



Integrating and Implementing A Workplace Health Programme

22 Feb 2008 | 8:30am – 5:30pm | HPB Auditorium

Singapore National Employers Federation (SNEF) in support of SingHealth and Health Promotion Board jointly invite you to the Integrating and Implementing A Workplace Health Programme Seminar. This seminar will cover topics like workplace Health, Work-life Harmony and other Corporate Healthcare needs.

Don't miss out on this unique opportunity for Employers, HR Directors and Executives and Workplace Health Managers to learn from Experts in their fields as they share with you their expertise and insights.

Some of the highlights include:

- Integrating Workplace Health Programme
- Emerging Trends in Corporate Healthcare Needs
- Impact of Work-Life Harmony on Personal Resilience
- Overcoming Barriers in Implementing Workplace Health Programme
- Implementing an Ergonomic Programme

Our Panel of Experts

Dr Lydia Makides, PhD, President of Creative Wellness Solutions Inc. Canada

Dr Makides is the Founder and President of Creative Wellness Solutions (CWS), an evidence-based organization that provides comprehensive workplace health programs and online tools and resources that enable organizations and Wellness Institute (AHWI), the research arm of CWS and is the Editor-in-Chief of the newly established *International Journal of Workplace Health Management*.

For more than 20 years Dr Makides has been a leader in the development of health promotion, prevention and workplace wellness. She consults nationally and internationally and is the external advisor to the Lifestyle Improvement and Fitness Enhancement (LIFE) Center of the Ministry of Health, Singapore.

Dr Makides has over 40 publications and reports and speaks widely on issues related health promotion and comprehensive workplace health nationally and internationally and is listed in the *Canadian Who's Who publication*.

Dr Fong Yuke Tien, Senior Consultant, Department of Occupational Medicine, Singapore General Hospital

Dr Fong Yuke Tien is a Senior Consultant Specialist in Occupational Medicine (OM) at the Singapore General Hospital (SGH). At SGH, she pioneered the development of the first specialist clinical department in OM in a public hospital in Singapore. The OM unit is an accredited specialist training center for basic and advanced training of medical specialists in Occupational Medicine in Singapore. The department offers a diverse range of medical services both for outpatient and inpatient care in OM, including services in Occupational Toxicology, Ergonomics, Work Health Risk assessments etc.

She has more than 25 years of experience in Occupational Medical Service and also in the area of Educational development and has advised numerous companies in setting up their Occupational Health and Safety Systems and Emergency Planning Services.

Mr David Lock, Managing Director, Arrows with Soul

A prolific coach and thought leader; David has achieved tremendous milestones in the fields of Work Life Effectiveness & employee engagement. Arrows with Soul is a world's first comprehensive roadmap for a "heart ware orientation" to work life effectiveness. A much sought-after speaker, David has appeared on National Radio and Television and numerous local and international conferences on the same subject.

Ms Chia Hui Wen, Occupational Therapist, Changi General Hospital

Ms Chia Hui Wen, graduated from Nanyang Polytechnic with a Diploma with Merit before obtaining a Bachelors of Science in Occupational Therapy from Curtin University, Western Australia. She has been practicing at Changi General Hospital for the past 6 years, with experience in various areas, including orthopaedics and neurology. She has a special interest in hand rehabilitation and workplace health such as ergonomics. Hui Wen has given talks to various corporations, including staff at ExxonMobil and secretaries at their annual Secretaries' Summit.

Jointly Organised by



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Integrating and Implementing A Workplace Health Programme

Date : 22 Feb 2008
Time : 8.30am – 5.30pm
Venue : HPB Auditorium
Address : No. 3 Second Hospital Avenue, Level 7, HPB Building, S(168937)
Seminar Fee : \$30 (half day without lunch) / \$40 (full day with lunch) – *Amount is inclusive of GST*

Morning Programme

8.30am Registration

9.00am **Integrating Workplace Health Programme : the What, the Why and How?**
Dr Lydia Makides, PhD, President of Creative Wellness Solutions Inc. Canada

10.00am **Emerging Trends in Corporate Healthcare Needs – What Does the Future Hold?**

- Emerging issues in Occupational Medicine
- Identifying and managing Occupational Health Risks in your company
- Performing Risk Assessments and managing OSHA Issues

Dr Fong Yuke Tien, Head, Occupational Medicine, Singapore General Hospital

11.00am Coffee Break

11.30am **The Impact of Work-Life Harmony on Personal Resilience**

- What is work-life harmony and personal work-life effectiveness? How are they related to work-place health promotion
- Findings of the 1st National Study of Work-life Harmony
- Achieving worklife harmony/personal work-life effectiveness

Mr David Lock, Managing Director, Arrows with Soul

12.30pm Lunch and viewing of booths (Booths Showcase)

Afternoon Programme

1.30pm **Overcoming Barriers in Implementing Workplace Health Programme**

- An overview of the common barriers faced by Singapore companies and some suggestions to overcome these challenges.
- Sharing of some successful case studies from overseas and key learning points for Singapore.

Dr Lydia Makides, PhD, President of Creative Wellness Solutions Inc. Canada

2.45pm **Implementing an Ergonomic Programme: What Should You Know?**

- When should you be doing a worksite assessment and why?
- What are the essential components of an Ergonomic programme?

Ms Chia Hui Wen, Occupational Therapist, Changi General Hospital

3.30pm Coffee Break

4.00pm **Best Practice Sharing on Corporate Ergonomic Programme**

4.30pm **Best Practice Sharing on Worklife/Workplace Health Programme**

5.00pm Next Steps

5.30pm End of Programme



Registration Form

Registration closes on 19 Feb 2008

Please register the following delegate(s) for the seminar.

(1st Delegate) Dr / Mr / Mrs / Ms:

Designation:

Tel: Email:

Sessions: Full Day \$40 (with lunch provided)**
Half Day AM PM \$30 per session**

(2nd Delegate) Dr / Mr / Mrs / Ms:

Designation:

Tel: Email:

Sessions: Full Day \$40 (with lunch provided)
Half Day AM PM \$30 per session

Company Name

Company Address

** Amount is inclusive of 7% GST.

Completed Registration Form can be submitted via:

Fax: 6220 2780

Email: tan.mui.tin@sgh.com.sg or tee.chee.hoe@sgh.com.sg

Post: Singapore General Hospital, Outram Road

Singapore 169608

- Attention to Ms Tan Mui Tin

For Enquiries

Contact Frederick Tan of SingHealth at 6323 8251

Terms & Conditions

- All payments to be made payable to Singapore General Hospital
- Registration will only be confirmed upon receipt of completed Registration Form, accompanied by full payment prior to the seminar.
- Seats are limited; registration will be on first-come-first-served basis.
- For Full day session, fee includes lunch refreshments and conference materials, while Half day session, fee includes refreshments and conference materials.
- The Organiser reserves the right to make any amendments without prior notice, if deemed to be in the interests of the Conference.
- Cancellations are not permitted. However a substitute delegate is welcomed at no extra charge. Please inform us by 19 Feb 2008.