientations To Happiness And Life Satisfaction: Findings In Southern Africa"	Professor in Industrial / Organisational Psychology at the North-West University, South Africa. Received a life-long honorary membership of the Society of Industrial and Organisational Psychology for distinguished and meritorious service.
09:00 – 10:00	KEYNOTE ADDRESS	Prof. Bongani Khumalo
	HIV/AIDS in the workplace	Professor Extraordinary of the African Centre for HIV/AIDS Management at the University of Stellenbosch. Patron of the South African Business Coalition on HIV/AIDS and a former member of the South African Aids Council. Chairperson and Chief Executive of Gidani (Pty) Limited, South Africa's National Lottery Operator and Chairperson of Grey Global (SA) and Global African

		Limited.
10:00 – 10:30	REFRESHMENTS	
	RESEARCH PRESENTATIONS	
	Lane 1	Lane 2
10:30-11:00	Dr Beverley Peens-Hartman Wellness indicators and their impact on employee engagement – case study results from Ghana, South Africa, Australia and Peru	Mr Alfonso Niemand Occupational safety: whose responsibility is it?
11:00-11:30	Dr Anna-Rosa le Roux A gestalt approach to coaching: optimising individual and team wellness	L van den Berg, E du Toit, A Carson, E Engelbrecht, E Myburgh, T van Eeden, J Raubenheimer Eating and lifestyle practices of undergraduate commuter students at the University of the Free State (UFS)
11:30-12:00	Dr Solomon Makola How I integrate the principles of logotherapy (meaning/purpose in life) in my work environment	Dr Dalmé Mulder, Ms Lucrezea de Lange Exploring the impact of ineffective communication on the emotional wellness of employees during a change intervention
12:00-12:30	Dr Renalde Huysamen Empowering people to be appreciative	Mrs D.E. van Jaarsveldt, Dr A. Prins A model for the education of mentors in higher education
12:30 – 13:15	LUNCH	
13:15 – 15:15	WORKSHOP	Prof. Ian Rothmann
	Towards happiness	Same as above

15:15 -	CLOSING FOLLOWED BY REFRESHMENTS	
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POSTERS ACCEPTED

TITLE	PRESENTER
The Stress Box™ – Innovatively packaging information to aid in encouraging lifestyle changes - a wellness offering	Dr Beverley Peens-Hartman:
The process of operationalising the wellness framework for individuals, companies, communities into a healthy workplace program / A case study	Dr.Adriana Ignea, Dr. Holger Till, Mr Maxwell Hammond
Thriving in the workplace	Dr Henriëtte van den Berg