



Welcome!

This is your day to reset, reconnect, and build the tools to perform at your best

Thursday 14 May 2026 | Victoria Park/Barrambin

Morning session | Grand Marquee

8:30am	Doors Open	Coffee, networking, contribute to the Pledge Wall
9:00am	Opening	Welcome to Country: Songwoman Baringa
9:15am	Welcome	Fiona Caniglia, Q Shelter CEO
9:30am	Keynote	Michael Crossland: Resilience, perspective, and purpose

11:00am Morning tea + networking Grand Marquee

11:20am	Energiser	Choir with Emma Dean
11:30am	Feature Session	Tere Vaka: Refocus, Restore, Reframe

12:20pm – 1:00pm Lunch + networking Grand Marquee

Afternoon sessions overleaf...

Win epic prizes



Complete our 2 minute survey by 4pm today to enter the prize draw. Winners announced at closing. Feedback helps shape future Thrive At Work Summits.

Boost Sessions



Free supplementary sessions for Summit registrants. Move beyond inspiration and focus on real-world application. Register now so you don't miss out!

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Afternoon sessions

Select one session below per block

Session 1 (1:00pm – 1:50 pm)

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|--|---|
| The Human Experience
Grand Marquee | A compelling panel sharing lived experiences to deepen connection, build understanding, and learn how to support ourselves and each other. |
| Compassion Fatigue & Vicarious Trauma
Garden Marquee | Build practical strategies to protect your wellbeing, strengthen resilience, and sustain your impact in high-pressure roles. With Tere Vaka . |
| AI in Practice
Alabaster Room | Explore Orange Sky's practical AI journey, featuring real-world examples of how staff use tech to drive efficiency and impact. With Laura Stokes and Katie Lavidis . |
| Financial Wellbeing
Quartz Room | Build confidence managing money, from saving and spending to credit, loans, and protecting your financial future, with Steven Thompson from Bendigo Bank . |

Session 2 (2:00pm – 2:50 pm)

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| Supervision in Action
Grand Marquee | Join Penny Gordon OAM to build confidence and practical skills for navigating challenging supervision conversations and more effective, supportive experiences. |
| Building Team Effectiveness
Garden Marquee | Identify what's slowing your team down and take practical action to improve performance, communication, and accountability. With Martin Green - LeadChange . |
| Psychosocial Hazards
Alabaster Room | Bloom HR's Natalie Carrington explains psychosocial hazards, your obligations, and how to apply a simple framework to create safer, more productive workplaces. |
| The Wellness Reset
Quartz Room | Join Q Shelter's Jo Draper to reset your wellbeing, assess where you're at, and build practical strategies to manage stress, achieve balance, and sustain performance. |

Session 3 (3:00pm – 3:50 pm)

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| Would I Follow Me?
Grand Marquee | Strengthen self-awareness, motivation, and personal leadership to improve how you show up, make decisions, and lead yourself and others. With Penny Gordon OAM . |
| Development through Feedback
Garden Marquee | Martin Green from LeadChange explores a simple framework to give feedback early, keep it constructive, and build a culture where honest conversations feel normal. |
| Sing Together
Alabaster Room | Join Emma Dean for a high-energy, interactive session using group singing to boost mood, build connection, and reset your energy, no experience required! |

3:50pm – 4:10pm

Afternoon tea + networking

Grand Marquee

Closing session (4:10pm – 5:00pm)

Grand Marquee

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|--------|------------------|---|
| 4:10pm | Energiser | Breathwork + reset with Jo Draper from Q Shelter. |
| 4:20pm | Awards + Closing | Reflection, commitments and event close. |