

AHSPO 2023 Conference

Conference Speakers



Meet Olly Bridge

Olly has 25 years of health and wellbeing experience, he served as an Executive Director of the Workplace Health Association of Australia (WHAA) and during his time as Head of Health and Wellbeing of an ASX listed company the organisation was awarded the AHRI's Martin Seligman Prize for Best H&W Program.

Olly's mission is to help organisations 'Build a Bridge' to a future where employees leave work healthier and happier than when they arrived. Sports science has shown us the way to get athletes to perform at their peak, now we can use these learnings for the Corporate Athlete.



Meet Jo Stanley

Born and raised in Melbourne, Jo Stanley rose to fame in 2003 as one half of The Matt and Jo Show, the hilarious and heartwarming breakfast radio duo on Fox FM. Together with funnyman Matt Tilley, Jo enjoyed 10 successful years of breakfast radio—at their peak, the duo was the most listened-to radio show in the country, with a whopping 6 years at Number 1.

Jo is a qualified and accomplished 1:1 Executive Coach, certified by the Institute of Executive Coaching and Leadership. She has been coaching for 4 years, and brings her experience as a leader in the media industry, as a post-graduate in management studies, and as a mindfulness advocate to each session, allowing her to be creative with her coaching Approach.