

10.00 - 10.40

Keynote: Opening up the Conversation on Workplace Mental Health

Former professional footballer Clarke Carlisle suffered mental illness throughout his professional career, now he and his wife Carrie share the insights they have gained from their journey to mental wellbeing and how organisations can apply these lessons to the workplace.

Understanding the barriers to honest and open conversations around mental health and how to overcome them to encourage employees to seek help when they need it.



CHAIR

Mark Malcolmson CBE

Principal and Chief Executive, City Lit



KEYNOTE SPEAKER

Clarke Carlisle

Former Premier League Footballer



KEYNOTE SPEAKER

Carrie Carlisle

Journalist and Mental Health Speaker

10.50 - 11.30

Exploring Changing Attitudes Towards Personal Health and the Role of the Employer in Workplace Wellbeing

- Uncovering the latest research findings on workplace wellbeing, employee health and attitudes towards corporate healthcare
- Putting strategy into action - discover what matters most to employees in 2023 and what this means for employers
- Gain expert insights and hear top predictions for the future of employee health and wellbeing to ensure your strategy reflects the latest developments



CHAIR

Petra Velzeboer

CEO and Founder, PVL



SPEAKER

Marc Holl

Head of Equality - Primary Care



11.35 - 12.20

Panel: Supporting Line Managers to Support Their Teams and Manage their Own Mental Health

- Understanding the critical role that line managers play in wellbeing, as a first point of contact for team members who may need support and as the person who impacts most on social wellbeing, psychological safety and the reality of an employee's day to day working life.
- Ensuring managers have the skills, capabilities and behaviours to deliver the organisations wellbeing policies in practice
- Identifying the training and support that line managers need to manage their own wellbeing in this context.



CHAIR

Andrew Berrie

Head of Workplace Wellbeing, Mind



SPEAKER

Khushboo Patel

Head of Engagement and Inclusion, Metro Bank



SPEAKER

Bola Ogundeji

Deputy Director of Workforce and OD, Moorfields Eye Hospital NHS Foundation Trust



SPEAKER

Francoise Woolley

Head of Mental Health and Wellbeing, ACAS



13.50 - 14.20

Fireside Chat: Defining and Measuring Wellbeing for Healthy Employees and Organisations

- Building a culture of wellbeing by defining what wellbeing means in your organisation and developing strategies to measure the impact and effectiveness of your approach.
- Understanding the relationship between wellbeing, organisational, and individual performance to develop the right definitions and metrics
- Identifying the key drivers of wellbeing and the outcomes you want for your business and your employees, to ensure an aligned approach which uniquely fits the context of your organisation.



CHAIR

Petra Velzeboer
CEO and Founder, PVL



SPEAKER

Dr. Richard Heron

Former VP for Health at BP and Lead for the metrics sub-group, National Forum for Health and Wellbeing at Work



SPEAKER

Kelly Metcalf

Head of Diversity, Inclusion and Wellbeing, Fujitsu



14.30 - 15.15

Panel: Empowering Employees to Take Ownership of their Wellbeing

- Encouraging employees to engage with wellbeing initiatives and take ownership of their wellbeing
- Providing support to employees who want to take charge of their own wellbeing
- How to balance organisational and individual responsibility to support behaviour changes
- Using principles of behavioural psychology to support sustainable, long-term changes



CHAIR

Petra Velzeboer
CEO and Founder, PVL



SPEAKER

Becky Thoseby
Head of Workplace Wellbeing, Ministry of Justice



SPEAKER

Karen Sancto
EMEA Benefits, Senior Specialist, Middle East and Africa and Chair, Families@Microsoft UK, Microsoft



SPEAKER

Dr Clare Fernandes
Chief Medical Officer, BBC



10.00 - 10.40

Keynote: The Future of Work and Wellbeing

- Exploring the factors that will fundamentally change where, when and how people work in the future, and the importance of employee wellbeing as an outcome
- Understanding how developments in work, workplaces and the workforce will impact on employees and organisations and how companies can put wellbeing at the centre of their future plans
- Building individual and organisational resilience and adaptability to manage uncertainty and change, and help employees navigate changing roles and careers, and new ways of working that can support their wellbeing



CHAIR

Catherine de la Poer
Founder, Halcyon Coaching



KEYNOTE SPEAKER

Peter Cheese
Chief Executive, CIPD



10.50 - 11.20

Developing an Agile Wellbeing Strategy to Support the Changing Needs of the Organisation

- Linking wellbeing to organisational objectives to ensure it is a strategic priority with the focus and resources needed to drive meaningful change
- Ensuring board-level buy-in and support for investment in wellbeing by demonstrating the ongoing value and impact of an agile, adaptable approach
- Harnessing data and feedback to ensure your wellbeing offer evolves and stays relevant to the changing needs of employees.



CHAIR

Clare Dare
Head of Health, Risk & Technology, PIB Employee Benefits



SPEAKER

Jo Payne
Chief People Officer,
PIB Group



SPEAKER

Dylan Wickenden
Executive Director,
Human Resources,
EMCOR



SPEAKER

Alison Unsted
UK CEO & Global
Strategy Director
City Mental Health
Alliance

11.35 - 12.20

Panel: Redefining Success: The compelling case for putting thriving people at the heart of business strategy

Drawing on insights from BITC's new report with McKinsey Health Institute, this session will explore:

- Ways to define, own and share the economic value proposition (EVP) as a business non-negotiable
- How to influence a cultural shift across business, through leadership, so that wellbeing becomes business as usual
- The simple and accessible tools that enable employers to adopt and integrate wellbeing best practice



FACILITATOR

Javier Echave
CFO, Heathrow Airport, Co-Chair European CFO Leadership Network, HRH King Charles III Accounting for Sustainability Project, (A4S) and Chair of Wellbeing Leadership Team, Business in the Community (BITC)

11.35 - 12.20

Panel: Redefining Success: The compelling case for putting thriving people at the heart of business strategy

SPEAKER

Becky Corris
Head of Health & Wellbeing, Heathrow Airport



SPEAKER

Barbara Jeffery
Partner, McKinsey and Affiliate partner with McKinsey Health Institute



SPEAKER

David Wright
Group Chief Engineer, National Grid



SPEAKER

Damien Shieber
Head, Culture and Experience, Santander



SPEAKER

David Taylor
Group Commercial Director, Costain



13.50 - 14.20

Author Spotlight: Conscious Inclusion: practical actions that build inclusive organisations

- Exploring the everyday decisions to make organisations work better for colleagues, customers and community
- Empowering people already good at what they do and who understand your organisation purpose, to do it more inclusively
- Disaggregating data by demographics to see who is benefiting most and least, and create social accountability for each leader



CHAIR

Catherine de la Poer
Founder, Halcyon Coaching



SPEAKER

Catherine Garrod
Founder, Compelling Culture and Author of *Conscious Inclusion*

14.30 - 15.15

Panel: Does a 4-day Week Reduce Stress and Boost Wellbeing?

- Hear from organisations taking part in the UK 4-day week pilot programme and discover what motivated them to join and how the change has been received by employees and clients
- Discover how employers are making the 4-day week and other alternative working patterns work in practice and what has changed as a result
- Understand the benefits to employees and the organisation, and the impact on wellbeing, engagement and performance.



CHAIR

Catherine de la Poer
Founder, Halcyon Coaching



SPEAKER

Anne-Marie Lister
Chief People Officer, Atom Bank



SPEAKER

Shaun Rutland
CEO, Hutch



SPEAKER

Joe Ryle
Director, 4 Day Week

10.00 - 10.40

Keynote: How to Harness Purpose to Drive Wellbeing and Performance

- Exploring why meaning, belonging and purpose are critical for employee wellbeing and performance
- Understanding how organisational purpose impacts individuals and the business as a whole, and why 'profit with purpose' businesses perform better.
- Decoding business purpose and values to understand how employees perceive and connect to them and how they can drive the wider business strategy



CHAIR

Petra Velzeboer
CEO and Founder, PVL



KEYNOTE SPEAKER

Kate Goodger
Group Head of Human Innovation and Performance, Laing O'Rourke



10.50 - 11.20

Case study: Adapting Work Spaces to Improve Wellbeing

- Designing offices and workspaces to support employee wellbeing and meet changing needs as they adapt to agile and hybrid working
- The key design elements that impact on wellbeing and how they work in practice
- Exploring how workplace design can support the needs of employees, teams, the organisation and the wider community



CHAIR

Catherine de la Poer
Founder, Halcyon Coaching



SPEAKER

Damien Shieber
Head, Culture and Experience, Santander



11.35 - 12.20

Panel: Managing Environmental Wellbeing in the New Era of Hybrid Working

- Ensuring your workplace strategy meets the changing needs of the organisation and offers the flexibility to accommodate new ways of working and the individual choices of where and how to work.
- Designing a work environment that works for employees and supports hybrid working patterns and the need for collaboration and community
- Employee-centred design that creates an accessible, inclusive environment that employees want to work in and engage with.
- How the right environment can support innovation, productivity, recruitment and retention as well as employee wellbeing and engagement.



CHAIR

Catherine de la Poer
Founder, Halcyon Coaching



SPEAKER

Maud Santamaria
Workspace Director,
GWI



SPEAKER

Rachel Kerwin
Head of Property
and Projects,
Eversheds
Sutherland

EVERSHEDS
SUTHERLAND



SPEAKER

Mateusz Urbaniak
Senior Workplace
Manager, Hannover
Re

13.50 - 14.20

Case Study: Building a mission led business: how organisational purpose drives culture, wellbeing and sustainability

- Building a people strategy and organisational culture that is completely aligned to the organisation's purpose and mission
- Looking at organisational culture and connection through the lens of ESG to ensure an integrated approach in key areas including people proposition, inclusion and belonging, wellbeing and engagement
- Reflections on organisational resilience and maximising engagement during periods of change



CHAIR

Andrew Berrie

Head of Workplace Wellbeing, Mind



SPEAKER

Charlotte Eaton

Chief People Officer, OVO



14.30 - 15.15

Panel: Ensuring Your Reward and Benefits Offer is Designed to Support Employee Wellbeing

- Using data to identify the needs of your employees and assess how you can adapt your reward offer to meet them
- Ensuring an adaptable approach to allow employees to tailor their package as their needs change
- Supporting employees to utilise the rewards that will be support their immediate and longer-term financial wellbeing



CHAIR

Clare Dare

Head of Health, Risk & Technology, PIB Employee Benefits



SPEAKER

Oluyomi Okunowo

SVP Total Reward and People Operations, Wella



SPEAKER

Michael Spiers

Chief People Officer, London City Airport



SPEAKER

Beth Samson

People Director, Investors in People

