

Wednesday 14 September
Adelaide Convention Centre



**ANNUAL
CONFERENCE
2011**

**STAYING
CONNECTED**

Helping injured workers recover better at work



Register online www.workcover.com/conference

Registrations close **Wednesday 7 September 2011**

Early bird rate \$200 (before 20 August 2011)

Standard rate \$250

Complimentary tickets are available for injured workers currently in receipt of workers compensation benefits

Further details:

www.workcover.com/conference or call **13 18 55**

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A message from the CEO



This year's conference is about *'Staying connected'* and focuses on workplace relationships, communication and working together, all key factors in helping injured workers remain at or return to work.

At our conference last year we learned that injured workers are more likely to have better health outcomes if they are working than if they are not. With this in mind, it is crucial for injured workers to remain at work where possible, or return to work quickly and safely.

There are many obstacles that workers face when they are injured. Every effort made to combat the physical, psychological and social challenges along the path to recovery will be of benefit to the worker, the employer and all those involved.

So how can we help overcome these obstacles?

Building workplace relationships is vital. The people who surround us – whether they are positive, negative or somewhere in between – can reflect our own thoughts and beliefs, and the same applies to injured workers. If we can connect with the injured worker, develop this relationship, and provide them with encouragement and support, then their thinking and approach to their recovery at work will benefit.

Improving communication is also critical so the worker and their employer are better informed on the options for participation in the workplace. Staying connected with everyone involved in the worker's recovery and return to work and sharing details about their injury, their working capacity and the alternative duties that may be available will help to ensure everyone is working towards the same goal.

By working together we can prevent the worker feeling isolated, and keep the communication process open so a quicker successful outcome is produced. We must remember that a workplace injury doesn't just affect the worker, it also has an impact on their family, employer and co-workers. We all have a role to play in ensuring injured workers are supported to remain at or return to work.

This year's conference will explore all the themes mentioned above with practical and motivating examples from inspirational and informative leaders in the industry. This will be a fantastic forum at which to learn and share ideas to help injured workers recover better at work – and may just inspire your own personal life too!

I encourage you all to attend this year's informative and inspirational *'Staying connected'* conference and look forward to meeting you on the day.

Rob Thomson Chief Executive Officer, WorkCoverSA

Keynote speakers



Professor Kim Burton

Kim is a highly respected occupational health consultant, with an honorary appointment with the Centre for Health and Social Care Research at the University of Huddersfield, UK. Kim's research interests include the biomechanics, ergonomics and psychosocial aspects of occupational musculoskeletal disorders, as well as the conduct of clinical trials. His recent work focuses on exploring the nature of obstacles to recovery and return to work for people with common health problems. This has led to a series of research projects focusing on shifting the culture around work and health through novel educational and rehabilitation interventions.



Janine Shepherd

Janine was a champion cross country skier whose life changed forever when she was hit by a truck while on a training bike ride for the Winter Olympics. Refusing to believe what expert medical staff told her about her chances of recovery, Janine focused on healing her broken body and crushed morale. She battled on to gain her commercial pilot licence and became a fully qualified aerobatics instructor. Her autobiographies have been best-sellers and her life story has been made into a feature film, titled *Never Tell Me Never*.

Guest speaker



Amanda Gore

Amanda is a well-known communications and performance expert who uses the latest research in neuroscience, positive psychology and emotional intelligence to help people achieve the results they need by getting them engaged in and enthusiastic about their goals. Amanda has a degree in Physical Therapy, a major in Psychology, and has gained experience in physical therapy, group dynamics, neurolinguistics and occupational health. Amanda is the author of five books and several DVDs and audio training programs.

Master of ceremonies



Colin Pearce

Colin was inducted into the Australian Speakers Hall of Fame in 2007. He is based in Adelaide and tours the USA, Asia and Australasia to speak at major conferences. He also has written seven books and an online training system, covering topics such as learning to become a better manager, improving sales and customer satisfaction, and fulfilling your own dreams.

Conference program

8.15 – 9.00am Registration

9.00 – 9.10am Welcome

Colin Pearce, Master of ceremonies

9.10 – 9.15am Conference opening

9.15 – 9.20am Conference overview

Rob Thomson, CEO, WorkCoverSA

9.20 – 10.20am Keynote 1

Recovering better at work – overcoming the obstacles

Professor Kim Burton, Occupational Health Consultant, KendallBurton Consulting, UK

Recovering while working is beneficial for people with common health problems, but some find it problematic. Not because they have a more severe illness or injury, but because they face obstacles – biopsychosocial aspects of the person, the workplace and the context – that hinder staying at work. Ensuring all the players can identify and overcome these obstacles is crucial and this session will help us understand how.

10.20 – 10.50am Morning tea

10.50 – 11.35am Keynote 2

Never tell me never

Janine Shepherd, Inspirational Speaker, NSW

Janine was a champion cross country skier whose life was irrevocably altered when she was run over by a truck while on a training bike ride for the Winter Olympics. Her parents were told she was not expected to survive and even if she did would never walk again. Janine shares her inspirational story on how determination and encouragement from people around her got her not only back on her feet but also daring to fly!

11.45am – 12.30pm Concurrent session 1

Session 1a – The science of pain and return to work

Dr Lorimer Moseley, Chair, Australasian Faculty of Occupational and Environmental Medicine Policy and Advocacy Committee, VIC

This session will look at:

- how pain works in the brain
- the difference between pain and actual tissue damage
- how pain hinders the return to work process
- a new approach to return to work to retrain the body after an injury.

Session 1b – The importance of employment and education in the rehabilitation of people with mental illness

Associate Professor Eóin Killackey, Associate Professor, The Centre for Youth Mental Health, The University of Melbourne, VIC

This session will look at:

- evidence that supports helping people with mental illness return to work
- barriers to their participation in the workforce
- the role employers and clinicians can play in supporting them to remain at or return to work.

Session 1c – Managing the managers

Joseph Hinora, Psychologist, SA

This session will look at:

- how to engage different players (such as managers and health providers) in the return to work process
- how to influence people who are at different levels of authority
- devising strategies to support individuals in an organisational context.

12.30 – 1.30pm Lunch

1.30 – 3.15pm Concurrent session 2 (interactive)

Session 2a – Leading learning, thinking smarter and relationship building – working smarter in a crazy world

Glenn Capelli, Professional Speaker and Trainer, True Learning Centre, VIC

Prepare to think, chat, laugh, contemplate and take away strategies as this interactive session covers:

- the vocabulary for successful thinking and action to manage conflicts
- the empathy factor for real relationships in working together to achieve a successful return to work
- helping people learn at their best.

Session 2b – Workplace bullying – guidance for employers in managing an individual's return to work

*Sheila Freeman and Helene Richards, Trainer and Mediator,
Sheila Freeman Consulting, VIC*

This interactive session will cover:

- an overview of workplace bullying and its impact on individuals, co-workers and organisations
- a video presentation of three case studies
- how to support individuals to remain at work or to ensure their comfortable return after an injury

- the importance of ongoing education and training
- practical strategies to implement in your workplace.

Session 2c – Implementing an effective participative ergonomics program

Dr Gary Dennis, Managing Director, ErgoEnterprises, QLD

This interactive session will cover:

- what participative ergonomics is and why to use it
- essential elements required to implement an effective and successful participative ergonomics program in the workplace to reduce injury and increase productivity
- appropriate risk assessment tools
- measuring a program's success.

3.15 – 3.40pm Afternoon tea

3.40 – 4.40pm Guest speaker

Staying connected – wake up to what really matters at work and home!

Amanda Gore, Head2Heart, QLD

Amanda's session is about changing our perceptions to transform our emotions and how we behave. It will make you feel good about yourself, and most importantly, demonstrate how you can help injured workers feel the same way.

You will learn to understand the importance of connection in building and managing positive work relationships with others, especially injured workers, and discover how to motivate and encourage them in their journey to recover better at work.

4.40 – 4.45pm Closing remarks

Rob Thomson, CEO, WorkCoverSA

4.45 – 4.50pm Thank you and closing

Colin Pearce, Master of ceremonies

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