



Fostering Workplace Resilience and Well-being

Thursday, March 30 – Friday, March 31, 2023
Bangkok, Thailand.



PROGRAM AT A GLANCE

CONFERENCE DAY 1 (March 30, 2023; 8:30am-5:00pm)

Venue: The River 1, 2, & 3, Lobby Floor, Chatrium Hotel Riverside Bangkok.

Thursday, March 30, 2023		
8:30am - 9:00am	REGISTRATION (& NETWORKING)	All International & Thai participants
MAIN CONFERENCE		
9:00am - 9:25am	OPENING REMARKS Getting to Know You!	Emcee: Majella Villaroman Board Member, APEAR (Philippines)
9:25am - 9:30am	WELCOME SPEECH	Speaker: Dr Kaoru Ichikawa Board President, APEAR (Japan)
COVID-19 PANDEMIC & IMPACTS (REGIONAL & GLOBAL)		
9:30am - 10:10am	KEYNOTE PRESENTATION - 1 Impact of the COVID-19 Pandemic in ASEAN countries: ASEAN Guidelines on Managing Psychosocial Risk at Workplace	Speaker: Dr Priya Ragunath Chairperson of ASEAN Guidelines on Managing Psychosocial Risk at Workplace Committee (Malaysia)
10:10am - 10:50am	Topic: Rising awareness of mental health and well-being in the workplace in Thailand after the pandemic	Speaker: Dr Panita Suavansri Lecturer & Director, Counselling Dept, Faculty of Psychology, Chulalongkorn University (Thailand)
10:50am - 11:10am	COFFEE/TEA BREAK (20min)	
11:10am - 11:50pm	Topic: The mental health status of employed adults in APAC region (13,000 employees surveyed)	Speaker: Jamie MacLennan Senior Vice-President & Managing Director, LifeWorks (acquired by TELUS Health) Asia-Pacific Region (Australia)
11:50pm - 12:30pm	Topic: Wellness service delivery during the pandemic - challenges and success stories (Hybrid)	Speakers: Amber Alam Global Head of Service Delivery, Optum (Australia) Andy Huang Head of Operations & Clinical Practices, Optum (China)
12:30pm - 12:45pm	Brief Introduction of 4 Conference Platinum Sponsors (15min)	



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12:45pm - 2:00pm	LUNCH BREAK & NETWORKING (1 hour 15min) – Venue: River Barge Restaurant, Lobby Floor.	
2:00pm - 2:40pm	Topic: EAP & pandemic in Korea & Occupational Stress & Mental Health in Employees	Speakers: Dr Sung Joon Cho Psychiatrist, Kangbuk Samsung Hospital & Vice President, Mental Health Workplace Institute (Korea) Jimmy Kim Global Network Team Manager, Dain Co., Ltd. (Korea)
2:40pm - 3:20pm	Topic: Strategy in fostering workplace resilience and wellbeing for the economically disadvantaged (B40) employees	Speaker: Elisha Othman Managing Director, Thrive Well (Malaysia)
3:20pm - 3:40pm	COFFEE/TEA BREAK (20min)	
3:40pm - 4:55pm	PANEL DISCUSSION 1 (1 hour 15min) The Gender Impact of the Pandemic – A Global Understanding Moderator: Nancy Board COO & Co-founder, Global Women 4 Wellbeing & Clinical Services Manager, Washington State EAP (USA)	Panelists: 1. Dr. Kaoru Ichikawa CEO, Resilie Laboratory Inc. (Japan) 2. Majella Tumangan-Villaroman CEO, my-CORD Corporation (Philippines) 3. Bee Mahimkar Cofounder & Director Operations, EAP-India (India) 4. Anjana Gaekwad Cofounder & Director Clinical, EAP-India (New Zealand) 5. Maria Migali Co-founder & Director, Grupo Wellness Latina (Argentina)
4:55pm - 5:00pm	DAY 1 - CLOSING	Emcee: Miyeen Low, Board Member, APEAR (Malaysia)
7:00pm - 10:00pm	NETWORKING DINNER Venue: Silver Waves Restaurant, 36th Floor, Chatrium Hotel Riverside Bangkok.	CONFERENCE PARTICIPANTS (included in conference fee)



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CONFERENCE DAY 2 (March 31, 2023; 8:30am-1:00pm)

Venue: The River 1, 2, & 3, Lobby Floor, Chatrium Hotel Riverside Bangkok.

Friday, March 31, 2023		
8:15am - 8:30am	CHECK-IN FOR DAY 2	Participants pick-up certificate of attendance/Networking
MAIN CONFERENCE		
8:30am - 8:40am	OPENING REMARKS Summary/Take-away of Day 1	Emcee: Michele Grow Board Member, APEAR (Australia)
GLOBAL NEEDS: SPECIFIC FOCUS/INTERVENTION		
8:40am - 9:30am	KEYNOTE PRESENTATION - 2 1. Excellence in the workplace and in life-lessons learned through Olympic sports and beyond 2. Example of an Internal Labor based EA programs working in concert with a virtual EA provider	Speakers: 1. Julie A. Fabsik-Swarts Chief Executive Officer of EAPA (USA) 2. Dan Boissonneault President of EAPA (USA)
9:30am - 10:10am	Topic: Measuring resilience for individual and organization (Virtual)	Speaker: Dr Mark Attridge President, Attridge Consulting, Inc. (USA)
10:10am - 10:50am	Topic: Supporting inclusivity, resilience, and wellbeing for LGBTQ2S+ employees (Hybrid)	Speaker: Michel J. Arsenault Senior Clinical Director, Global Operations, Digital Clinical Services & Career, LifeWorks (acquired by TELUS Health) (Canada) Moderator: Kenny Medeiros President, Employee Assistance European Forum & Strategy Consultant, TELUS Health (Netherlands)
10:50am - 11:00am	COFFEE/TEA BREAK (10min)	



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11:00am - 11:40am	Topic: Now employees can have their well-being at their fingertips: How mobile applications can add value to EAP?	Speakers: 1. Manuel Sommer Country Manager, PULSO Europe Portugal (Portugal) 2. Dirk Antonissen Managing Partner, PULSO Group (Belgium)
WHERE DO WE GO FROM HERE?		
11:40am - 12:55pm	PANEL DISCUSSION 2 (1 hour 15min) Covid-19 pandemic: Different regions/countries workplaces have different arising needs and types of service deliveries - how resilience are we in moving forward? Moderator: Miyen Low Clinical Psychologist, Mindfulness-based Therapist & Board Member, APEAR (Malaysia)	Asia Region Panelists 1. Ayumi Nishikawa Chief Operating Officer, WorkWay Inc. (Japan) 2. Grace Ding Senior Employee Assistance Professional & Board Member, APEAR (China) 3. Tiara Puspita Director of Jakarta Service Center, Workplace Options (Indonesia) Non-Asia Region Panelist 1. Nancy Board COO & Co-founder, Global Women 4 Wellbeing & Clinical Services Manager, Washington State EAP (USA)
CLOSING CEREMONY: Emcee: Majella Villaroman, Board Member, APEAR (Philippines)		
12:55pm - 1:00pm	CLOSING SPEECH	Speaker: David Levine Board Member, APEAR (USA)
1:00pm - 2:30pm	END OF CONFERENCE: LUNCH & NETWORKING Venue: Silver Waves Restaurant, 36th Floor, Chatrium Hotel Riverside Bangkok.	CONFERENCE PARTICIPANTS (included in conference fee)

Saturday, April 1, 2023: 9:00am-6:00pm - AYUTTHAYA TOUR with Riverboat return (Optional; extra cost event)