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WELLNESS & WELLBEING

A HOLISTIC APPROACH TO CRE



25TH JUNE 2015

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WELCOME TO THE 2015 CORENET SYMPOSIUM



BOB BULL

CHAIR
CORENET GLOBAL NEW ZEALAND



WELCOME TO THE 2015 CORENET SYMPOSIUM

This year's CoreNet symposium is set to be *the* Corporate Real Estate event of 2015. We're focussing on Wellness and Wellbeing, buzzwords in this age of technology and change, and looking at the ways in which a WELL certified office can have positive flow-on effects for everybody, from the individual staff member through to management, to building owners.

Wellness in a holistic sense incorporates the body, in terms of fitness, weight control and physical wellbeing; the mind, which needs intellectual stimulation and inspiration to be present; and the soul, through life satisfaction and belonging. This year we have a host of speakers from many different disciplines to talk about how all these elements of wellness can ultimately relate to productivity and the bottom line.

We have scoured the globe to find innovative speakers for this year's symposium. Leading our morning sessions is Jim Taylour of the UK's Orangebox. An expert in ergonomics and wellbeing, Jim will be talking about how technology means a lot more people are working on the run, and the flow-on effects of these changes for health and wellbeing. From the USA, we have Elise Valoe of Steelcase Asia Pacific, who will be leading a workshop on the subject of our increasing use of technology and what this means for the future of the corporate world. Also from the States, Owen Zacchariasse from Delta Development Group will be discussing the ideologies behind Cradle to Cradle design, which takes an innovative stand on eco design. From across the Tasman, we have Dylan Martyn of Haworth presenting a workshop based on his research into set design and how office design might take its cues from the theatre; Jessica Cooper of Delos and Tony Armstrong of CBRE Global, who will be leading a session on the benefits of working in a WELL certified office; and Shad Mortazavi and Chris Alcock of Spacelogic, who will be presenting some new hypotheses in a workshop on the changes taking place globally in real estate and the workplace.

From closer to home we have Grant Schofield, Director of the Human Potential Centre at AUT University, talking about how to harness the

WELLNESS & WELLBEING

A HOLISTIC APPROACH TO CRE

power of the mind and be the best you can be. Naturopath Rosanne Sullivan from The Wellbeing Centre will be presenting a workshop alongside Stella Green of Be Confident on the subject of stress factors and how to reduce them through a workplace wellness programme. Our cherry on the top is adventurer Steve Gurney, who will be taking us into the evening with his hilarious tales of worldwide adventures and what he has learned along the way about facing up to challenges.

We also have some excellent moderators who are wellness and CRE experts in their own rights, not to mention the 300+ industry delegates we expect to be in attendance. For networking opportunities and entertainment, you won't want to miss the Jones Lang LaSalle pre-symposium soiree the evening previous, or the Colliers' closing cocktails and canapés on the day.

This year's symposium offers an unsurpassable opportunity to learn about where CRE is heading in the technological age, alongside your peers and contemporaries. Come and join us for this year's CoreNet Global Symposium at the historic Shed 10, Queens Wharf on Auckland's waterfront – it looks set to be the best yet and your presence will help make it so.

Yours, in anticipation!

A handwritten signature in blue ink, appearing to read "Bob Bull".

Bob Bull | NZ Chapter Chair

PRE-SYMPOSIUM

SOIRÉE

WED 24TH JUNE FROM 6PM

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HOSTED AT THE WINTERGARDEN, LOCATED IN THE NORTHERN CLUB, 19 PRINCES STREET,
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A TICKET TO THE PRE-SYMPOSIUM SOIRÉE IS INCLUDED WITH THE SYMPOSIUM FULL REGISTRATION.
GUEST/ADDITIONAL TICKETS ARE \$105 PER PERSON INCLUSIVE OF GST, FOR BOTH MEMBERS
AND NON-MEMBERS

INFORMATION ON REGISTERING

REGISTRATION

Visit www.corenetsymposium.co.nz/registration/ to register for the 2015 Auckland Symposium.

For enquiries about registration please contact The Conference Company, either by email corenet@tcc.co.nz or telephone **09 360 1240**, alternatively please contact Nigel Rye by email nigel@nigelrye.co.nz or telephone **021 770 076**.

SYMPOSIUM REGISTRATION FEES

CORENET GLOBAL MEMBERS SYMPOSIUM REGISTRATION	STANDARD UNTIL 29 MAY	LAST MINUTE FROM 29 MAY
Member registration	\$355.00	\$450.00
Academic / Student Member	\$100.00	\$130.00
NON-MEMBERS SYMPOSIUM REGISTRATION	STANDARD UNTIL 29 MAY	LAST MINUTE FROM 29 MAY
Non-Member registration	\$655.00	\$825.00
Non-Member multiple registrations (this discount is applicable for 3-7 registrations per company)	\$560.00	\$700.00
Academic / Student Non-Member	\$100.00	\$130.00
Join & attend registration	\$1005.00	\$1100

DEFINITIONS:

Academic. Educators who spend not less than 80% of their time teaching in the field of real estate or real estate related education.

Student. Students must be full-time or active degree candidates in real estate or related fields.


Join & attend. This offer is available to new members of Corenet.

All prices are per person, in New Zealand Dollars and exclude 15% GST


PROGRAMME / MORNING

REGISTRATION DESK OPEN: 7.30AM

SYMPOSIUM BEGINS: 8.30AM

7.30AM - 8.30AM	Registration	
8.30AM - 9.00AM	Opening & Welcome <i>Welcome</i> - Bob Bull, CoreNet Chapter Chair New Zealand <i>Symposium Introduction</i> - Andrew Tu'inukuafe	
9.00AM - 10.15AM	Morning Session Part 1: Mobile technology and new ways of working Jim Taylour Orangebox	Morning Session Part 2: The WELL certified office Jessica Cooper & Tony Armstrong Delos / CBRE Global Corporate Services
10.15AM - 10.45AM	Morning Tea	
10.45AM - 12.15PM	Morning Session Part 3: Brain rules for peak performance Grant Schofield Ph.D. The Human Potential Centre AUT University	Morning Session Part 4: Increased value through healthy productive building Owen Zachariasse Delta Development Group
	Panel Discussion Moderated by Anthony Flannery and Kirsten Andrews	
12.15PM - 1.30PM	Lunch: The Street 	

PROGRAMME / AFTERNOON

1.30PM - 2.30PM	Concurrent Workshop 1: Co-creating successful workplace wellness solutions Dylan Martyn Haworth Moderator: Elisabeth Gleed SpaceLogic	Concurrent Workshop 2: Coping mechanisms for the modern workplace Rosanne Sullivan & Stella Green The Wellbeing Centre / Be Confident Moderator: Wendy Jones Refresh
2.30PM - 3.30PM	Concurrent Workshop 3: How place can help employees be more mindful Elise Valoe Steelcase Moderator: Elisabeth Gleed SpaceLogic	Concurrent Workshop 4: Future shock - Where did the water go? Chris Alcock & Shad Mortazavi Space Logic Moderator: Wendy Jones Refresh
3.30PM - 4.00PM	Afternoon Tea	
4.00PM - 4.15PM	MCR & CoreNet Update	
4.15PM - 5.15PM	Moderator: Rob Bird Colliers Closing Speaker: Steve Gurney	
5.15PM - 5.25PM	Closing - Andrew Tu'inukuafe	
5.30PM - 7.30PM	Colliers' Cocktails and Canapés Music & networking 	

MORNING SESSION PART 1: MOBILE TECHNOLOGY AND NEW WAYS OF WORKING



JIM TAYLOUR
HEAD OF WORKPLACE WELLBEING
ORANGEBOX

SYNOPSIS:

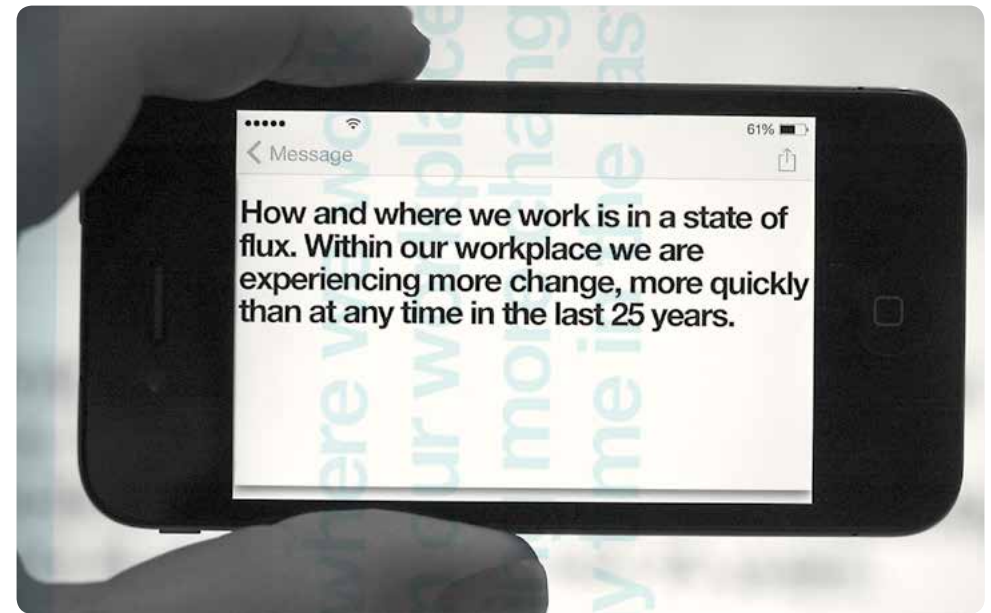
Jim Taylour, Head of Wellbeing, Orangebox, and Children's Ergonomics Special Interest Group Co-ordinator for the Chartered Institute of Ergonomics and Human Factors, UK (IEHF).

Rapid changes are occurring in people's work environments and the devices they use, such as tablets, smartphones, laptops and emerging wearable technology. This raises issues for how to mitigate work-related discomfort, including new strains of potential ill health brought on by new ways of working. The current European and international regulations have little or nothing to say about either these devices or mobile working practices.

In addition, flexible working and the changing nature of the office mean more and more people spend a significant proportion of their working time away from a fixed workstation. A recent study by Jim Taylour investigated the pros and cons of this, in terms of productivity and wellbeing. Results suggest that flexible working is popular, increases wellbeing and is more productive. There are drawbacks too, including expectations of longer working hours and lack of visibility within an organisation. Meanwhile, offices themselves need to be able to support a variety of types of work, devices and spaces, as well as considerations for generational differences amongst staff.

KEY TAKEAWAYS

- Participants will leave with a better understanding of the advantages and disadvantages of new ways of working and emerging workplace technology, as well as a better understanding of some of the concepts and initiatives developed for tackling ill health in the workplace;
- *The Mobile Generations* reference publication will also be available for delegates and is a 200 page journal of research, articles, interviews and references on the topic.



DESIGNER & ERGONOMIST

Jim Taylour trained at Nottingham Trent as a furniture designer initially and worked for various office furniture manufacturers including Gordon Russell and the Steelcase Strafor group as an industrial design engineer. His time at Giroflex developing office seating strengthened his interest in human centred design.

After completing an MSc in Ergonomics and Workplace Design at Birmingham University in the mid 90's and studying the effects of alternative seating in schools, Jim worked as an Ergonomist at Back In Action, a specialist equipment provider for all age groups to aid better posture, based at the British School of Osteopathy in London.

In 1998 Jim moved to Giroflex where he was appointed to run the R&D department before setting up Active Ergonomics, a specialist unit assisting corporate clients with alternative seating, workstation

assessments and advice to reduce occupational health issues. Active Ergonomics is also a registered consultancy with the IEHF and has a nationwide network of assessors and ergonomists providing training, audits, assessments and bespoke research.

Research to support Orangebox product innovations and externally with organisational wellbeing initiatives are central to Jim's work. He helps represent the British Standards Institute for European harmonisation on dimensional standards for office chairs and school furniture, is chair of a special interest group on children's ergonomics with the IEHF and is a professional member of the charity Back Care.

MORNING SESSION PART 2: THE WELL CERTIFIED OFFICE

SYNOPSIS:

At the WELL 2014 symposium in New Orleans in October, Macquarie Group was announced as the world's first organisation to adopt the WELL Building Standard as a global benchmark for workplace projects, with potential benefits across 150,000sqm of corporate office space in the years ahead. Macquarie has already been investing significantly in healthy offices for a number of years. WELL provides an opportunity to gain independent performance-based endorsement for their healthy offices starting with 50 Martin Place, Sydney as the first ever WELL Certified office in Australia, closely followed by One Shelley Street Sydney. Jessica Cooper and Tony Armstrong will provide a 'nuts and bolts' perspective on Macquarie's experience in applying the WELL Building Standard, and how it will influence workplace decisions into the future.

KEY TAKEAWAYS

- What it means to adopt the WELL Building Standard for workplace projects;
- What is involved in becoming WELL Certified;
- How certification can impact decision-making in the workplace.



TONY ARMSTRONG

ASSOCIATE DIRECTOR
CBRE GLOBAL CORPORATE
SERVICES

TONY ARMSTRONG

Tony Armstrong heads up Occupier Consulting for CBRE Pacific. He has expertise in high-performance work through synergy between people, technology and place. He is at the forefront of WELL Certified property, applying the WELL Building Standard to improve health outcomes for building occupants. His team has supported Macquarie Group to become the world's first organisation to adopt the WELL Building Standard as a global benchmark for workplace projects, with 50 Martin Place Sydney becoming Australia's first ever WELL Certified office.



JESSICA COOPER

DIRECTOR
DELOS

JESSICA COOPER

A longtime member of the architecture and design industry, Jessica has experience in project management, design, and construction, as well as in developing and executing educational programs for the green building community. Currently at Delos, Jessica's work seeks to improve health and wellness through the spaces in which we live and work, while minimizing the impact on our natural environment. Jessica graduated from Cornell University with a Bachelors of Science in Design and Environmental Analysis. She serves as an active committee member of the Living Building Challenge NYC + NJ Collaborative, the IIDA New York Chapter Sustainability Forum, and Urban Green Council's Membership Committee.



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MORNING SESSION PART 3: BRAIN RULES FOR PEAK PERFORMANCE



GRANT SCHOFIELD

PROFESSOR OF PUBLIC
HEALTH / DIRECTOR OF THE
HUMAN POTENTIAL CENTRE
AUT UNIVERSITY

SYNOPSIS:

Grant Schofield's strength is his knowledge and "multi-fluency" across several disciplines including physiology, neuroscience, nutrition and exercise sciences, peak performance, and psychology. This combines to allow him to have a unique vantage point across the broader topic of wellbeing. His work includes nutrition, physical activity and exercise interventions, peak performance and community wellbeing.

Grant leads a life according to his mantra "be the best you can be", and in this session he will give you the latest research, tools, and practical tips to help you be the best you can be, and live an engaged and meaningful life.

KEY TAKEAWAYS

- The best technique for motivating others;
- A powerful idea about how to live an engaged and meaningful life;
- The one thing you can start doing now that will make you smarter – much smarter!



GRANT SCHOFIELD PH.D.

With a PhD in Behavioural Psychology, Professor Grant Schofield is a leading New Zealand researcher in public health and has had over 150 scientific papers published on the subjects of weight loss, nutrition, health and exercise. He leads a team of research academics and doctoral and masters students in the Human Potential Centre at AUT Millennium in Mairangi Bay.

Grant's success in research comes mainly from a multi-fluency across sciences, from biology, biochemistry, neuroscience and psychology, nutrition and exercise science. He is well known for challenging conventional beliefs and thinking outside the box. His work with free range kids, and separately in low-carb, high-fat eating are examples of this.

Grant is a former professional triathlete, representing NZ in elite long distance triathlon. He has completed the Hawaii Ironman twice as a professional. He has coached junior triathletes and continues to be involved in endurance as an age group competitor, and competed in the world champs in Auckland two years ago.

Grant is a sought after speaker with more than a decade's experience lecturing at Auckland University of Technology, and is known for his entertaining yet highly informative seminars and workshops. Grant aspires to high performance in life.



MORNING SESSION PART 4:

INCREASED VALUE THROUGH HEALTHY, PRODUCTIVE BUILDINGS: A CASE STUDY FROM PARK 20|20



OWEN ZACHARIASSE

SUSTAINABILITY OFFICER
DELTA DEVELOPMENT GROUP

OWNER
CHERRY TREE CONSULTANCY

CO-FOUNDER
ZACHARIASSE CONSULTANCY

SYNOPSIS:

During the last decade, sustainable commercial real estate has, for a large part, focused on efficiency strategies in an attempt to reduce CO2 emissions and energy consumption. But at what cost? Has the implementation of passive building techniques had unintended and potentially harmful consequences on the largest source of value in the office? And is it possible to deliver increased stakeholder value from trying to be better instead of not worse?

Located in the Amsterdam Metropolitan Region, and a stone's-throw away from Amsterdam Schiphol International Airport, Park 20|20 is the world's first full-service "Cradle to Cradle" inspired office park where the health, wellbeing and vitality of both people and the planet take centre stage in all phases of development in order to realise rent premiums and below market exit yields. From the initial conceptualisation through occupation and deconstruction, Park 20|20 strives to increase quality and deliver hard and soft value through what Cradle to Cradle calls "eco-effectiveness" instead of eco-efficiency.

KEY TAKEAWAYS

- Practical insight and real world examples of Cradle to Cradle design;
- How this design can deliver to clients, investors, developers and the municipality;
- How it can be done, and more importantly, why?

OWEN A ZACHARIASSE

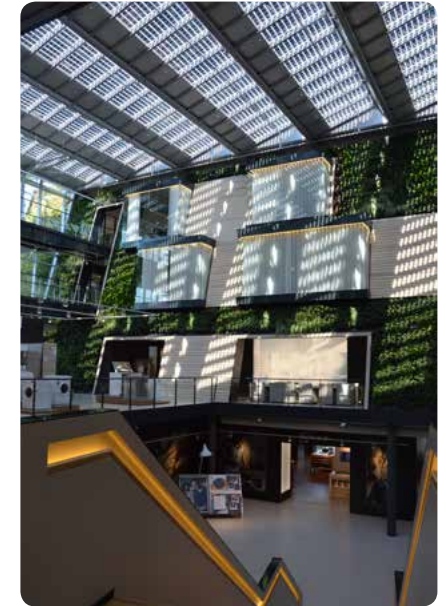
Owen Zachariasse began his career in real estate development within construction at age 20, managing the production crews of single-family homes and then moved into the financial department. Moving on from construction, Owen worked in sales and marketing at McWilliams | Ballard, one of the most successful real estate sales and marketing firms on the East Coast of the United States.

Upon completion of a master's degree from RSM Erasmus University in Strategic Management, Owen began working for Delta Development Group on the Cradle to Cradle inspired area development Park 20|20. Owen assists in the development of, and is responsible for the management of all Cradle to Cradle and sustainable activities at Park 20|20 and within Delta Development Group.

Owen's business Cherry Tree Consultancy works with individual real property projects to provide advice in Cradle to Cradle implementation strategies and techniques. Together Owen and Coert Zachariasse provide practical implementation advice from a developer's perspective for local and national governments in the development and realization of Cradle to Cradle objectives within large-scale international area developments through Zachariasse Consultancy V.O.F.

Owen is fueled by a passion for real property development and a deep-seated love and respect for nature. He says working within this Cradle to Cradle inspired development world offers a wonderful opportunity for fulfillment, as he is not only excited by his day-to-day work, but is also able to contribute positively to society, his local community and the global environment as a whole.

Owen is EPEA trained as a Cradle to Cradle Specialist and DGBC BREEAM-NL Expert certified. He is also an active member of the Dutch Canadian Sustainable Building Network and the Netherlands America Foundation.



MORNING SESSION MODERATORS



ANTHONY FLANNERY
DIRECTOR
RE-IMAGINE LTD

MODERATOR: ANTHONY FLANNERY

Anthony is an architect, urban designer, strategic planner and transformation designer. He is the founding director of re-Imagine Ltd and holds a number of advisory positions including Chair of Hamilton Urban Design Panel and National Urban Design Adviser to Housing New Zealand. Anthony has been involved in a wide range of architecture, urban design, strategic planning and community creation and regeneration projects in both New Zealand and the United Kingdom. Projects in which he has been involved have received over thirty-five regional, national and international awards and commendations. He has taught architecture and urban design in the Universities of Manchester, Liverpool and Liverpool John Moores (UK) and the Unitec School of Architecture in Auckland (NZ). He regularly addresses national and international urban design and strategic planning conferences and has shared conference platforms with leading practitioners from Australasia, Europe, USA and China.



KIRSTEN ANDREWS
ACCOUNT DIRECTOR
ANZ

MODERATOR: KIRSTEN ANDREWS

Kirsten Andrews has over 20 years' experience in the property industry in retail and commercial asset management, strategy and development. In the last year, Kirsten has held the role of Account Director for CBRE on the ANZ Bank account, responsible for the management of all real estate services and operations across the ANZ portfolio, excluding project management.

Prior to this, she worked at Westpac for 5+ years where she held the roles of National Manager of Property, responsible for the CRE Team, property strategy and stakeholder outcomes within Westpac. She was also Senior Property Manager for the corporate portfolio, and prior to this, the South Island retail portfolio property management and property strategy.

Kirsten worked at Cooper and Company, the developers of Britomart, as a Development Manager responsible for a number of projects. She has also managed the retail assets for Auckland International Airport and was a Centre Manager at Westfield for the last four of her ten years at Westfield New Zealand Limited.

A large graphic for a CBRE advertisement. It features a stylized cityscape composed of various green and white geometric shapes, including rectangles and triangles, some with grid patterns. The text is overlaid on this background.

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CONCURRENT WORKSHOP 1

CO-CREATING WORKPLACE WELLNESS SOLUTIONS

SYNOPSIS:

Australians and New Zealanders spend billions in health and weight-loss products and services. Even through economic downturn, this number grows year by year. In both countries, more bicycles are sold than cars. However, obesity has grown by more than 80-90% since 1980, and shows little signs of slowing. We are also among the top countries in the world for highest average length of the working week. So what does this all add up to? As workplace thought leaders, we have the opportunity and the responsibility to do something. It is up to us to set the path to healthier workplaces.

Dylan Martyn, of global furniture designer and manufacturer Haworth, will share insights from recent research and client engagements around improving the physical, mental, social and cultural wellbeing of our work environments.

Dylan will also lead a quick co-creative workshop exercise where participants will be challenged to innovate the next generation of wellness solutions for the future workplace.



ELISABETH GLEED

CHANGE MANAGER
SPACELOGIC

MODERATOR: ELISABETH GLEED

Elisabeth gained her Diploma in Facilitation & Coaching in 1996 and has been working as an independent coach and facilitator since then. Her purpose in life is to: "Create spaces that inspire and engage people".

Until recently, she worked as a Change Manager at the BBC in London. Elisabeth was in this role for six years, and worked on the BBC's two major move projects: Salford and W1 Broadcasting House. The latter involved the relocation of 6,000 people from different disciplines, all learning to use a new space together. Elisabeth's responsibilities included stakeholder engagement, leadership skills for new ways of working, design of collaborative worksettings, the development and facilitation of flexible working design pilots and protocols, and the facilitation of workshops and tours for the use of the new building.

She has since moved home to NZ and has joined SpaceLogic as Change Manager, working on projects in NZ and Australia.



DYLAN MARTYN

STRATEGIC SERVICES MANAGER
HAWORTH

SPEAKER: DYLAN MARTYN

Dylan is driven by a passion to align business models with places and spaces that not only enable people to do their best work, but allow them to derive personal fulfilment across the dimensions of career and physical, mental and social wellbeing.

Born and raised in Nelson, New Zealand, Dylan Martyn's background includes six years with leading global workplace strategy firm DEGW, and Masters Degrees in Industrial Design and Applied Sciences from The University of Otago.

While at DEGW, Dylan worked with one of the top four banks in Australia to implement Activity-Based Workplaces to over 7,500 staff across five separate locations. He also developed workplace strategies for more than 70 corporate, healthcare, government and education sector organisations across Asia Pacific.

Now based in Australia, Dylan's role at leading global furniture designer Haworth covers workplace strategy, product co-creation, research into activating workplace communities and co-design. Dylan focuses on identifying new insights in the world of work. Dylan shares this knowledge across Haworth's Asia Pacific markets.

Recently, Dylan has worked on The Porter, an executive club lounge space in Sydney's CBD. The brief for The Porter was developed through a global benchmarking tour of leading club lounge spaces in the UK and Europe, and a series of brand alignment / functional design / service model workshops.

KEY TAKEAWAYS

- New ways that multiple dimensions of wellness can be applied to our work places;
- How office design can take its cues from theatrical set design to create inspiring places;
- Focussing on the wellness of the individual to make a more engaging and productive workplace.

CONCURRENT WORKSHOP 2

COPING MECHANISMS FOR THE MODERN WORKPLACE

SYNOPSIS:

Rosanne Sullivan and Stella Green will uncover the top factors that create stress and discuss what can be done to reduce their impact through a workplace wellness programme. Workplace stresses can be different for different people, and the reactions people have to them can also vary. Rosanne and Stella will discuss the classic symptoms of workplace stress, both hidden and obvious, and talk about the overall cost on individual and team productivity of a stressed staff member. Due to different personality types, there is no single profile of working that's most effective in the workplace, and different methods of working can mean people are able to get into a flow state with their work and find optimal creative energy.

KEY TAKEAWAYS

- Holistic tools for handling stress;
- Diagnosis of optimum worktypes;
- Encouraging innovation in the modern workplace.

MODERATOR



WENDY JONES

DIRECTOR
REFRESH

MODERATOR: WENDY JONES

Wendy's experience in both residential and corporate/commercial construction is extensive, with over 20 years experience as project director successfully leading and completing large complex design and build projects for corporate clients, such as BNZ, Fletchers, Vodafone, Aecom, Suncorp and Fonterra.

Wendy's years in corporate senior management roles have seen her cover the fields of property, projects, IT, facilities, transitional change management and workplace strategy. Wendy is viewed as a leader in sustainable integration across the areas of design, build, change and the workplace.

Wendy has recently expanded her company to also include residential: new homes and renovation projects.

"My work is my passion is my play" is a tagline that encapsulates Wendy's values. Wendy is invigorated by the shared experiences with her clients on the end-to-end journey of their projects.



ROSANNE SULLIVAN

NATUROPATH, MEDICAL HERBALIST,
EDUCATOR & CO-FOUNDER
THE WELLBEING CENTRE

SPEAKER: ROSANNE SULLIVAN

Rosanne Sullivan first trained as a naturopath in her early twenties, but did not practice due to ongoing digestive problems. After she was diagnosed with coeliac disease, Rosanne gave up gluten and started applying the principles of naturopathic medicine, which gave her great health for the first time in her life. With this renewed faith and passion in naturopathy, she went on to re-train as an adult student at the Wellpark College of Natural Therapies. She graduated top student in her year, also receiving the award for top research paper for her literature review on Mercury Toxicity and its Effect on Human Health.

It is perhaps this circulatory path to health that has made Rosanne such an exceptional naturopath and educator. Her ability to uncover the source of ill health coupled with direction on diet and lifestyle sees her achieve extraordinary results for her clients.

Rosanne believes in empowerment through education, expressed not only in her naturopathic consultations, but also through a variety of nutrition and lifestyle based courses and workshops which she runs through at The WellBeing Centre. Her ability to take complex topics and share them in an accessible and engaging manner makes her a powerful educator.

Rosanne first qualified as a naturopath in 1987 and has practiced full time since 2011. She has been making a profound difference to people's health and wellbeing ever since.



STELLA GREEN

PRINCIPAL CONSULTANT
BE CONFIDENT CHANGE
CONSULTING

SPEAKER: STELLA GREEN

Stella Green is a strategic change manager with huge energy, style and strategic clarity. Stella is an experienced facilitator and irrepressible change manager assisting organisations to achieve their goals through new approaches to workplace strategy. Working through a structured methodology to develop tailored change programs, Stella works dynamically to gain endorsement and solicit support at all levels of management to understand and manage the barriers to change.

Stella is a senior post-graduate qualified change management professional with 25 years experience as a human resource manager and marketer.

She is also a board member for the FMANZ Facilities Management Association of New Zealand. Stella's career has spanned 25 years in operational transformation. Stella's clients include TVNZ, BP, BNZ, NZI, NZ Post, Britomart, NZTA, ADHB, AECOM and Z Energy.



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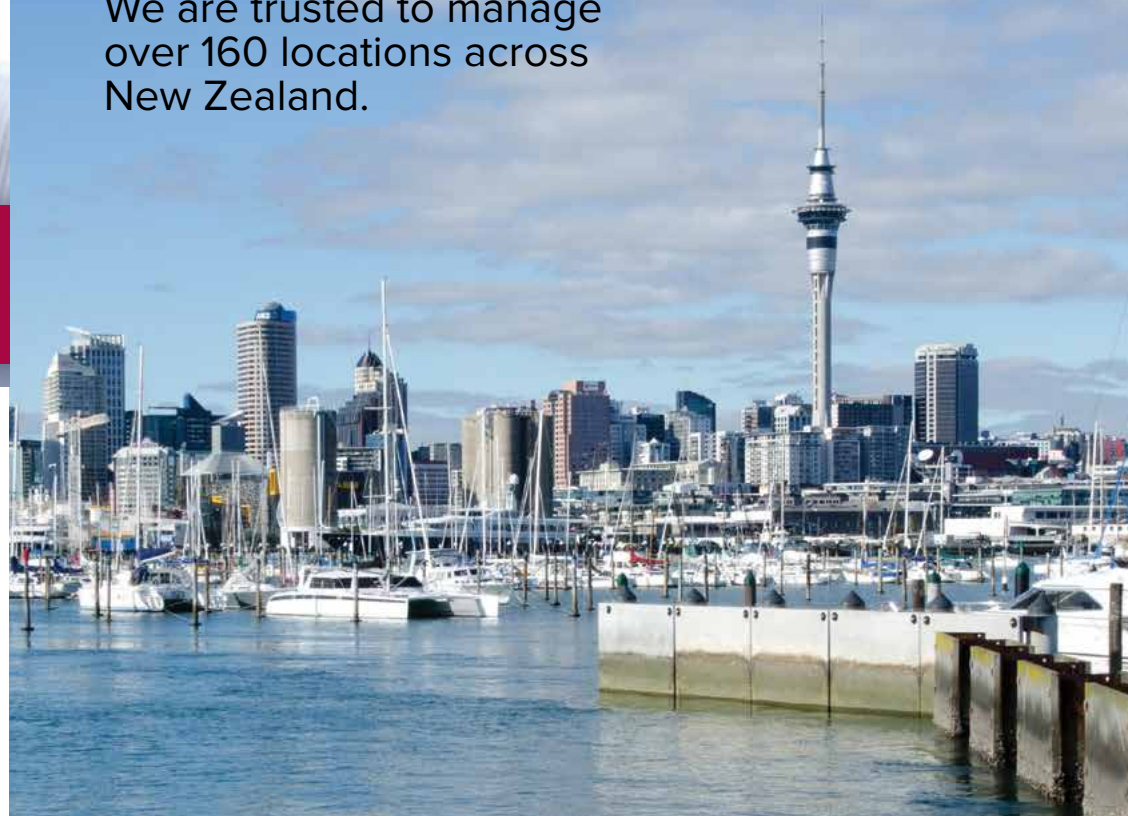
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CONCURRENT WORKSHOP 3

HOW PLACE CAN HELP EMPLOYEES BE MORE MINDFUL

SYNOPSIS:

Today more and more people are getting up every morning to work with colleagues and team members who are on the other side of the world. We also have more computing power in our hands and our pockets than even existed 50 years ago. Even tech experts are saying that advances are happening faster than ever before – and we're all working on projects that are more complex than ever before. Technology and globalisation are two key factors driving this complexity. How will we manage complexity in the future? How will work cross borders and how will people work together around the globe?

KEY TAKEAWAYS

- The office will soon be more important for building culture than getting work done;
- Wellbeing at work will be a competitive advantage;
- Work will demand more creative thinking from diverse minds;
- The hard work of collaboration is social;
- Solo time will become more strategic;
- The increasing availability and power of video communication.



MODERATOR: ELISABETH GLEED

Elisabeth gained her Diploma in Facilitation & Coaching in 1996 and has been working as an independent coach and facilitator since then. Her purpose in life is to: "Create spaces that inspire and engage people".

Until recently, she worked as a Change Manager at the BBC in London. Elisabeth was in this role for six years, and worked on the BBC's two major move projects: Salford and W1 Broadcasting House. The latter involved the relocation of 6,000 people from different disciplines, all learning to use a new space together. Elisabeth's responsibilities included stakeholder engagement, leadership skills for new ways of working, design of collaborative worksettings, the development and facilitation of flexible working design pilots and protocols, and the facilitation of workshops and tours for the use of the new building.

She has since moved home to NZ and has joined SpaceLogic as Change Manager, working on projects in NZ and Australia.



SPEAKER: ELISE VALOE

Elise Valoe is senior researcher at Steelcase Asia Pacific. She is responsible for managing Steelcase's research efforts in Asia Pacific and currently leads the design research team, which focuses on understanding users, changing work patterns and the impact of emerging technologies in the workplace.

Prior to working in Asia, she was responsible for research and strategy efforts in the healthcare market for Nurture by Steelcase. Elise's expertise also includes research in North America's higher education system. She was an integral member of the original research team whose insights led to the founding of the Steelcase Education Solutions Group.

Over the past eight years at Steelcase Inc, Elise's research has generated insights that directed the development of multiple innovative and award-winning products. The company's latest global research unveils an evolution in the definition of wellbeing in today's workplace. No longer can organizations think of wellbeing as just physical or mental health, but rather, organizations must consider the physical, psychological and cognitive needs of workers. Research reveals that the places where people come together to work can be designed to have a positive impact on a variety of dimensions of worker wellbeing, and when intentionally considered and designed, the workplace can help foster healthier, happier and more creative – and thus, more innovative – employees.

Elise graduated from the Institute of Design at the Illinois Institute of Technology with a master's degree in design with an emphasis in research and strategy.



CONCURRENT WORKSHOP 4

FUTURE SHOCK - WHERE DID THE WATER GO?

SYNOPSIS:

The event that precedes a tsunami is a rapid retreat of water from the coastline to feed an approaching but as yet unseen tidal wave. There are forces for change in the way we work, the nature of workplace, and the role of real estate that we are yet to fully understand. But the water is rapidly retreating. What are these forces for change and how might they impact us? This workshop session will propose new hypotheses in how work and workplace could change, referencing global trends and changing priorities in both the government and commercial sectors.

KEY TAKEAWAYS

- The underestimated impact of incremental change;
- The technology revolution is only just beginning;
- Current workplace metrics are becoming irrelevant;
- Diversity and choice as the new drivers of work and workplace.



WENDY JONES
DIRECTOR
REFRESH

MODERATOR: WENDY JONES

Wendy's experience in both residential and corporate/commercial construction is extensive, with over 20 years experience as project director successfully leading and completing large complex design and build projects for corporate clients, such as BNZ, Fletchers, Vodafone, Aecom, Suncorp and Fonterra.

Wendy's years in corporate senior management roles have seen her cover the fields of property, projects, IT, facilities, transitional change management and workplace strategy. Wendy is viewed as a leader in sustainable integration across the areas of design, build, change and the workplace.

Wendy has recently expanded her company to also include residential: new homes and renovation projects.

"My work is my passion is my play" is a tagline that encapsulates Wendy's values. Wendy is invigorated by the shared experiences with her clients on the end-to-end journey of their projects.



CHRIS ALCOCK
PRINCIPAL
SPACELOGIC

SPEAKER: CHRIS ALCOCK

Chris has worked for many years in architecture, workplace strategy and change management with current projects that include the accommodation strategy for the New Zealand Parliament in Wellington, the Agile Working program for the Department of Industry and Science in Canberra, the 2018 workplace strategy for Woodside Energy in Perth and the national workplace strategy for the Australian Broadcasting Corporation.



SHAD MORTAZAVI
PRINCIPAL
SPACELOGIC

SPEAKER: SHAD MORTAZAVI

Shad is a technologist who prior to founding SpaceLogic was CIO of DEGW in London. His focus is on workplace technology and metrics with clients such as Auckland Council, New Zealand Parliament, the ABC, SEQ Water and Parramatta City Council.





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CLOSING SPEAKER: STEVE GURNEY



STEVE GURNEY
ADVENTURER, INVENTOR
& MOTIVATION EXPERT

SYNOPSIS:

With his inimitable humour, Steve will entertain with stories from the world's jungles, deserts and swamps - and the dance floor - intertwined with research and strategies on success, mental excellence and resilience in this challenging age of change.

KEY TAKEAWAYS

- Strategies on how to turn challenging situations into success stories;
- Tips on resilience and using your mind to its full potential;
- Advice on managing risk.



ROB BIRD
NATIONAL DIRECTOR OF
COMMERCIAL LEASING
COLLIERS

MODERATOR: ROB BIRD

As the National Director of Commercial Leasing, Rob is a key member of the Senior Leadership Team at Colliers International New Zealand, where he has worked for over 20 years. In a prior role he was responsible for the national property management business. His current focus covers office leasing and tenant representation nationwide, but particularly in the Auckland CBD.

He has a strength in the completion of major tenant advocacy assignments. One of his most satisfying recent roles was for the ANZ head office, a building of over 20,000 square metres, in which the relocation of five existing tenants catalysed a major building refurbishment. Other recent roles include Air New Zealand, Southern Cross and Bell Gully.

Rob's career began in Wellington, where he qualified as a valuer and held positions in both Wellington and Auckland with a major international funds manager. His roles included work in property valuation, leasing, purchase and sales. Starting in Valuation then moving into Property Management has set Rob up with a great technical background and a broad set of contacts.

SPEAKER: STEVE GURNEY

Amongst world-wide racing success, Steve Gurney has won the Coast to Coast a record nine times, has an engineering degree, and was awarded the MNZM for services to endurance sport. He has now turned professional motivational speaker and trainer and has written two books, *Lucky Legs* and *Eating Dirt*. They contain stories and yarns of his racing and adventures, but are inter-twined with research and strategies on success, resilience and mental excellence. He is currently working on his third book.

Gurney has a veritable scroll of successes and near-misses: he has raced mountain bikes for New Zealand at the world champs twice, he invented a bike with wings, he was poisoned by bat dung while racing in Borneo jungles and nearly died, he was the first cheeky nudist on New Zealand breakfast TV and waxed his entire body for *Dancing with the Stars*, and he completed a world record crossing of the searing Sahara desert by wind-power.

The wins and spoils of success didn't bring Gurney any lasting satisfaction. It took a bout of severe depression after forced retirement from his sporting profession coupled with a challenge far greater than any jungle race, *Dancing with the Stars*, for Gurney to get a glimpse of just how imbalanced his life had been.

Steve is educated as a trainer in the field of NLP (Neuro Linguistic Programming) and incorporates some of this powerful research into his coaching, writing and speaking. He loves inspiring people to greater heights and loves teaching how to make mole-hills out of mountains.



CORENET MEMBERSHIP



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BENEFITS:

Professional Development

- Masters of Corporate Real Estate (CRE)
- Senior Leader Corporate Real Estate seminars and certificate program
- Seminars and certificate program (Technical Series)

Connections

Reduced costs of attendance at the annual Symposium and Symposiums in other countries.

Subscriptions to CoreNet Global magazine 'The Leader'. Free attendance to all Forums (usually 12 per year including a networking drinks evening).

Knowledge

Access to the 'Knowledge Centre' which is an internet based library of thousands of articles, research and information from around the world. Access to monthly 'webinars' which tap into current trends, original research, best practices, new business models and case studies.

Awards

The Global Innovators Award highlighting industry best practices. The CoreNet CRE Executive of the Year Award.

CoreNet Global provides you with the connections, knowledge and recognition you need to advance your career and grow your company through the world's leading global network of corporate real estate and workplace professionals.

Located in 25 countries, with 50 locally based chapters, CoreNet Global supports its 8,000 global members through multiple knowledge sharing and networking channels delivered throughout the globe.

NZ CHAPTER MEMBERSHIP CONTACT

Kirsten Andrews

ANZ / CBRE

027 447 6414

kirsten.andrews@anz.com

kirsten.andrews@cbre.co.nz

CORENET EVENTS



CoreNet runs events in Auckland and Wellington that are relevant and useful to CRE Professionals.

Our mix of events over the past year has included local and international speakers on a range of topics:

- Site-tours of the latest buildings, projects and fit-outs, with presentations from the designers and occupiers;
- Industrial occupier updates, exploring the challenges and opportunities that lie ahead;
- Update on the new Sixth Edition ADLS lease and Property Council Office Lease;
- Market analyses and technical information updates;
- University exploration and research;
- Activity Based Working presentations;

- Member-only events;
- Young Leaders events, mentoring the CRE professionals of the future;
- Predictions and Resolutions to kick off the new year on a fun (and educational) note;
- Presentations on Social Media, the latest APPs and how to keep up with technology.

It is vital to stay up-to-date with the latest information. CoreNet is consistently at the forefront of the industry. Our events are geared to ensure CoreNet members know exactly what is going on. There are also excellent networking opportunities with plenty of time to get to know other CoreNet members and enjoy mixing-and-mingling with those at the forefront of our industry.



Making the right *move*

Four easy steps to ensure a successful office move

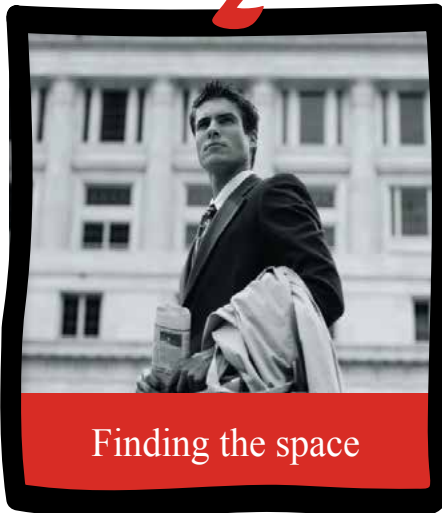
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Finding the right office space for your business can be a complex and daunting task, so we have created a guide to help demystify the process. This guide has been designed to help you coordinate and implement a successful office relocation and fit-out, engage your employees and enhance business productivity.

2



Finding the space

3



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CORENET EXECUTIVE OF THE YEAR AWARD 2015

A critical part of our overall objective in New Zealand is aimed at raising the profile of corporate real estate and recognising the profession's contributions to enterprise success. To that end, CoreNet New Zealand is, again, proud to support the New Zealand Corporate Real Estate (CRE) Executive of the Year Award for 2015.

CoreNet is currently seeking nominations for this annual award which will be presented to the corporate real estate executive that you believe has made a major contribution to the profession in New Zealand throughout the past 12 months. This could be through raising the profile of the industry, successfully leading a major project or generally earning the respect of his/her peers.

This prestigious award is to be presented at the CoreNet Global Annual Symposium on 25 June 2015 where the winner will also receive a travel voucher worth \$1,500. We encourage you to nominate someone you believe deserves this award. We are equally interested in young leaders who are setting an example for all in our community.

AWARD NOMINATION CRITERIA

Who can nominate for the CRE Award?

Award nominations may be drawn to the attention of the Awards Committee in any of the following ways:

1. The Committee may conduct an independent survey;
2. Any member of CoreNet may commend an applicant to the Awards Committee at any time;
3. Any member of CoreNet may submit evidence of his/her own suitability as an applicant.

You must include the name of the recipient, the name of the nominator (can be the same person) and the reasons for nomination. Please note that all decisions made by the Awards Committee are final and discussions will not be entered into.

How will you know if you have been successful?

If you have been successful in your nomination both the nominee and the Award recipient (if different) will be advised confidentially of that success prior to the Awards Ceremony.

Enquiries

Should you have any queries please contact Nigel Rye nigel@nigelrye.co.nz 021 77 00 76 or Bob Bull bob.bull@dtz.com 021 612 093

Due Date for all Nominations

Nominations are required to be submitted no later than 5pm 1 May 2015.

Past CRE Award Winners:

2014	Fiona Towers
2013	David White
2012	Gail Calder
2011	Murray Dobson
2010	Garry Pellett
2009	Derek Shortt

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YOUR NOTES

A HOLISTIC APPROACH TO CRE

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