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## Media Release

### **From the slopes to the workplace: Olympic gold medallist Alisa Camplin shares her tips to help Australians thrive professionally with release of new Resilience Toolkit in partnership with AIA Vitality**

**Melbourne, 26 October 2020** – In a year in which Australians have faced unprecedented levels of uncertainty and seismic shifts to their work-life balance, Olympic gold medallist and human performance consultant Alisa Camplin, in partnership with leading health and life insurer AIA Australia, has launched a free toolkit to arm Australians with evidence-based tools and techniques to elevate their resilience and set themselves up for greater success in the workplace.

*The Alisa Camplin-AIA Vitality Workplace Resilience Toolkit* is an eight-part chapter series with an accompanying workbook that has launched this week, free to all Australians, and steps through the process that Camplin herself has honed from the highs and lows of her own professional and personal life.

From overcoming countless injuries on the slopes – including two broken ankles, two knee reconstructions and nine cracked ribs – to learning how to shift her focus away from the elements that were out of her control and onto what was in her control, Alisa became the first Australian woman to win an Olympic skiing gold medal at the Salt Lake City Winter Games in 2002.

Building on the immense experience and lessons learned as an elite athlete and corporate executive, Camplin further evolved her resiliency practice by working with practitioners, leading academics and some of the world's biggest companies in her role as a performance consultant. She has also faced painful challenges including the tragic loss of her first-born child to congenital heart disease at just 10 days old.

“Resiliency has played a huge role in my life and I attribute the skills and techniques I have learned and developed to helping me achieve and be grateful for life’s highs as well as survive the lowest of lows – I’m proud and excited to partner with AIA Vitality to share what I have learned with Australians in a time when so many people need it the most,” said Camplin.

“It is my hope that *The Alisa Camplin-AIA Vitality Workplace Resilience Toolkit* will provide Australians with the best strategies, tips and techniques to feel supported and empowered to make the small changes to improve their wellbeing and plan for their future success – it’s about educating and equipping people with the practical fundamentals to sustainably thrive both professionally and personally,” she added.

The toolkit consists of eight interactive chapters which covers topics including emotional awareness and regulation, empathy, impulse control, flexible and accurate thinking, stretching for growth and much more, with advice and guidance from Camplin throughout as well as from a range of other experts and professionals.

“Change, opportunity and uncertainty is relentless – we’ve all experienced this in droves this year – and while I built the toolkit to ensure these strategies and tools can be used by Australians at any time, they’re especially relevant now,” added Camplin.

“Perspective is a great skill to build and practice at the moment – when you’re feeling challenged or overwhelmed, stop and ask yourself if this is something that really matters at this point in time, check the importance, priority and urgency to determine if you really need to push through or perhaps exercise patience and self-compassion instead so you can work towards better in the future.”



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Released in partnership with AIA Australia's world-leading, science-backed health and wellness program AIA Vitality, *The Alisa Camplin-AIA Vitality Workplace Resilience Toolkit* coincides with recent, world-first research released by AIA Australia and Quantum Health, which reveals the true impact health and wellbeing issues are having on Australian workplaces and the economy.

AIA's research into the factors that impact depression risk suggests that if Australians make healthier lifestyle choices and practice at least average health habits this could result in 300,000 fewer depression incidences per year, 4.7 million recovered working days for employers and a saving of \$3 billion per year to the economy.

AIA's most recent workplace research taken from the *AIA Vitality 2019 Australia's Healthiest Workplace* survey also reinforces this, with the research showing that more than half of Australians feel stressed at work despite businesses investing more time, money and resources into health and wellbeing services.

"As a life and health insurer with a dream of championing Australia to be one of the healthiest and best protected nations in the world, we are committed to supporting the health and wellbeing of Australians. We want to provide them with access to the best information and tools so they can take small steps to leading a healthier life. This is why we're honoured to partner with Alisa Camplin to release the workplace resilience toolkit," said Damien Mu, CEO and Managing Director, AIA Australia and New Zealand.

"2020 has been a huge year for all Australians, one that has created unprecedented pressure on stress levels and mental wellbeing – due in large part to job insecurity and economic uncertainty. It goes without saying that we have all had to dig deep to ensure we are prioritising our health and wellbeing," he added.

"As an organisation that employs more than 2,000 people in Australia, we understand that while improving mental resilience starts with education around how individuals can take action, it is also integral that the support mechanisms are in place at a corporate level to improve productivity, staff engagement, lower staff turnover and a reduction in sickness absence – this is something we proudly champion at AIA."

AIA Australia has recently been announced alongside organisations including Microsoft Australia, Allianz Australia and Deloitte Australia as a founding member of the Corporate Mental Health Alliance, a business-led, expert-guided member organisation dedicated to improving mental health in the workplace.

AIA Australia has a range of initiatives internally which promote mental health, wellbeing and resilience in the workplace including a mental health hub, a peer support program, an employee support program which is available for all staff and their immediate family members as well as company-wide support of wider initiatives including mental health eLearning, R U OK Day?, Mental Health Week, volunteering opportunities and more.

*The Alisa Camplin-AIA Vitality Workplace Resilience Toolkit* is available free to all Australians from 26 October [here](#).

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### **About AIA Australia**

AIA Australia is a leading life insurance specialist with over 47 years' experience. With a unique customer value proposition focused on life, health and wellbeing, our purpose is to make a difference in people's lives.

In November 2019, AIA Australia commenced a Joint Cooperation Agreement (JCA) with the Commonwealth Bank of Australia (CBA) for the joint operation of their Australian life insurance businesses, AIA Australia and CommInsure Life. The JCA enables AIA Australia to exercise a level of direct management control and oversight over CommInsure Life.

Together, AIA Australia and CommInsure Life offer a range of products that protect and enhance the lives of more than 3.8 million Australians. Our vision is to embrace shared value in championing Australia and New Zealand to be the healthiest and best protected nations in the world. With AIA Vitality – the world's leading science-based health and wellbeing program – we help members to live healthier, longer, better lives.

AIA Australia has been recognised with multiple awards, including the Women in Finance Employer of the Year Award (2018, 2019), Super Review's Best Insurer of the Year (2018, 2019), and iSelect Partner Awards Insurer of the Year (2019).

Further information at [www.aia.com.au](http://www.aia.com.au).

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