



## المؤتمر والمعرض الخليجي السادس للصحة المهنية والمهنية من أجل أداء متميز ومستدام في العمل والحياة

# THE 6<sup>TH</sup> GCC CONFERENCE & EXHIBITION WELLBEING



Supported By



**23<sup>rd</sup>-24<sup>th</sup>**  
**NOVEMBER 2016**

VENUE:  
**CROWNE PLAZA |**  
KINGDOM OF BAHRAIN

HOSTED BY



رابطة أطباء الصحة المهنية البحرينية  
Bahrain Occupational Health Association

EVENT MANAGER

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# WELLBEING

*“Think Well. Feel Well. Work Well”*



## President's Message



**Dr. Mohamed Sulail**

*BOHA President  
Kingdom of Bahrain*

### ***Dear Colleagues, Friends, and Guests***

The occupational health and wellbeing at work has never been so important as today, which will address and tackle the challenges caused by our life style choices.

Utilizing health and wellbeing experts, we can engage business, schools and communities to get involved in this imperative topic.

No matter where you are in your career, attending this conference will support your commitments to staying informed, sharpening your skills and continuing to deliver the best care to your clients.

I also urge you to step outside your comfort zone and to be open minded about networking with colleagues from similar and different fields, as these connections can be the key factors in your professional success.

The Scientific Committee Chaired by Dr. Spyridon Trous has developed an excellent program featuring a wide variety of educational sessions and workshops. The committee has worked hard to offer sessions and workshops that are important in and relevant to everyday practices, ensuring that you gain very practical skills and knowledge.

In addition to all of the excellent educational sessions offered at the conference, We have included an excellent exhibition we're especially excited about the Friday Cultural program organized by the Authority for Cultural and Antiquates to explore the diversified historical legacy of the people in the Kingdom of Bahrain.

We are looking forward to seeing you soon.

**Dr. Mohamed Sulail,** MBBS, MSc, DHCM, MACOEM  
**Conference Chair**





## What is BOHA?

Bahrain Occupational Health Association is a non-profit organization and is formed in October 2004 by doctors and allied groups of specialist in the field of occupational health under the umbrella of the Bahrain Medical Society.

Our main concern is the effect of work and the workplace on the workers health, the promotion of health, guiding and supporting managements to set up proper occupational health policies and an optimal working environment for workers in the workplace.

The objectives of the association are as follows:

- To work on the development and enhancement of occupational medicine in the country.
- To work on strengthening the bonds and relations of occupational physicians in Bahrain with their colleagues in the Gulf, Arab countries and all over the world.
- To maintain and enhance the basics and ethics of occupational medicine.
- To work on raising the scientific level of occupational physicians in Bahrain and to encourage academic and scientific research among them.

## Who Should Attend?

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



## 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 organisation.

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.





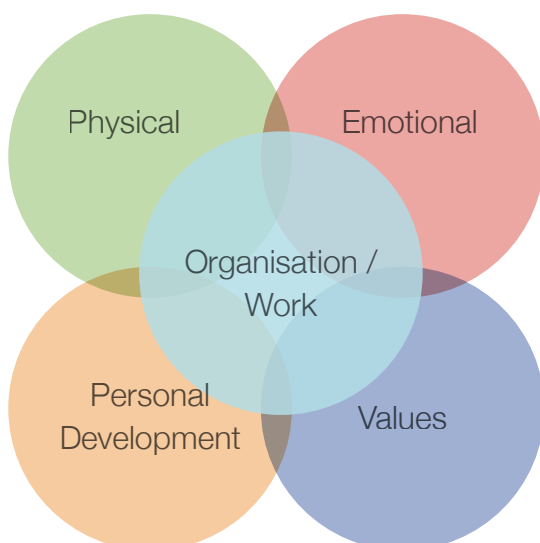
## What is Wellbeing?

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, organisations 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 programme
- 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 organisation's corporate social responsibility
- Increase opportunities to expand their business base through achievement of industry specific accreditation and awards

## Quotes

*Well-being cannot exist just in your own head. Well-being is a combination of feeling good as well as actually having meaning, good relationships and accomplishment.*

—Martin Seligman

*More compassionate mind, more sense of concern for others well-being, is source of happiness.*

—Dalai Lama



**WELLBEING**  
CONFERENCE & EXHIBITION

# PROGRAMME



# Programme | Day 1

## Keeping People Safe and Healthy



**7:30 – 9:00**

### Registration/Networking

over tea & coffee

Registration desk is open until 5:00 pm

### Official Opening

**9:00 – 10:00**

• Minister Message



**H.E. Dr. Abdul Hussain bin Ali Mirza**

Minister of Electricity and Water Affairs  
Kingdom of Bahrain

• Welcome Message



**Dr. Mohamed Sulail**

BOHA President - Kingdom of Bahrain

• Guest Speaker

### Du's Employee Wellness Programme



**Dr. Mansoor Anwar**

Senior Director – Employee Wellness And  
Happiness - "du" - UAE

• Awards Recognition

### Official Opening of the Exhibition

**10:00 – 10:30**

Tea/Coffee Break



### Exhibition

\*Note: Exhibition is open daily from  
08:00 am till 5:00 pm.

### Panel Forum

**10:30 – 12:00**

### Wellbeing Challenges – Is Your Organization PREPARED?



#### Wellbeing vs Productivity

**Dr. Akbar Jaffari**  
Chief Executive - JAFCON  
Kingdom of Bahrain



#### Wellness at "du": The Road to Happiness

#### Dr. Mansoor Anwar

Senior Director – Employee Wellness And  
Happiness - "du" - UAE



#### Leading the Change in Management Commitment

#### Ms. Sunny Lu Williams

General Manager Medical Solutions -  
Telamon Corporation - USA



**12:00 – 13:00**

Prayer Time / Lunch Break



### Workshops

**13:00 – 15:30**

Concurrent workshops covering the main  
tracks to be tackled at the conference.

### 2 Concurrent Workshops

#### Workshop 1

**Bapco - Bahrain Wellbeing Model from Theory to Practice – Role of Leadership and Management**



#### Dr. Spyridon Trouss

Manager Medical Services, The Bahrain  
Petroleum Company Healthy Workplaces



#### Ms. Sunny Lu Williams

General Manager Medical Solutions -  
Telamon Corporation - USA



#### Workshop 2

**Wellbeing and Work Environment – Healthy Workplace**



#### Mr. Wolf Kirsten

Director, Global Centre for Healthy  
Workplaces - USA



**15:30 – 16:00**

Closing Ceremony





# Programme | Day 2

## Healthy Women, Healthy Economy



**7:30 – 9:00**

### Registration/Networking

*Over tea & Coffee*

*Registration desk is open until 5:00 pm*

### Keynote



**9:00 – 9:45**



#### **Kuwait Health City Model**

**Dr. Ahmad AlShatti**

*Director of Occupational and Environmental Medicine - Ministry of Health - Kuwait*



#### **Occupational Health and Wellbeing**

**Dr. David Cook**

*Head of Occupational Health  
Johns Hopkins Aramco Healthcare - KSA*



**10:00 – 10:30**

*Tea/Coffee Break*



### Exhibition

### Panel Forum



**10:30 – 12:00**



#### **Women at Workplace's Wellbeing**

**Ms. Kelly Armatage**

*CEO, Kelly Armatage Inc. – UK*



#### **Effective Strategies to Prevent Drug and Alcohol Abusers from Entering Your Work Force**

**Mr. John Haskins**

*Director International Business Development -  
Psychomedics Corporation - USA*



#### **Office Yoga**

**Ms. Fatima Al Mansoori**

*Yoga Therapy Specialist, Lifestyle Coach,  
International Speaker & Columnist - Bahrain*



**12:00 – 13:00**



*Prayer Time / Lunch Break*

### Workshops

**13:00 – 15:30**

#### **2 Concurrent Workshops**

*Concurrent workshops covering the main tracks to be tackled at the conference. This will feature a large array of distinguished speakers from both public and private sectors from different regions in the world.*



#### **Workshop 1**

#### **Wellbeing and Work Environment – Healthy Workplace**



**Mr. Wolf Kirsten**

*Director, Global Centre for Healthy Workplaces  
USA*



#### **Workshop 2**

#### **The Psychology of Habits**



**Ms. Kelly Armatage**

*CEO, Kelly Armatage Inc. – UK*



**15:30 – 16:00**

*Closing Ceremony*



# SPEAKERS PROFILES



## Key Speakers Profile

### Dr. Mansoor Anwar Habib

Senior Director-Employee Wellness and Happiness  
Emirates Integrated telecommunication company “du” - UAE



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.

### Dr. David Cook

Head of Occupational Health. Johns Hopkins Aramco Healthcare  
Kingdom of Saudi Arabia



Dr. David Cook is a graduate of Dundee University, Scotland and a Fellow of the Faculty of Occupational Medicine (Royal College of Physicians of Ireland).

He is a specialist occupational health physician working for Johns Hopkins Aramco Healthcare in Dhahran, Saudi Arabia.

He has extensive experience of the oil & gas industry and has worked in countries as diverse as Azerbaijan, Georgia, Burma, Yemen and Nigeria. His particular areas of interest are diving medicine and sickness absence management.

### Dr. Spyridon Trouss

Manager Medical Services, The Bahrain Petroleum Company  
Kingdom of Bahrain



Dr. S.Trouss 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. Trouss 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

### Dr. Akbar Jaffari

Chief Executive

Jafcon for Productivity Improvement - Kingdom of Bahrain



A Ph.D. holder in Management & Economics from the London School of Economics, Dr. Akbar Jaffari is the Chief Executive of JAFCON for productivity improvement and is also a Fellow at the Institute of Management Services, U.K., the Institute of European Industrial Engineers & the Chartered Institute of Management, U.K.

He has provided consultations to 675 American, British, Bahraini and Arab companies and has also authored the book titled "Performance of Manufacturing SME's in Fluctuating Oil Economy – The case of Bahrain"

### Dr. Ahmad Alshatti

Director of Occupational and Environmental Medicine

Ministry of Health - State of Kuwait



Dr Ahmad Al-Shatti is the director of the Ghiras . By qualification he is a consultant physician in public health I occupational and environmental medicine and . In addition he is Known public health figure, locally, regionally and internationally and social activist against smoking, alcohol, Drugs and RTA. In Kuwait he served the community as secretary general of KMA (12 years) , presidents of SSKMAF since , chairperson of KSOEM. Regionally he is the coordinator for GCCC OH&S and consultant in occupational health and safety and environmental health and CBI in both WHO and ILO.

### Ms. Sunny Lu Williams

General Manager Medical Solutions, Telamon Corporation  
USA



Ms. Sunny Lu Williams is the General Manager of Medical Solutions at Telamon Corporation and Westbrook Mfg. Inc. Ms. Williams is also General Manager of Medical Solutions at Vytex Messaging Services, Inc. She has served as Chief Operating Officer at VoCare, Inc., and was also its Director of Operations. She was responsible for operations, supply chain management and new program development. She oversaw supplier management and vendor relations in a complicated healthcare ecosystem.

## Key Speakers Profile

### Mr. Wolf Kirsten

Director, Global Centre for healthy Workplaces - USA



Wolf Kirsten is a social entrepreneur and Founder of the International Health Consulting based in Tucson, Arizona and Hamburg, Germany. His consulting portfolio is truly global, advising companies on health and well-being strategies such as Johnson & Johnson, IBM, Siemens and SAP in many regions of the world. In addition, he has been consulting with the World Health Organization (WHO) on developing global guidelines for Healthy Workplaces. He has also advised the governments of the Kingdom of Bahrain and Mongolia on the development of a national strategy and infrastructure for health promotion.

### Ms. Kelly Armatage

CEO, Kelly Armatage Inc. - UK



Kelly Armatage is an Entrepreneur and the owner of “Kelly Armatage Inc”, a Therapy and Coaching Practice in Bahrain. For nearly a decade, Kelly Armatage has been assisting the healing of individuals and companies within the Middle East. An expert in coaching and behavioral change, Kelly has facilitated transformation for thousands. Kelly is the inventor of A.S.K. – A Serenity Kit. This Therapist in a KIT is a 3 step subconscious re-wiring technique that creates major change. This technique combines universal law, emotional freedom and the knowledge of learned behaviours and subconscious pay-offs to revolutionise people’s experiential realities.

### Mr. John Haskins

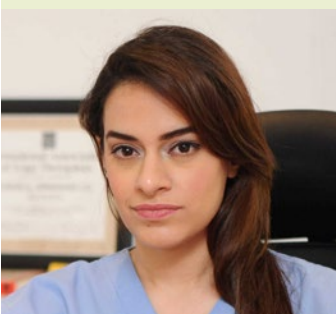
Director International Business Development - Psychemedics Corporation - USA



John Haskins joined Psychemedics in 2011 and currently serves as the Director International Business Development. Raised in France, he has over 25 years of international experience and service working in EMEA, Canada, New Zealand, and throughout the UK and US. With experience in General Management, Six Sigma and Lean Manufacturing principles, John has served in many senior roles helping to develop programs that grow businesses and increase their effectiveness. He has earned a reputation as a high energy, creative and versatile leader with a proven track record of significantly impacting the profitability and performance of global organizations.

### Ms. Fatima Al Mansoori

Yoga Therapy Specialist, Lifestyle Coach, International Speaker & Columnist - Bahrain



Al Mansoori is a certified Yoga Therapist who trained at a Hospital / Holistic Research Home in Bangalore using Integrated approach of Yoga Therapy. She has studied Yoga & Ayurveda, the sciences for complete healing of body, mind and soul in India. She was trained & taught by internationally acclaimed physicians and teachers who hail from a traditional Ayurveda families of South India. She has been awarded the following certificates with regards to the practice of: Yogic Science, Lifestyle Management, Ashtanga Yoga & Yoga Therapy, Ayurveda Nutrition, Psychology, Herbology and Advanced Yoga Therapy, Yoga Therapy for prevention & Management of Diabetes, CYA international Accredited Yoga Therapist. She is a well-known speaker and a columnist, who has appeared in many Radio and TV shows. She has assisted and guided hundreds of patients in dealing with different physical and psychological conditions by adapting a yogic lifestyle.



**WELLBEING**  
CONFERENCE & EXHIBITION

# EXHIBITION





# Exhibition



## About the Exhibition

Wellbeing and Occupational Health Exhibition is the leading event for HR and Occupational Health Organizations, Pharmaceuticals, Fitness Clubs and other organizations responsible for the health, safety and wellbeing of the workers. The exhibition will be adjacent to the conference venue and it will be open daily from 08:00 am till 5:00 pm.



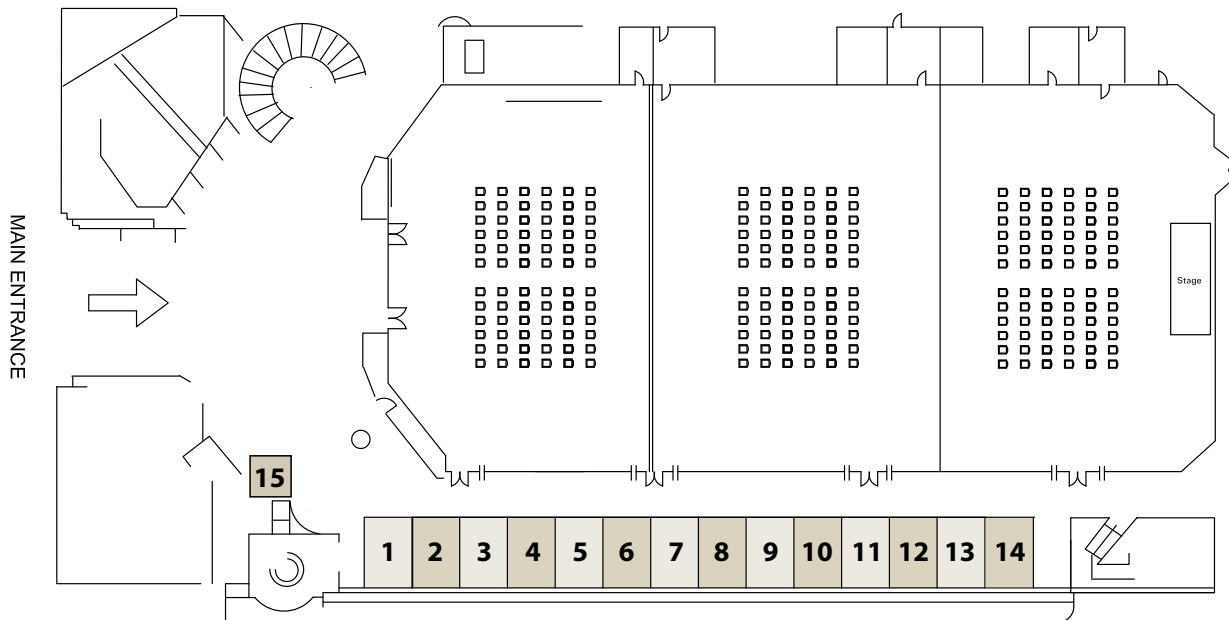
## Who should Exhibit?

- Major Companies/Industries
- Sports and Fitness Clubs
- Hospitals and Clinics
- Pharmaceuticals
- Insurance Companies
- Banks
- NGO's
- Governments

## Why to Exhibit?

- *Connect with anticipated 300 delegates who are entrepreneurs, distributors and leaders.*
- *Showcase your technology, services, products and solutions to key decision makers.*
- *Build brand recognition.*
- *See a wealth of new products and services with over 16 exhibiting organizations.*
- *Opportunity to meet with prospective new clients with specific interest in your organisation.*

# Exhibition Floor Plan



## Exhibitors:

- 01- Tamkeen
- 02- Tamkeen
- 03- Al Mashreq Training
- 04- Gulf Aluminium Rolling Mill
- 05- Bahrain Airport Services
- 06- Fitness First
- 07- Leadership Development and Experiences Abroad
- 08- Bahrain Islamic Bank
- 09- Al Jawhara Center
- 10- Bahrain Occupational Health Association
- 11- Gulf Pharmacy
- 12- Origin Training Center
- 13- Yiammas Lifestyle and Reps Fitness Studio
- 14- Bahrain Petroleum Company
- 15- Jashanmal

## Venue:

Bahrain Conference Center  
Crowne Plaza Hotel  
Diplomatic Area, Kingdom of Bahrain



**WELLBEING**  
CONFERENCE & EXHIBITION





# About Bahrain



*The kingdom lay out a comprehensive and integrated economic vision which aims to make its economy sustainable by the year 2030.*

The Kingdom of Bahrain is an archipelago made up of 33 islands located in the Arabian Gulf between the Kingdom of Saudi Arabia and State of Qatar and its total area is 780 km<sup>2</sup>.

The earliest human settlement in Bahrain's islands dates back almost 4,000 years. Over that time, it was inhabited by a series of different civilizations, starting with Dilmun, then Tylos, and finally the Islamic period.

Bahrain is a country that prides itself as being a thriving multi-cultural pivot, which welcomes people from all around the world, thanks to its tolerant attitudes, low cost of living, and abundance of educational and health facilities and services. According to the latest e-Government portal statistics, Bahrain's population is currently around 1.2 million Bahrainis and residents.

Bahrain is considered an important regional economic and financial center, and it is a base to a large number of global financial services companies. The Kingdom is also laid out a comprehensive and integrated economic vision which aims to make its economy sustainable by the year 2030.





# Inspirational Journeys

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*“If you love what you do, your success is guaranteed.”*

**Sara Albinmohammed**  
Ballerina Couture  
@ballerina\_couture



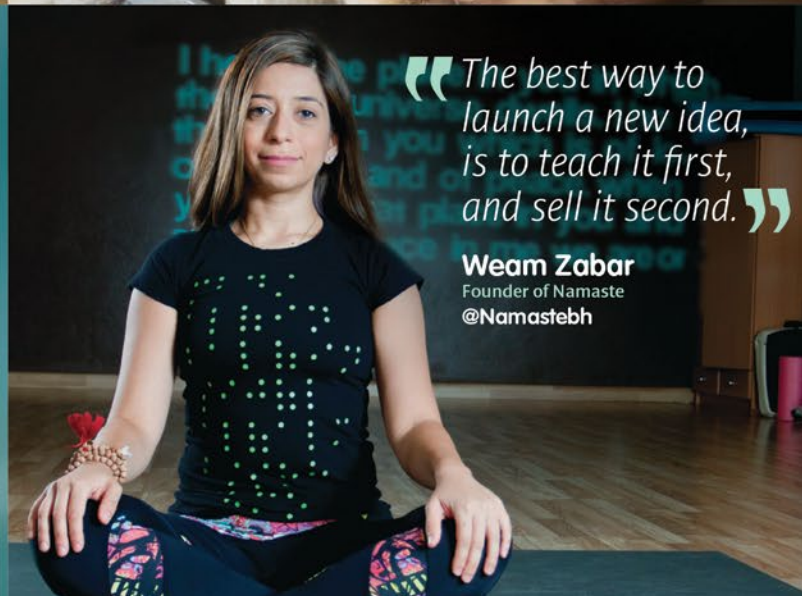
*“Be as unique as the sea, where the further you go, the more wonder you'll find.”*

**Mohammed Toraif**  
Fish Transporter  
@FishTransporter



*“Determination always helps open up the doors to success.”*

**Emad AlAsfoor**  
Bab alBahrain  
@babalbahrain



*“The best way to launch a new idea, is to teach it first, and sell it second.”*

**Weam Zabar**  
Founder of Namaste  
@Namastebh

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