

Brad Norris



Brad is the Founder and Managing Director of Synergy Health, a business that over the last 18 years developed a strong reputation for delivering effective workplace wellbeing, safety and organisational development programmes to some of the largest and most successful workplaces in New Zealand and Australia. He has a Masters in Organisational Psychology, is a coffee lover and bike fanatic.

Brad specialises in delivering presentations on the following topics:

- Creating work environments to promote behaviour change.
- Implementing strategic workplace wellbeing, safety and organisational development programmes;
- Enhancing employee resilience;
- Enhancing employee engagement;
- Effectively managing change.

Guest address: 'Engage the Un-engaged'

Creating workplace wellbeing programmes that attract those employees that are already motivated by health improvement is easy.

But are the employees that would benefit the most from a wellbeing programme participating in yours? Join us to find what we have learnt about tailoring programmes to engage the un-engaged!

Creating this change has been a central challenge to many of our clients' wellbeing and mental health initiatives. Central to a successful and inclusive wellbeing programme is the question 'how do we motivate those who are not motivated by 'health improvement' to positively improve their health and wellbeing?'

Better understanding the psychology of behaviour change, and learning how to engage this group, represents the greatest opportunity to influence organisational performance, safety and culture for our teams.

Come and learn:

- Why wellbeing programmes do not typically engage those who would stand to benefit the most;
- How to structure a behaviour change programme that is tailored to meet the needs of your organisation and to maximise overall engagement;
- Understand why wellbeing programmes can be too focused on health and the affect that can have on your people and their willingness to participate.