

Wellbeing 360



The gulf health & wellness show
10 April 2017 | Conrad Hotel | Dubai | UAE



Conference Program

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A thought conference creating the foundations for successful, healthy and happy lives!

THE IMPORTANCE OF WELLNESS

- ▶ Leads to a greater contribution of an individual's environment and community particularly through the building of enhanced living spaces and social networks.
- ▶ The enrichment of life through work and its interconnectedness to living and playing.
- ▶ The development of belief systems and the creation of a world view.
- ▶ Leading to higher self-esteem, through the ability to achieve self-control, and the achievement of the higher sense of determination and direction.
- ▶ The acquisition of mental enrichment through creative and stimulating mental activities and the ability to share largess with others.



Moderator

Suzanne Radford

Presenter Dubai Today,
Dubai Eye, Producer,
Writer. Facilitator.



Plenary Opening Address

Professor Dr. Justin James Kennedy

Neuroscientist & Executive
Coach

N3 Executive Coaching

WHO WILL YOU MEET?



OVERVIEW

In a world increasingly fraught with day to day problems and high levels of stress, the ability for an individual to manage and ultimately thrive in today's urban and corporate environments have resulted in the growth of a wellness industry that includes a variety of commercial and industry sectors. The variety of commercial interests targeting the population's health and wellness, are aimed at helping people achieve their full potential through the mobilization of people's positive qualities and strengths.

However for the average employee or citizen the concept of wellness – the healthy balance of the mind, body, spirit and an overall feeling of well-being – must seem like an alternative new-age concept that is only accessible to a small elite group of people that have both the time and the disposable income. This situation is now rapidly changing as corporates and organisations increasingly become aware that individuals in their employ or care can hugely benefit from well

directed change strategies and education, often at minimal cost.

The results and impact on an individual's life balance can be startling, with less days taken off sick, the achievement of a positive and more assertive attitude in the workplace, achieving greater potential, and the empowerment of the individual to make more and better choices towards a more successful and enriched existence in work and at home.

This conference will be the first of its kind in the region to take a multi-level and multi-disciplinary approach to the concept of wellness by incorporating all the main professional sectors that contribute to the development of Health and Wellness in the community. A leading panel of speakers will seek to inform and educate attendees with the latest strategies, innovations, design trends and spiritual philosophies that contribute to the development of Health and Wellness in the community.



Environment



Occupation



Social



Health



Financial

OUR CONFERENCE EXPERTS WILL DISCUSS:

- ▶ Finding your inner strength - the factors that shape extraordinary people who face formidable challenges with equanimity
- ▶ Creative ways of increasing the Gross Domestic Happiness (GDH) within our communities
- ▶ Approaches to recognise and appreciate the fine and subtle elements of our lives that reinforce harmony and promote happiness amongst us
- ▶ Reflecting on factors that influence our relationship at all levels and circumstances
- ▶ Approaches to increase awareness of restoring harmony with nature particularly in an urban environment
- ▶ Ways to reinforce spirituality and human values in society as a means to establish harmony and balance in our everyday lives
- ▶ Empowering the individual and producing leaders whose personal goals are goals for the betterment of both those around them and the communities which they represent

PROGRAMME

Opening Keynote:

Health and wellness promotion in the region; an individual, company or governmental responsibility?

SESSION 1

Environmental – workplace and domestic wellness how greener design solutions and strategies can enhance the human experience

- ▶ The latest corporate and domestic architectural trends and the move towards enhancing the human experience through environmental well-being
- ▶ The creation of a synergistic wellness environment in both the workplace and at home
- ▶ Growing healthy food in an urban landscapes (hydroponics, water recycling, composting)
- ▶ Creating sustainable cultures in both the workplace and at home – how attainable are these goals in the Middle East?

SESSION 2

Occupational and Social - charting a course to personal and professional success – proven strategies and practices for improving life chances and experiences

- ▶ Promoting mental and spiritual well-being
- ▶ The use of meditation and the creation of spiritual awareness
- ▶ Multi-dimensional and holistic approaches
- ▶ Corporate travel and wellness: how the stress and demands of business travel can impact physical and mental fitness
- ▶ Helping people achieve their full potential - multi-dimensional strategies with case studies

SESSION 3

The creation of health and fitness cultures - the development of lifestyle changes in nutrition and regular physical activity

- ▶ The promotion of the benefits of regular physical activity
- ▶ Taking and encouraging personal responsibility at home and in the workplace
- ▶ Staying healthy in turbulent times
- ▶ Healthy eating habits that in turn promote strength and vitality
- ▶ The promotion of personal responsibility and education for self-care and when to seek medical attention
- ▶ The importance of feeding the mind; the correlation with nutrition and depression
- ▶ The utilization of natural therapies and complementary medicine

SESSION 4

Health and Wealth – the contribution of financial services to personal health and wellbeing

- ▶ Life style considerations and their link to insurance premiums
- ▶ Are financial services companies leading the way or following the crowd in the creation of health and wellness policies and culture?
- ▶ Workplace wellness initiatives to bring down premiums
- ▶ Financial wellness and the reduction of stress, confusion and uncertainty
- ▶ Health and wealth – are the two compatible?

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SPEAKERS

Alan McDonald

Managing Director
Middle East & North Africa,
Humanscale

Andrew C. Wright

Art Psychotherapist/Clinical Director
The Art Therapy Centre

Heidi Jones

Integrative Health & Nutrition Coach

Dr. Houriya Kazim

Medical Director & Specialist
Breast Surgeon
The Well Woman Clinic

Kamelia Al Zaal

Landscape Garden Designer,
Creative Director, **Al Barari** &
Managing Director, **Kamelia**

Justine Bain

Founder & CCO
Sandy Seeds

Linda Bonnar

Life Coach

Lance Berger

CEO & Executive Wellness Coach
Infinity Wellness Partners

Naima Aziz Khan

Managing Director
The Green Interior Design

Priya Arjun

Holistic Wellness Coach

Robin Ali

Head of Practice
Consilient

Rob Donker

General Manager
Beyond Wellness

Shereen Abraham

Artist & Writer
**Clinical Hypo Therapist
and Pranic Healer**

Seda Goksel

**Intuitive Spiritual Healer
and Energy Channeller**

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