

Annual Conference: 21 - 22 September 2018 – Rotorua Optional Activities

All optional activities commence shortly after the finish of the business sessions of the conference at 12.30pm on Saturday 22 September.

Caroline Adams Miller Workshop

The Workshop will be held at the Novotel Lakeside Rotorua Hotel **from 1.30pm**. Guests who have chosen the Workshop for their optional activity will be offered a buffet lunch at the Novotel Hotel from **12.30pm**.

Offsite Activities

Guests will be collected from the Novotel Lakeside Rotorua Hotel, transferred to their chosen activity and returned to the Novotel in time to get ready for the formal dinner at Te Puia.

- Collect a packed lunch as you leave the conference;
- Change clothing if required for your chosen activity;
- Hop on the correct bus for your chosen activity;

and you are off for an afternoon of enjoyment with colleagues, partners and friends.

Please note that it is the responsibility of guests to wear clothing and footwear appropriate for their chosen activity (see details below). **Please collect your lunch and change into appropriate clothing (if required) for your optional activity, ready to be collected by 12.55pm.**

Workshop on Goals and Flourishing – Caroline Adams Miller



Caroline is one of the world's leading experts on the science of goal setting and grit. She's spent more than 30 years helping individuals, leaders and companies to cultivate grit to achieve their goals and find personal and professional success. Caroline has a Masters of Positive Psychology from the University of Pennsylvania and graduated *magna cum laude* from Harvard. She is the author of six books, including *Getting Grit* and *Creating Your Best Life*. Caroline's work has been featured in *BBC World News*, *The New York Times*, *The Washington Post*, *NBC*, *NPR*, and *CNN*.

The Workshop

One of the most common misconceptions about goal-setting is that success drives well-being, even though research conclusively shows that people only succeed with their goals after they are flourishing first.

An optional activity is included in a conference ticket or can be purchased by partners at \$160.00 (incl. GST)

In this workshop, Caroline Adams Miller will share some of the most important findings from Positive Psychology about what "wise interventions" are most likely to create well-being and how people can maximize their ability to flourish, including the identification and use of character strengths. Caroline will help participants understand how to use their own strengths effectively to succeed with their goals, including how the overuse and underuse of those same strengths can become weaknesses.

Caroline will also unpack goal-setting theory to help participants understand why SMART goals might not actually be very smart, and how to create an effective plan of action that will include how to identify positive relationships, why one's environment can help or hurt goal pursuit, and how the creation of a resilient mindset can make a difference.

Audience takeaways will include:

1. How to understand and use one's VIA Character Strength profile, and how to spot strengths in others;
2. How to differentiate between learning goals and performance goals, and how mixing them up can cause personal and business disasters;
3. Why "challenging and specific" goals always create the best outcomes and also build authentic self-esteem;
4. Which worksheets can be effectively used to create comprehensive goal plans that also have positive emotional outcomes;
5. Which "wise interventions" can create contagious positive environments;;
6. How to identify the signs of a positive relationship and which behaviors are likely to derail progress;
7. How to "prime" one's environment to maximize one's chances of succeeding.

Special requirements: None

Canopy Tours – Zip-line (Ability level – Grade 3*)

Zip-line through the wonderful native trees of Mamaku Forest taking in an awesome mix of ecology and adventure. This zip-line adventure activity is the experience of a lifetime. It's a magnificent environment where you visit a long forgotten ancient New Zealand forest just like the whole of New Zealand once was. But we have a very fun way of moving through it – a low impact mode of transport to get you high in the ancient canopy!



Special requirements: Comfortable walking clothes and closed toe footwear. Note: Max weight of 120kg.

Equipment provided: All necessary equipment.

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Mountain Biking (Ability level – Grade 2-4*)

Mountain bike through one of the best trail networks in the world. With over 130km of tracks to choose from, your guides will take you on the trails that are best suited to your ability. Join the only company that is accredited under the Adventure Activity Regulations as well as concessioned for both the Rotorua Lakes Council and DOC to guide mountain biking, Mountain Bike Rotorua.

Special requirements: Shorts, t-shirt, light rain jacket and sneakers.

Equipment provided: Helmet and bike.

White Water Rafting – Kaituna River (Ability level – Grade 5*)



This tour takes on three waterfalls, including the highest commercially rafted waterfall in the world. You will be paddling through the pristine heart of the best rafting region in New Zealand – Okere, Rotorua. Set amongst the sub-tropical rainforest this spectacular 2.0 - 2.5 hour experience provides all the gear you need, initial training and around 50mins on the water. Enjoy a thrilling mix of dropping down three waterfalls, pushing through 14 rushing rapids and paddling through calm waters of recovery where you can look back

in awe at what you have achieved. The Kaituna Waterfall Experience is suitable for nature lovers to adventurous first timers and total thrill seekers.

The area is steeped in Māori history and you will learn about the history and caves used as the burial ground for Chief Tutea – hence the naming of the mighty waterfall, the Tutea Falls.

Special requirements: Bathing costume, towel and warm clothes for afterwards.

Equipment provided: Wetsuit, booties, fleece, jackets and safety gear.

*Key to Grades 1-5

Grade 1 - Very Easy activity - No fitness required. Few or no obstacles.

Grade 2 - Easy - Relaxed activity - No significant fitness required. No serious obstacles.

Grade 3 - Medium Difficulty – Moderate level of fitness required (should be able to walk medium distances). Activities may take place on uneven terrain or have an element of easy adventure.

Grade 4 - Difficult - Should be able to be active for longer periods of time. Activities will likely be adventurous and involve uneven terrain, heights and/or obstacles that require skilled manoeuvring.

Grade 5 - Very Difficult - Much like Grade 4 except risks and consequences are higher. Should be able to be active for longer periods of time. Activities will likely be adventurous and involve uneven terrain, heights and/or obstacles that require skilled manoeuvring.

An optional activity is included in a conference ticket or can be purchased by partners at \$160.00 (incl. GST)

Monster Truck – Skeet Shooting – Go Karting (Ability level – Grade 2*)

Off Road NZ is located on a beautiful NZ native bush-clad property on the Mamaku Plateau, just 20 minutes north of Rotorua City. The rugged, formerly volcanic landscape offers diverse terrain for 4WD vehicles. Be thrilled by the Monster 4X4's unique 4-wheel steering mechanism, which helps to power through New Zealand native bush, up and down near-vertical slopes tackling the 'Widow Maker' and the 'Loggers Long Drop'. Challenge yourself with the more sedate clay bird shooting, then speed your way around the internationally recognised course at Off Road NZ with Raceline Karting's state-of-the-art karts that can hit 100km per hour on the 150m straight.



Special requirements: Comfortable closed in walking shoes, warm clothes and rain gear.

Equipment provided: Wet weather gear for Monster Truck (if needed), race suits for karting.

Redwoods Treewalk and Geyser Experience

(Ability level – Grade 3*)



Redwoods Treewalk is a 600-metre long, eco-tourism walk in the heart of Rotorua's Redwood Forest. Consisting of a series of 23 suspension bridges, traversing 22 majestic Redwood trees that are more than 117-years-old. The height of the walkway ranges between 6 m and 20 m, including glass viewing panels allowing an elevated view of the forest below. *This option replaces the Kiwi experience at Rainbow Springs which is unfortunately being refurbished in September 2018.*

After the treewalk travel to Te Puia, the Centre for New Zealand's Māori Culture and Geothermal Wonders (venue for Saturday evening's formal dinner) for a private hosting through the New Zealand Māori Arts and Crafts Institute, explore the Te Whakarewarewa geothermal valley and enjoy steamed canapes and bubbles at the Pohutu Marquee.



Special requirements: Comfortable walking shoes, warm clothes and rain gear.

An optional activity is included in a conference ticket or can be purchased by partners at \$160.00 (incl. GST)

Casual Dinner – Friday 21 September

Stratosphere Restaurant, Skyline Rotorua



A short coach trip from the Novotel Hotel and a gondola ride takes guests to the contemporary ambiance of the Stratosphere Restaurant and Bar. Catch up with friends and colleagues whilst enjoying both an array of freshly prepared local produce and the spectacular views of the Lake, the City of Rotorua and out to Mount Tarawera.

This dinner is included in a full conference ticket or partner ticket price \$165 (incl. GST).

Dress: Smart / Casual

Formal Dinner – Saturday 22 September

Te Puia, Centre for New Zealand's Māori Culture and Geothermal Wonders

Coaches will take guests from the Novotel Hotel to Te Puia, the Centre for New Zealand's Māori Culture and Geothermal Wonders. Following a traditional Maori welcome Powhiri, drinks and dinner will be held at Te Puia's brand new dining facility.

This dinner is included in a full conference ticket or partner ticket price \$190.00 (incl. GST).

Dress: Black Tie / Formal



An optional activity is included in a conference ticket or can be purchased by partners at \$160.00 (incl. GST)