

# Laughter is our body's natural antidote to stress



## Welcome to New Zealand's first **LAUGHTER WELLNESS CONFERENCE**

Join us for a weekend of laughter, amazing speakers and learn how you can integrate laughter and other evidence-based wellbeing tools into your lives and workplaces to increase health and wellness and decrease stress and illness.



### OUR SPEAKERS

#### “Destress Practically”

Linda Woodgate MNFSH(UK/NZ)  
SPMHNZ, ET (UK) Cert Ed (UK)

#### “The science behind Laughter Yoga”

Merv Neal, CEO Laughter Yoga  
Australia & NZ, Gelotologist,  
Laughter Practitioner, & Professional  
Speaker, Director of Holistic  
Services Group

#### “What it means to be fully self expressed”

Pat Armitstead, Joyologist,  
international expert in humour,  
engagement & wellbeing

#### “The Guts of wellbeing”

Shalani and Bruce McCray, Nurse,  
Naturopath, Herbal Medicine  
Practitioner, Coach & Personal  
Trainer

#### “Playing in the gaps: city-making in Christchurch”

Coralie Winn, Director &  
Co founder Gap Filler

#### “Laughter: The glue of humanity?”

Hannah Airey, Director Workplace  
Wellbeing, Chair Lotus Community  
Wellbeing Trust

#### “The five ways to wellbeing: Improving your wellbeing can be fun!”

Carsten Grimm, Mental Health  
Promoter, Mental Health Foundation

#### “Mindfulness and laughter”

Malcolm C Robertson, MA(Hons)  
MCLinPsych MNZCCP MACBS



Morning tea, lunch &  
afternoon tea provided

Gap Filler's unique cycle-powered  
cinema event Saturday evening  
Entertainment

#### CONTACT

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[hannah@workplacewellbeing.co.nz](mailto:hannah@workplacewellbeing.co.nz)  
021998109

Visit [www.workplacewellbeing.co.nz](http://www.workplacewellbeing.co.nz) for more information about our  
speakers & pre conference workshops & post conference training



With special thanks to our sponsors:



This event is brought to you by

Workplace Wellbeing in association with Laughter Yoga Australasia.

The proceeds will be donated to Lotus Community Wellbeing Trust, an organisation dedicated to increasing the wellbeing of the community through laughter & positive psychology workshops.



## CONFERENCE

#### WHEN

**13-14 September 2014**

#### WHERE

**EPIC  
76/106 Manchester St  
Christchurch**

#### REGISTRATION

**8.30am**

#### TIME

**9am-5pm**

#### TICKETS

**\$375**

**EARLYBIRD SPECIAL  
(book before 15/08/14)**

**\$295**

**LAUGHTER LEADERS**

**\$250**

Purchase tickets through

[workplacewellbeing.co.nz](http://workplacewellbeing.co.nz)

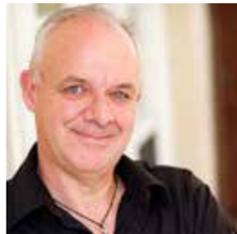
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## CONFERENCE



**Merv Neal**  
**CEO LAUGHTER**  
**YOGA AUSTRALIA**  
**& NZ,**  
**GELOTOLOGIST,**  
**LAUGHTER**  
**PRACTITIONER,**  
**WORKPLACE WELLNESS PROGRAMS**

### “The science behind Laughter Yoga”

Merv has owned and operated his own businesses for more than 40 years. Following a work related life threatening health issue in 2002, Merv found out first hand that “Laughter is the Best Medicine”. Merv will share his latest research that he conducted within Deakin University, Monash Health Centre, and Southern Health in Australia.

He will explain the outcomes and the opportunities with laughter for businesses, health professionals, and aged care facilities.



**Linda Woodgate**  
**MNFSSH(UK/NZ)**  
**SPMHNZ, ET (UK)**  
**CERT ED (UK)**  
**“Destress**  
**Practically”**

Linda has been involved in training and education for over 35 years, where she has taught personal and practical skills in the corporate field, the Forces and the educational arena. She is now using that diverse depth of knowledge and experience as an International life coach, delivering her philosophies in a fun and informative way using tasters from her supportive series called ‘Success of the Authentic You’.

**Malcolm C Robertson**  
**MA(HONS) MCLINPSYCH MNZCCP**  
**MACBS**

### “Mindfulness and laughter”

Over the years, the role of mindfulness and positive emotions has been central to Malcolm’s practice as a clinical psychologist and as a human being.

He has conducted a number of laughter trainings for corporate clients and in-house staff trainings.

His professional interests include the neuroscience of laughter and positive emotions and their use in clinical settings with people experiencing mental health difficulties.

Malcolm has worked in public and private mental health services in Australia and New Zealand since 1995. My training has been in cognitive behavioural therapy (CBT), dialectical behaviour therapy (DBT), acceptance and commitment therapy (ACT) as well as compassion-focused therapy (CFT).

**Shalani & Bruce McCray**  
**NURSE, NATUROPATH, HERBAL**  
**MEDICINE PRACTITIONER, COACH &**  
**PERSONAL TRAINER**

### “The Guts of Wellbeing”

Over 2000 years ago Hippocrates said “All disease begins in the gut”, today we are just starting to understand the truth in those words.

Our gut and our brain are inextricably connected, which means that what we eat can have a very real impact on how our brain functions and how we feel. Similarly, just thinking in particular ways can have a significant impact on the functioning of our gut and so our overall wellbeing.

In this presentation, you will learn and experience for yourself just how the brain and gut are connected and the enormous value eating gut friendly food, regular, simple exercise and having a joyful outlook can have on your life.



**Carsten Grimm**  
**MENTAL HEALTH**  
**PROMOTER,**  
**MENTAL HEALTH**  
**FOUNDATION**

### “The five ways to wellbeing: Improving your wellbeing can be fun!”

The Five Ways To Wellbeing are a set of evidenced-based practices that everyone can use to enhance their wellbeing in everyday life: Connect, Give, Take Notice, Be Active, and Keep Learning. The Five Ways to Wellbeing have been shown to be strongly associated with ‘super-wellbeing’ of those people in the top 25% of wellbeing in New Zealand. The Wellbeing Game (TWBG) is an online game designed to improve wellbeing by making people more aware of things they do, which support their mental health. It is based on daily practice of and reflection on the five ways. TWBG enables participants to use the five ways to record and reflect on their wellbeing activities in an online community that is engaging and fun.

Carsten has a passion for wellbeing science with a Bachelor and a Masters degree in Psychology. His main area of curiosity is how new technologies can be used to promote flourishing. Following his Masters he coached mental health clients back into the workforce from the worst affected areas of post-earthquake Christchurch. Carsten got his start flying helicopters in the Royal New Zealand Air Force where he deployed to East Timor, the Solomon Islands, and Afghanistan. He understands real-world wellness and is ambitious about improving the wellbeing of New Zealanders.



**Coralie Winn**  
**DIRECTOR &**  
**CO-FOUNDER**  
**GAP FILLER**

### “Playing in the gaps: city-making in Christchurch”

Made redundant after the September 4 quake, Coralie teamed up with others to create Gap Filler, an initiative that aims to temporarily activate vacant sites in Christchurch, with temporary, creative projects, to make for a more interesting, dynamic and vibrant city. As time has passed Gap Filler has become a more permanent presence in the city. Urban regeneration, Gap Filler style, involves volunteers, connecting with your community and exploring what it means to play in urban space. All these things have a profound affect on our wellbeing.

Coralie started off studying Public Health and Health Promotion back in Australia in 1999. A few years and travels later, she ended up in New Zealand involved in Christchurch’s creative community and doing a BA (Hons). Since then, she has run a public gallery, performed and toured with Free Theatre Christchurch, worked for festivals and run an Artist in Residence Programme at the Arts Centre of Christchurch.

Gap Filler brings various streams of Coralie’s life together as a community-minded, creative urban regeneration initiative. The impact of the projects Gap Filler has led and inspired has been pretty significant for a such a small organisation, featuring them in the New York Times and in 2013 was in Lonely Planet’s top ten reasons to visit Christchurch. A driver in Christchurch’s creative recovery, these days Gap Filler is often approached to share its learnings with other cities as they seek to engage local communities in shaping their own surroundings and cope with urban decay and blight. Gap Filler has won a Sustainable Business Network Social Innovation award, Civic Trust 2012 Award, Mayor’s Service Award 2012, and Silver in the BEST Design awards 2013 for the Pallet Pavilion.



**Hannah Airey**  
**CHAIR LOTUS**  
**COMMUNITY**  
**WELLBEING**  
**TRUST, DIRECTOR**  
**WORKPLACE**  
**WELLBEING**

### “Laughter: The glue of humanity?”

Hannah shares with you what really happens when we laugh, from a primal perspective. Why we do it, why we enjoy it and why don’t we do more of it. What if laughter helped create new neural pathways, creativity, social connectivity as well as boost the immune system, help fight against cancer and increased levels of serotonin and endorphins? Laughter is as natural as breathing, we just forget to do it.

Hannah’s passion is wellbeing and sharing valuable tools with individuals, groups and organisations. She has 8 years experience in developing and facilitating workshops aimed to increase positive workplace culture and wellbeing by combining evidence based principles of positive psychology, Five Ways to Wellbeing and laughter wellness.

Hannah is the Director of Workplace Wellbeing, Chair of Lotus Community Wellbeing Trust, is an Associate of the Mental Health Foundation and also works part time for Gap Filler Trust. She has a Diploma in Anatomy and Physiology, and knows well the holistic model of needing to consider the whole body when it comes true to well ‘being’.

Hannah has worked professionally in a myriad of companies throughout London, Melbourne, Brisbane and New Zealand as a contractor to many private and public corporations within Human Resources departments.



**Pat Armistead**  
**JOYOLOGIST,**  
**INTERNATIONAL**  
**EXPERT IN**  
**HUMOUR,**  
**ENGAGEMENT &**  
**WELLBEING**

### “What it means to be fully self expressed”

Pat says to be fully self expressed is to have the courage to give vent to all that lies within you, harness your unique multi-intelligent capacities and then dare to make the art that lies in your soul! The path to this is revealed as Pat shares the relationship between being good humoured, engagement and wellbeing and its influence on being fully self expressed. You will see how she has used the new practice of mBraining, which integrates head, heart and gut brain as tools to tap into more creativity, compassion and courage.

The Worlds First Joyologist, Pat Armitstead is an award winning speaker who has toured internationally with Patch Adams. Initially a Registered Nurse, Pat has worked in education and management roles for 40 years, in both business and health. She won the NSW Northwards Tourism Award for Media, was the most awarded Speaker at the 2000 National Speakers Convention and 2002 NZ Speaker of the Year. Dr Ric Coleman says “Pat Armitstead is New Zealand’s answer to Patch Adams”. She has also been likened to a Spiritual Midwife...delivering people out of the darkness.

**CONTACT**  
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