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Press Release: Happiness + Wellbeing @ Work – *going to work can be hazardous to our health.*

Harvard Law School sponsors an annual conference in applying mindfulness meditation to the practice of Law. Consultants at the global consulting firm McKinsey and Company view "Spiritual Intelligence" as essential for successfully leading in the 21st century. Google sponsors daily meditation sessions for its employees. What is causing the trend toward mindfulness in the workplace and how can it help your employees thrive?

Many leading organizations in business, law, education and other fields are using mindfulness meditation to promote competent leadership, reduce stress and foster health and well-being. The **3rd Happiness + Wellbeing @ Work Conference** organised by the Workplace Research Centre (WRC), University of Sydney will take place next Friday, 25th September 2009 at Harbours Edge, Darling Harbour, Sydney.

The conference will present strategies to business leaders for generating increased productivity through the dominant value of employee happiness and wellbeing. Keynote international speaker Michael Carroll, author of *The Mindful Leader* (Shambhala 2007) and *Awake at Work* (Shambhala 2004), Buddhist teacher and former Disney executive, will explain how simply sitting still can cultivate such benefits and how it can help your employees succeed in the workplace.

More and more research is documenting a simple yet disturbing fact: *going to work can be hazardous to our health.* Medical studies are documenting that heart disease, weak immune systems, chronic fatigue, drug addiction and broken families are often a result of unsuccessful attempts to adapt to our stressful and chaotic work lives; Michael Carroll explains. What if we could discover how to be more at home in our careers rather than stressed out?

At the conference workplace leaders will hear from Professor Robert A. Cummins, Personal Chair in Psychology at Deakin University and Dr. Suzy Green, Clinical and Coaching Psychologist, University if Sydney. They will present the latest Workplace Wellbeing research supporting Happiness and Wellbeing strategies in the workplace. Professor Cummins has published widely on the topic of Quality of Life and is regarded as an international authority in this area. Dr. Green is a leader in the complementary fields of Coaching Psychology and Positive Psychology having conducted a world-first study on evidence-based coaching as an Applied Positive Psychology.

Industry practitioners will gain insights into successful employee wellbeing programs being run by ING Australia, TNT Australia and Sydney Water. Case studies will be presented outlining the evolution, implementation and measurement of each wellbeing program.

Afternoon workshops will give industry practitioners an in-depth insight into the critical issues for management and examples of different wellbeing workshops that may be used within the workplace. Senior Beyond Blue Facilitator Edith Hurt will be presenting a workshop from *Beyondblue* National Workplace Program: *Mental Health in the Workplace* and Prof. Tim Sharp of the Happiness Institute will be presenting a workshop on *Building resilience during tough times.*

Other topics on the day include; *Is the boss killing you? Parental Wellbeing and happiness @ Work and "Happy people = Happy Profits".*

Conference details:
Title: 3rd Happiness + Wellbeing @ Work
Held by: Workplace Research Centre, University of Sydney
Date: 25th September 2009
Venue: Harbours Edge, Darling Harbour, Sydney
Time: 9am – 5pm
Register: online www.wrc.org.au
Limited media passes available contact: Karen Treacy, Events Coordinator, Workplace Research Centre 02 9351 5624 or email k.treacy@econ.usyd.edu.au