

20 ANNUAL CONFERENCE

NZ Transport Agency & NZIHT

10th – 12th May 2021 **Napier Convention Centre**

GUEST SPEAKER

Sir John Kirwan



Sir John Kirwan, or 'JK' as we know him, is a Kiwi legend.

JK played 63 test matches for the All Blacks from 1984 to 1994. He was part of the 1987 Rugby World Cup team.

And he's also had success with the Warriors and as a coach including on the international stage with Italy and Japan.

He's also a family man.

In 2012 JK was knighted but not just for services to rugby. He was also knighted for his services to mental health.

JK started talking about mental health, and his personal story of depression, at a time when there was quite a bit of stigma associated with these conditions.

He's been at the forefront of public campaigns about mental health and has led the charge to see talking about mental health normalised.

And of course, more recently he's brought us his ground-breaking company – Mentemia, a mental wellbeing platform that embeds mental wellbeing into workplace cultures and helps individuals build great wellbeing habits day to day.

Resilience, People, Customers

'JK – My story and the new era of workplace wellbeing'

All Black legend & mental health advocate Sir John Kirwan shares his powerful story of reaching the very top of his sport, his mental health journey, and how you can help yourself and those around you by prioritising mental wellbeing.

John is recognised as one of the greatest rugby union players of all time, and has incredible stories having been one of the most high profile players on the planet. But during that time he was hiding a serious mental health crisis.

In his down-to-earth, colourful style, listen to JK's story, the highlights and lowlights, his mental health journey and what he is now up to with Mentemia, a workplace wellbeing platform that helps leading Kiwi and Australian businesses create wellbeing cultures that stick.