

TO CELEBRATE OUR 1ST BIRTHDAY AT THE WOMEN'S LEADER
FITNESS BUSINESS PODCAST WE ANNOUNCE

AUSTRALIA'S FIRST IGNITE WOMENS VIRTUAL ROUNDTABLE FITNESS BUSINESS EVENT

IGNITE FITNESS BUSINESS EVENTS FUELLED BY MEL TEMPEST

25 – 29 MAY 2020

Our Women's Ignite Fitness Business event is shaping up
to be week of education, networking, personal growth and
collaboration.



BOUTIQUES



TECHNOLOGY



LEADERSHIP



BUSINESS



OPPORTUNITIES



PRODUCT



LEGAL



WELLBEING



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IGNITE WOMEN
FITNESS BUSINESS EVENT



IGNITE WOMEN

FITNESS BUSINESS EVENT

25 – 29
MAY 2020

DELIVERING VIRTUALLY

KEY SPEAKERS



TO REBRAND OR NOT REBRAND, THAT IS THE QUESTION?

Can you be identified, or do you get lost in the crowd?

Everyone and everything has an identity. However, as situations alter and a company or brand develops. Reinvention is due from time to time. Some companies get it right and some get it horribly wrong!

Having started her career in an entry level operational position in leisure and working her way up the ladder, in 2013 Gemma moved from operations to join Matrix Fitness, the commercial arm of Johnson Health Tech, when she departed she held the role of Director of Strategic Marketing EMEA. In 2017 Gemma became the Global Marketing Director for the wearable tech company Myzone, where she led the rebrand project and developed the strategic marketing and direction. Gemma is an experienced and qualified marketer, and is recognised by being a Fellow of the Chartered Institute of Marketing. Gemma has also sat on the Professional Standards Committee for EREPS part of Europe Active. bonskaconsultancy.com

Gemma Bonnett-Kolakowska



BUILDING HIGH PERFORMING TEAMS

In this session Katie will show you how to lay the foundations of a high performing team to set them up for success. We will look how to align key messages to lead teams, minimise confusion and company politics. Discover the importance of performance management and career conversations to sustain results. When company leaders embrace culture and lead by example it creates a successful experience for everyone.

www.culturefithr.com.au

Katie Jones



THE POWER OF PREDICTION

In a time when so many things are uncertain, the power of predictive technology is more important than ever for the fitness industry. During this speech, we will explore how AI can be easily implemented and used by operators to increase a variety of revenue streams such as secondary spend, increased referrals and improved LTV. Keepme is a membership revenue acceleration platform that utilises predictive technology.

www.keepme.ai

Olivia Milne

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THE POWER OF GROUP FITNESS FOR HEALTH CLUBS

Group Fitness is a powerful tool for health clubs and now more than ever with the rise of the boutique studio market. Both in person and virtual programming is a MUST to stay ahead of the curve and compete. It brings members together, builds the community, and keeps them engaged.

www.soulbody.fitness

Stacey Seward Vandiver



TRAINING OLDER ADULTS, IS NOT ALL ABOUT THE EXERCISE.

We know that exercise is an excellent way of improving the physical abilities of our aging population but that's not all there is to a physical activity program. Training in community groups may also reduce stress, alleviate depression symptoms, increase self-efficacy, preserve cognition function, and increase resilience. Fun games in groups, elevates happy hormones. The sheer enjoyment of a fun program, with the aid of friendships, and music, is the catalyst to keeping the participants coming back and enjoying their retirement years.

Nancy Casu



CREATING A HEALTHY WORKPLACE CULTURE

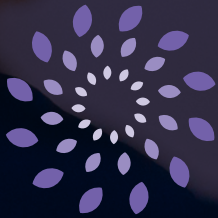
What are the different types of bullying that you need to be aware of in your workplace? It is our responsibility as both employers and employees to create a mentally safe workplace. Learn the physical and mental impacts that bullying and a toxic culture can have on employees and what steps can you take to create a healthy workplace culture where all employees can thrive. www.edwinagriffin.com

Edwina Griffin

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THE ME TO WE CREATING CONNECTION, EMBRACING CHANGE AND TAKING ACTION IN THE FITNESS INDUSTRY

Now is the time to connect with others in our industry. The importance of being on the leading edge and recognizing what is to come in our industry has never been so relevant. In this session Meghan will discuss her three C's to creating connection, ensuring that you are fully prepared for re-opening and what you need to do right now to have long-lasting success in the fitness industry. There has never been a better time to connect in our industries, let the communities begin, together we rise. www.buzvil.com

Meaghan Jarvis



DISCOVERING NEW OPPORTUNITIES

EMS (Electro muscle stimulation) is the most dynamic segment in the industry and is rocking the fitness scene around the world.

In this session you'll learn everything about it, listening to the global leader in this high-flying field. Discover exciting new business opportunities and be one step ahead of your competition.

www.miha-bodytec.com.au

Cornelia Schuh



LEADERSHIP FOR WOMEN IN THE ASIAN BUSINESS INDUSTRY

- ▶ Discussing career change and knowing your worth in an organisation
- ▶ Public speaking in large events
- ▶ Moving from the stigma "women are not great bosses"
- ▶ How to not shy away from Digital career opportunities?

www.thefitsummit.com

Sara Dhurga

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CREATING BIGGER BOLDER THINKERS IN THE FITNESS INDUSTRY

This high energetic session peppered with personal business experience that will unleash your superpowers to think bigger and bolder to create better business. Mel will speak openly about strategies that work as a club owner and what to do when individuals challenge you as a business leader. meltempest.net

Mel Tempest



TACKLING BURNOUT

Discover burnout prevention strategies that position you to stay well while building a sustainable future for yourself and your team. www.corethenticbody.com

Flic Manning



THE NEXT GENERATION OF LEADERS

In this session Nadine will give you some tried and tested tips on hiring, motivating and coaching the next generation of our industry leaders.

Nadine Kemp



YOGA AND WELLBEING

It is through collective collaboration that we have the ability to create wellbeing for all. This yoga session is to deepen your connection with yourself, to other people, and to world around you. With connection we increase our longevity by 50%, strengthen our immune system, and reduce cellular ageing. In this session you will also learn how to further educate and empower your staff and members on wellbeing practices. Get ready to get your bliss on, from the the inside out, and beyond! Awesome music is a non-negotiable.

www.myndwellness.com.au

Fiona Kriaris

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