

# HOPP Tour

Healthy Oceans, People and Ports

DR TOM ON A MISSION



The HOPP tour from 'Dr Tom' is a mission to measure and manage the wellbeing of human resources within our maritime industry.

## Background

The discussion of sustainability of our oceans, marine life and ecosystems is growing. However, we believe the health and sustainability of workers is equally paramount. The environments of working on and in the ocean can often be isolated, dangerous and unpredictable. The HOPP Tour sets out to address health issues to ensure employees remain safe and with the ability to complete their jobs to their best ability.

## Why?

The maritime industry is a vital part of New Zealand's economy. Investing in the wellbeing of the people that run this industry is paramount in sustainability and return on investment of resources. Traditionally, we tend to invest time and money into plant, stock and processes, without investing in ourselves and our workmates.

**Health IS Safety.** Health and Wellbeing are vital for optimum performance and great decision-making skills that can make or break a trip or exercise. Good physical and mental health improves situational awareness, reduces mistakes, decreases absenteeism and burnout.

## Who?

Dr Tom Mulholland is New Zealand's leading wellbeing expert. He has hosted his own TV and Radio shows, has a weekly wellbeing column in the Sunday Star times and written two internationally best-selling books on Healthy Thinking. With over a thousand wellbeing talks and workshops for the likes of Google, Microsoft and Fonterra under his belt, Dr Tom is a seasoned expert in story telling. Dr Tom's talks are delivered in an informative, entertaining and engaging way.

Descended from a long line of mariners, Dr Tom lives on a boat in Westhaven Marina, and works as a ships doctor to remote Polar and tropical locations. He has worked in the Chatham Islands and worked dived, fished and surfed in most parts of Coastal New Zealand.



Dr Tom has been touring NZ in his retro Chevy ambulance for the past three years, taking health and wellbeing to the people. On these missions Dr Tom and his team have been measuring wellness through health checks, speaking engagements and running successful workshops on Healthy Thinking.

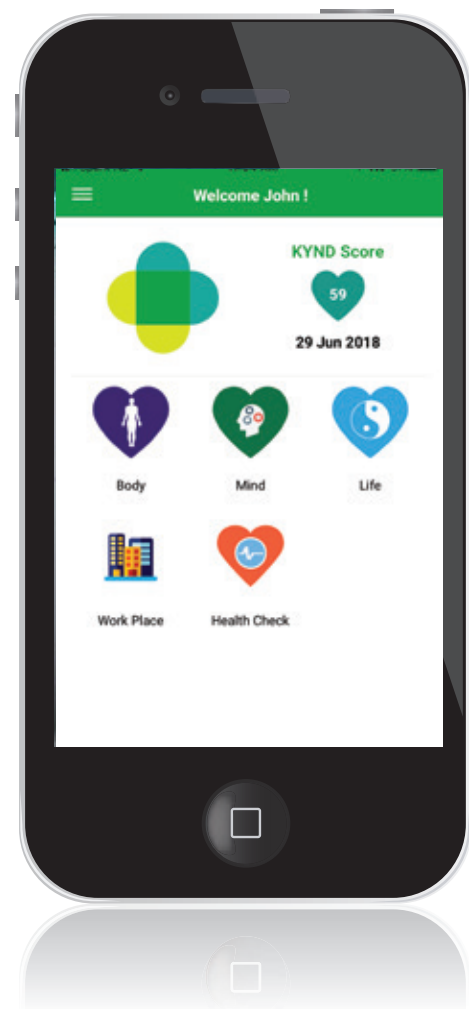
Dr Tom and his team have tested and talked to thousands of people. This has made a difference to many people's lives, by sharing his wellbeing tools and techniques. One of those tools is an app called **KYND Wellness**, which Tom believes has the power to transform and improve the lives of all those working in NZ's marine industries, and also their families.

## The KYND Wellness app



**Based on our previous work and using the KYND app during this HOPP Tour we expect to pick up around:**

- 300 People with pre or full type 2 Diabetes
- 450 people with High Blood pressure
- 500 people with stress, anxiety or depression
- 350 People with poor sense of purpose or a plan for their life.





## How?

Dr Tom and his team will circumnavigate NZ in their 12 metre Power Cat MV Cool Change, supported by a land crew travelling in the 'Dr Tom on a Mission' Ambulance.

**They will stop at 16 Ports along the way. At each stop Dr Tom will:**

- Test people for Diabetes, High Blood pressure, Depression, Anxiety, Stress, Mindfulness, Fatigue and Burnout.
- Measure the mental, physical and social wellbeing using the KYND app of those associated with our maritime industry and their families.  
[www.kyndwellness.com](http://www.kyndwellness.com)
- Give tools, techniques and resources on general wellbeing to promote employee sustainability  
[www.healthythinking.biz](http://www.healthythinking.biz)
- Provide keynote presentations on wellbeing and Healthy Thinking workshops
- Find the healthiest ports and communities in coastal New Zealand, and celebrate that through traditional and social media.
- Document the mission in a positive and meaningful way to promote Healthy Oceans, People and Ports.
- Create a legacy of wellbeing that can be passed on to future generations.



We invite you to

- **Book on-site workplace testing**
- Book a talk
- Book a wellbeing workshop
- Become a sponsor

Email Dr Tom Mulholland - [tom@drtomonamission.com](mailto:tom@drtomonamission.com)  
Ph 027 575 2435

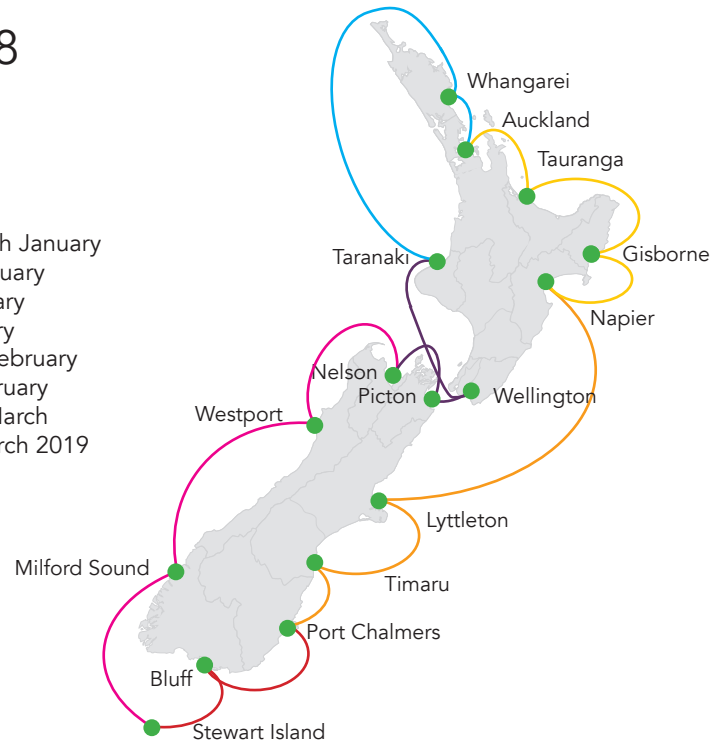
# The HOPP Tour Schedule

Depart Auckland October 1st 2018  
travelling clockwise around NZ.

Arrival dates are:

- |                                       |                              |
|---------------------------------------|------------------------------|
| ■ Tauranga 8th October                | ■ Milford Sound 14th January |
| ■ Gisborne 23rd October               | ■ Westport 21st January      |
| ■ Napier 29th October                 | ■ Nelson 28th January        |
| ■ Lyttleton 12th November             | ■ Picton 4th February        |
| ■ Timaru 19th November                | ■ Wellington 11th February   |
| ■ Port Chalmers/Dunedin 24th November | ■ Taranaki 18th February     |
| ■ Bluff 3rd December                  | ■ Whangarei 18th March       |
| ■ Stewart Island - 17th December      | ■ Auckland 31st March 2019   |

Book testing, talks and workshops **now** to avoid disappointment. Ph 027 575 2435 or email [tom@drtomonamission.com](mailto:tom@drtomonamission.com)



Tom has got a great message which he presents in a humorous way. How do we change things? By changing our attitudes. He provides great examples of what and how.

**Sir Ralph Norris, CEO,  
Commonwealth Bank of Australia**

Healthy Thinking is the single fundamental paradigm shift the NZ education system needs to empower the lives of both students and teachers.

**Graeme Aitken  
Dean Faculty of Education University of Auckland**

I am very happy to recommend Dr Tom as an ambassador and Wellbeing expert to deliver such programs in NZ and overseas.

**Gerard Vaughan, Farmstrong Project Lead**

## Join our mission

Email Dr Tom Mulholland  
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Ph 027 575 2435  
[www.drtononamission.com](http://www.drtononamission.com)  
[www.kyndwellness.com](http://www.kyndwellness.com)

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