Under the patronage of
His Excellency Dr. Said Hamed Al-Rubaii
Secretary General of the Education Council

تحت رعاية
سعادة الدكتور سعيد بن حمد الربيعي المحترم
أمين عام مجلس التعليم

THE 8TH GCC CONFERENCE
WELLBEING

المؤتمر الخليجي الثامن
للصحة المثالية والمهنية

مستقبل الصحة المثالية و السلامة المهنية
في دول مجلس التعاون الخليجي

WELLBEING AND OCCUPATIONAL HEALTH
TheevolutionofwellbeingintheGCC

يعقد المؤتمر بمشاركة نخبة من الخبراء المتخصصين من أعرق الهيئات
والشركات المحلية والدولية في مجال الصحة المثالية والسلامة المهنية

09th - 10th
July 2019

VENUE:
GRAND MILLENNIUM
MUSCAT - SULTANATE OF OMAN
فندق جراند ميلينيوم - مسقط - سلطنة عُمان

مع ترجمة فورية

تنظيـــم
EVENT MANAGMENT

الأصايل للمؤتمرات
Al-Assayel for Conferences

WELLBEING
"Think Well. Feel Well. Work Well"

Chair Message

Dear Colleagues, Friends, and Guests

Promoting and supporting employee well-being is at the heart of our purpose to this conference, as better working environment and working lives have an effective impact on well-being programmes which can deliver mutual benefit to people, organizations, economies and communities.

When people are happy and well, businesses can thrive and societies flourish. We believe that work should do more than meet our basic financial needs and contribute to economic growth; it should also improve the quality of our lives by giving us meaning, purpose and contributing to our overall well-being.

The fast-changing world of work and the fluctuating demands it places on employers and employees means that our grasp of health and well-being needs can never stand still. It needs to evolve constantly to understand the impact on people's health and well-being.

Therefor, we are conducting the 8th GCC Wellbeing Conference to explore the latest trends and practices in wellbeing, specially those related to the employees and the work environment.

We are looking forward to seeing you at the conference.

Dr. Moamer Gashoot
Conference Chair

THE 8TH GCC CONFERENCE
WELLBEING

About the conference

The conference aims to create an environment to promote a state of contentment which allows an employee to flourish and achieve their full potential for the benefit of themselves and their organization.

It will give an emphasis on the importance of working in partnership with employers, employees, health professionals and insurers to develop a comprehensive package of measures that help to create healthy workplaces and improve access to good quality occupational health support, thus minimizing and preventing the likelihood of people developing health problems.

Who Should Attend?

CEOs, General Managers, Supervisors, Health and Safety, HR Personnel and all other manpower who have responsibility for, or involvement in, the Health and Well-being of employees as part of their day- to- day activities.

ما هي الصحة المثالية والسلامة المهنية؟

إن الصحة المثالية والسلامة المهنية لا تعني فقط غياب المرض والسقم، بل هي مزيج مركب من عوامل فسيولوجية وعقلية وعاطفية واجتماعية، حيث إنها تمثل بنية بيولوجية ونفسية بشكل أوسع لتشمل جوانب الصحة الجسدية والعقلية والإجتماعية.

يمتاز الموظفين الجيدين بقدرات جسدية وعقلية تؤهلهم للإندماج والمساهمة بشكل أكبر في مكان العمل ومن المرجح أن يكونوا أكثر تفاعلاً وإنتاجاً كذلك.

ويستلزم من المؤسسات أن تساهم بشكل كبير في زيادة وعي الموظفين بالصحة الفسيولوجية والعقلية وكذلك الإهتمام بالصحة المثالية والمهنية يعود بالمنفعة على الموظفين على كافة الأصعدة داخل وخارج مكان العمل، حيث يجعل مكان العمل أكثر إنتاجية وبيئة جاذبة للأعمال ومحل مسؤولية لدى الموظفين.

يجب أن يكون موظف الصحة المثالية والمهنية جزءًا من المؤسسة يشارك في النقاشات التي تعنى بإدارة الأعمال وأن يكون جزءا لا يتجزأ من الثقافة المؤسسية.

What is Wellbeing?

Wellbeing is not just the absence of disease or illness. It is a complex combination of a person's physical, mental, emotional and social health factor.

It is more than an avoidance of becoming physically sick. It represents a broader bio-psycho-social construct that includes physical, mental and social health. Well employees are physically and mentally able, willing to contribute in the workplace and likely to be more engaged at work.

It requires organizations to actively assist people to maximize their physical and mental health. The well-being approach also brings benefits for people at all levels inside and outside the workplace. It makes the workplace a more productive, attractive and corporately responsible place to work.

To be effective, employee well-being needs to be part of a regular business dialogue and to be deeply embedded into an organizational culture.

Five domains of wellbeing

Wellbeing at work: The benefits

Wellbeing plays a central role in creating flourishing societies. Focusing on wellbeing at work can benefit societies by helping working individuals to feel happy, competent and satisfied in their roles, the evidence shows that people who achieve good standards of wellbeing at work are likely to be more creative, more loyal, more productive and provide better customer satisfaction than those with poor levels of wellbeing at work.

For decades, organization have tried to foster these qualities through employee engagement strategies but engaging employees is just one part of the story. Improving wellbeing at work requires a more rounded approach that focuses on helping employees to:

- Strengthen their personal resources.
- Flourish and take pride in their roles within the organizational system.
- Function to the best of their abilities, both as individuals and in collaboration with their colleagues.
- Have a positive overall experience of work.

What are the Benefits of Improving Health and Wellbeing in the Work place?

As well as clear benefits for employees and employers, improving the health of the company the workforce will bring about wider economic benefit,

For the employee, a safe, a healthy working environment can:

- Increase self-esteem and sense of wellbeing
- Improve staff morale
- Increase productivity levels and greater engagement between staff
- Increase job satisfaction
- Reduce stress and reduced absences due to physical or mental illness/injury
- Improve general health and mental health
- Increase skills and desire to develop

And for the employer, can:

- Provide a framework for a well-managed health and safety program
- Reduce staff turnover which reduces ongoing costs associated with recruitment and training
- Increase engagement between all levels of the organization promoting a greater sense of inclusion and idea-sharing
- Reduce health care costs associated with sick pay and insurance claims
- Reduce risks of facing litigation or fines due to increased level of compliance
- Help towards the organization's corporate social responsibility
- Increase opportunities to expand their business base through achievement of industry specific accreditation and awards

Learning Objectives

Understanding physical environmental stimuli in workplace will allow Manager to create an environment which satisfies the people who use it. This well being conference will address, and unpack the five domains of our well-being model, and look at the role of different organization in humanizing a healthy workplace.

• Environmental psychology and how staff and users respond to their surroundings in three dimensions, cognitively, emotionally and physiologically via the enhancements of 7 the body component as spiritual, Physical and mental state in order to achieve the wellbeing of the users.

• The perceptions of the physical environment (emotions, beliefs, and physiological responses which in turn affect behavior).

• Individual Behavior at workplace.

• Satisfaction and well being

• The Ergonomics of workplace.

• Human Behavior within Physical Setting (Work environment).

WELLBEING
CONFERENCE

PROGRAM

7:30 – 9:00
Registration / Networking over tea & coffee

Official Opening

9:00 – 10:00
Chair Message

Dr. Moamer Gashoot
Lecturer in Design
Bournemouth University
United Kingdom

Opening Message

Dr. Amer Awadh Al Rawas
Group CEO at Tasneea Oil & Gas Technology
Sultanate of Oman

Awards Recognition

10:00 – 10:30
Tea / Coffee Break

Keynote Speakers

10:30 – 12:30

Wellbeing Economy - The Journey of life
اقتصاد الصحة المثالية – رحلة الحياة

Dr. Spyridon Trous
Manager Medical Services
The Bahrain Petroleum Company
Kingdom of Bahrain

Rachel Fenton Trous
Sport Nutritionist and Lifestyle Coach
Kingdom of Bahrain

Wellness at "du": The Road to Happiness
تجربة شركة دو للاتصالات المتكاملة في الصحة المهنية والمثالية: الطريق نحو السعادة

Dr. Mansoor Anwar Habib
Sr. Director-Employee Wellness and Happiness Emirates Integrated telecommunication company "du"
United Arab Emirates

Unleash your happiness at work
اطلق سعادتك في مكان عملك

Ms Tahani Mohamed
BA MA FHEA, PhD Candidate, member of action for happiness club
United Kingdom

12:30 – 13:30
Prayer Time / Lunch Break

13:30 – 14:00
Ergonomics and Employee well being
تصميم بيئة العمل لتحقيق صحة مثالية للموظفين

Dr. Moamer Gashoot
Lecturer in Design
Bournemouth University
United Kingdom

Workshops

14:00 – 15:30
Office Yoga
اليوغا المكتبية

Ms. Fatima Al Mansoori
Yoga Therapy Specialist, Lifestyle Coach, International Speaker & Columnist
Kingdom of Bahrain

15:30 – 16:00
Closing of day one

8:00 – 8:30
Networking Over tea & Coffee

Keynote Speakers

8:30 – 10:30

Healthy Environment, Higher Productivity
بيئة عمل صحية تعني إنتاجية أعلى

Dr. Yousuf Noman Al Sahmri
Qatar Foundation
State of Qatar

Workplace Health and Wellbeing in PDO
شركة تنمية نفط عمان (PDO) نموذج في تطبيق الصحة المهنية والمثالية في العمل

Ms. Yousra Said Al-Kindi
Clinical Dietitian- Health Promotion F P
PDO Medical Centre
Sultanate of Oman

10:30 – 11:00
Tea/Coffee Break

Panel Forum

11:00 – 12:30

The Art of Wellbeing at the workplace
Satisfaction = Employee Wellness
فن تحقيق الصحة المثالية في بيئة العمل
الرضا الوظيفي = موظف ذو صحة مثالية

Chaired By

Dr. Ahmed Al Banna
CEO Origin Group
Kingdom of Bahrain

Ms. Yousra Said Al-Kindi
Clinical Dietitian- Health Promotion F P
PDO Medical Centre
Sultanate of Oman

Dr. Yousuf Noman Al Sahmri
Qatar Foundation
State of Qatar

Ricardo Cabete
Motivitaional Speaker, Champion of Europe Toastmasters 2017
Portugal

Dr. Moamer Gashoot
Lecturer in Design
Bournemouth University
United Kingdom

12:30 – 13:30
Prayer Time / Lunch Break

13:30 – 14:00

Meditation for staff wellbeing
التأمل لتحقيق الصحة المثالية في العمل

Ms Tahani Mohamed
BA MA FHEA, PhD Candidate, member of action for happiness club
United Kingdom

Workshop

14:00 – 15:30

Wining Hearts and Minds at work through Emotional Intelligence
توطيد العلاقات المهنية من خلال الذكاء العاطفي

Ricardo Cabete
Motivitaional Speaker, Champion of Europe Toastmasters 2017
Portugal

15:30 – 16:00
Recommendations
Closing of the conference

WELLBEING
CONFERENCE & EXHIBITION

SPEAKERS PROFILES

Key Speakers Profile

Dr. Amer Awadh Al Rawas

Group CEO at Tasneea Oil & Gas Technology
Sultanate of Oman

Group CEO for Tasneea Oil and Gas Technology LLC, member of The National Accreditation Council, The Board of Governors of the Higher Technology Colleges, The Board and Treasurer of the Sultan Qaboos Cultural Center in Washington DC and The Higher Education Council in Muscat, Oman. Dr. Amer bin Awadh Al Rawas currently serves as the Group CEO for Tsneea Oil and Gas Technology LLC, one of the leading companies in Oman with well-equipped facilities of Machining, Inspection, Fabrication and Refurbishment of all oil & gas related anges and valves.

Dr. Moamer Gashoot

Lecturer in Design at Bournemouth University
United Kingdom

A qualified researcher in the field of Healing Environment and its effect on user well-being. Holds a PhD from Bournemouth University -School of health and social care 2013. He is specialized in Healthcare Design. His certificates approved and recognized by the United Kingdom Professional Standards Framework for teaching and learning support, such as PG Cert in Education Practice “associate Fellow”, “Follow”, Certificate for Doctoral Supervision, Certificate in DSE Training & Assessment, Introduction to teaching Certificate, Grant Academic. All gained from Bournemouth University over the years. He is a committed senior lecturer with over 15 years of experience at academic institutions teaching student from various cultural backgrounds in the field of Design.

Ms. Fatima Al Mansoori

Yoga Therapy Specialist, Lifestyle Coach, International Speaker & Columnist
Kingdom of Bahrain

An Internationally Accredited Institutional Yoga Therapist and Wellness & Lifestyle Coach. A Humanitarian Social Worker, and an Adjunct Professor at the Human Consciousness & Yogic Sciences department in Mangalore University.

She began her journey in 2011,worked at Bahrain Defense force Royal Medical Services in 2014, she is also an International Speaker and a columnist. She received more than 50 awards and Certificates of appreciation for her Humanitarian Social Activities Including PAAN Best Social Worker Award by Hon. Her efforts in promoting well-being got recognized by the United Nations GCC information Center, as her role as an Activist to promote well-being certainly supports the Global Sustainable Development Goal Number 3 (Good Health & well-being).

Key Speakers Profile

Dr. Mansoor Anwar Habib

Senior Director - Employee Wellness and Happiness - “du”
United Arab Emirates

Dr. Mansoor joined the Emirates Integrated Telecommunication Company (du) in 2010 and since then has established two in-house staff clinics and a wellness department. In 2012 He became the regional chair for the international association of worksite health promotion.(IAWHP).In April 2014 the wellness department at “du” won the idea Arabia award for the employee wellness idea implemented in the company. Dr Mansoor was elected as the Vice President of the Family medicine society at the Emirates Medical association.Dr Mansoor was successfully nominated to chair the wellness task-force at Dubai Chambers. In addition he writes regularly about wellness related articles in various newspapers & magazines around the country.

Ms. Rachel Fenton Trous

Sport Nutritionist and Lifestyle Coach
United Kingdom

I was born in Bahrain by English parents, my father worked for Bapco for 35 years. I am a world traveller, and I studied at the University of Rome, I first studied languages. I am married to Dr.Trous and we have one son, Pavlos who is 22 years old.
We finally returned to Bahrain 8 years ago to realize my dream as it was my lifelong dream to return. I am a sport nutritionist and life coach with vast experience, and one of the founders of Yiammas Lifestyle.
I totally believe that Bahrain can become a lifestyle HUB with international standards. With my strong character and determination I believe I can contribute with all my power to Bahrain’s prosperity 2030.

Mr. Ricardo Cabete

Expert & Keynote Speaker
Portugal

Ricardo Cabete is the founder of the “Emotion Talks”, a Portuguese company which aims to improve the personal and professional lives of its clients through consultations, training, seminars and lectures with proven practical results throughout Europe and the world.
He is an international speaker and expert on emotional intelligence. Neuro-Linguistic Programming “NLP” and Coaching. He delivers many training programmes to companies and public in general all over the world with his own brand “Emotion Talks”.
In 2017, Ricardo became the 2017 European Champion of Public Speaking, placing in the Top El 30 Speakers in the World.

Key Speakers Profile

Dr. Yousuf Noman Al Sahmmari

Industrial Hygiene Lead Shell
State of Qatar

Experienced in Occupational Health, safety, and Industrial Hygiene with a demonstrated history of working in many organizations, for profit and non-profit organizations. Skilled in HSE Management Systems, HSE auditing, Emergency Management, Workplace Safety, and Occupational Health. Strong healthcare sector professional with current studying PhD focused in public law and workers prevention rights from Universidad de Jaén in Spain. Currently working as at Shell and formerly worked at Qatar Foundation as a Health Manager.

Ms. Yousra Said Al-Kindi

Clinical Dietitian - Health Promotion F P - PDO Medical Centre
Sultanate of Oman

Yousra Al-Kindi is a young, very dynamic Omani professional with 13 years of experience as clinical dietitian in government healthcare facilities and PDO medical centre. Yousra has a Master of Science in Human Nutrition. Beside her current medical duty, she is responsible of all health promotion programs in PDO. Expert in creating and implementing health and wellness activities and connects easily with others to create effective programs and positive outcomes. She also runs training courses and workshops for university students and health professionals.

Dr. Spyridon Trous

Manager Medical Services - Bahrain Petroleum Company (Bapco)
Greece

Dr. S.Trous is a Consultant Physician in Internal Medicine and the Manager of the Medical Services Department in Bapco since 2010 and a member of several professional associations and medical committees in the EU and Bahrain. Dr. Trous has been practicing medicine for the last 30 years and has a wide range of experience in running medical and rehabilitation projects. He is interested in developing preventative medicine and health management research plans by applying the wellbeing holistic approach in the workplace and society. In 2015; he initiated the Wellbeing Project 2020 and established a record of unique leadership and strategic vision in Bapco.

Key Speakers Profile

Ms. Tahani Mohamed

BA MA FHEA - PhD Candidate - member of action for happiness club
United Kingdom

Mohamed is a young career active in her final year of her PhD journey, while her study she developed various skills and knowledge in self developments to help herself first in countinuing her research and finding her purpose in life. She has started her transformation journey since she started her PhD research and gain wisdom that can help others in easing their transition journey and make it more enjoyable. She is a certified in international academy of self-development and qualified as an energy healer Reiki level 1 to heal the body from several diseases. She has been training yoga with an English yogi expert for more than a year in the UK to align soul body and mind. Mohamed is an active member of action of happiness

Mr. Ahmed Al Banna

CEO - Origin Group
Kingdom of Bahrain

Dr. Al Banna is one of the top HRD leaders in the region. He is widely respected as a strategic thinker and management leadership practitioner, and he is specialized in organizations' capabilities focusing on key factors such as leadership, speed, learning, accountability, and talent through leveraging human resources.

He has more than 30 years of experience in developing, interpreting and implementing HR and Management strategies. During his career, he possessed different positions – in Public and Private sectors- such as Assistant Undersecretary for Training at the Ministry of Labour - Bahrain, Chief People Officer of Gulf Air, Member of the Board of Directors of the Bahrain Labour Fund (TAMKEEN), and others.

Under the patronage of
H. E. Sheikh Khalid Bin Omar Al-Marhoon
Minister of Civil Service

تحت رعاية
معالي الشيخ خالد بن عمر المرهون الموقر
وزير الخدمة المدنيـــة

المؤتمر الخليجي التاسع لتطويـر إنتاجية الكوادر البشرية

9th GCC PRODUCTIVITY CONFERENCE

الابتكار المؤسسي وتوظيف التكنولوجيا لتعزيز الإنتاجية

أهـم المحـــاور:

- آخر مستجدات أدوات ومعايير قياس الأداء والإنتاجية.
- التطبيقات والحلول المبتكرة لإدارة الوقت ورفع الإنتاجية.
- غرس ثقافة المرونة والتبني لرفع إنتاجية الموظف.
- توظيف الذكاء الاصطناعي لزيادة معدل الإنتاجية.
- الأتمتة لتحسين أداء الموظفين وإنتاجيتهم.
- نهضة الذكاء الاصطناعي وأثره على الإنتاجية.

٢٦ - ٢٧ أغسطس ٢٠١٩
ميلينيوم - صلالة
سلطنـــة عمـــان
26 - 27 AUGUST 2019
MILLENNIUM, SALALAH
SULTANATE OF OMAN

الشركاء الاستراتيجيون

بالتعـــاون مـــع

ORIGIN® GROUP

فرع صلالـــة

تنظيم وإدارة المؤتمر

الأصايل للمؤتمرات
Al-Asayel for Conference

المؤتمر الخليجي الثامنة

للصحة المثالية والمهنية

من أجل أداء متميز ومستدام في العمل والحياة

THE 8TH GCC CONFERENCE

WELLBEING

"Think Well .. Feel Well .. Work Well"

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Petroleum Development Oman

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