



2025 in review

In December 2025, the Wellbeing@Work SIG will host a symposium at the ANZAM conference. The aim of this symposium is to draw attention to the world-leading wellbeing at work research that is being led by research centres across Australia and New Zealand and to foster collaborations between these centres and their members. Our previous symposia have stimulated exciting workplace health and wellbeing research projects. In 2024 we launched a 3-minute research competition. This will take the form of a Presenters will have 3 minutes to present their research using 1 slide - a '3-minute thesis' style presentation. Based on the success of this initiative, we have expanded the 3-minute research competition and have secured additional Best Paper prizes. Our symposium this year includes Professor Anna Ocampo from ESADE business school in Spain who will lead discussions and a panel session on research on the future of work and workplace wellbeing.

Please note that Professor Rebecca Mitchell who leads the Wellbeing@Work SIG is still recovering from a serious car accident and works in a part-time capacity. For this reason, our planned online symposium has been postponed to 2026.

Plans for 2026

In 2026, the Wellbeing@Work SIG will host two main events. Our main event will be held in December when the Wellbeing@Work SIG will again host a symposium to showcase the wellbeing at work research that is being led by research centres across Australia and New Zealand and to foster collaborations on emerging workplace health

and wellbeing issues. The theme of the symposium will be technology and wellbeing at work. This symposium will be held as part of the ANZAM conference, subject to acceptance. Again, the first part of symposium (40 minutes) will be an HDR/ECR session. This was very successful last year and we are hoping for a great participation rate. Participation will be submission-based and Best Presentation Awards. We hope to again invite Professor Anna Ocampo (ESADE Business School) or Professor Belinda Steffan (University of Edinburgh) to lead a panel discussion that includes leading ANZAM researchers.

The second event, originally planned for 2025, will be an online symposium that will include wellbeing@work scholars from across all participating universities. The aim of the online event is to introduce ECR and HDR scholars to each other and the wide range of wellbeing project being led across Australia and New Zealand. We hope to encourage future collaborations and connect siloed research programs.

Indicative Budget

International guest accommodation two nights x \$250 per night = \$500

Wellbeing@Work 3-minute thesis prize for best ECR and best HDR research presentation x \$50 per prize = \$100