

6<sup>th</sup>

# Annual MAD World Summit

Thursday 12 October 2023 – agenda\*

## Working together to achieve a step change in employee mental health and wellbeing

As we continue to navigate constant change and uncertainty, leading employers have recognised that their people's wellbeing underpins both individual and business success. A recent survey into global wellbeing by Aon found that 74% of UK organisations said that wellbeing has increased in their workplace. This is great progress, but too many organisations are still struggling to make a real difference to workplace culture, mental health and wellbeing. Whilst as many as 92% of UK organisations have wellbeing initiatives, only 29% would say that wellbeing is fully integrated into their overall business strategy - relying instead on ad hoc initiatives without demonstrable results.

For cultures of care to be truly embedded, and for organisations to get value on their investment in employee mental health and wellbeing, we need to work together to achieve a step change.

Whether you're just getting started on your workplace mental health and wellbeing journey, or you're moving to the next level of implementation and looking to hone the support that you offer, this year's MAD World Summit will provide an unparalleled opportunity to learn from the leaders, stay ahead of trends and share ideas in real time with like-minded peers.

Threading through this year's Summit's session are the themes of sustainability and diversity - demonstrating the need for these to be at the forefront of your organisation's approach to supporting the all-round, inclusive wellbeing of colleagues and creating working conditions under which every individual can thrive.

07.45  
08.45

### **Breakfast briefing: The real truth about effective mental health strategies in organisations today - a conversation**

This solution focused interactive session unpacks the lack of 'fit' and ineffectiveness in so many organisational mental health strategies. Speakers will discuss the challenges faced by many organisations and how this can contribute to poor mental health and a psychologically unsafe workplace.

- Identifying the gaps in behaviour change and skill development in approaches to wellbeing
- Fundamental change makers that organisations can adopt in their arsenal of wellbeing strategies
- Lifelong approaches to skills and theory driven behaviour change vs a true analysis of personal resources
- Engagement - the real barrier?



**Dominic Bennett,**  
Founder & CEO,  
**OnWellbeing**



**Dr Nicola Eccles,** Head of  
Mental Health and Wellbeing,  
**OnWellbeing**



**Dr Heather McKee,**  
Health Behaviour Change  
Specialist, **OnWellbeing**

09.00



## Welcome, introduction and warm-up: 'Be More Human'



**'Thomas Duncan Bell,**  
The Bipolar Businessman;  
**Founder, My Whole Self**

09.05

## Opening keynote: The future of work through the lens of workplace culture, mental health and wellbeing

Our first keynote panel shines a spotlight on the state of the nation and how the workforce is faring. In the future of work, changing demographics and age diversity, coupled with new AI technology and a disconnected, hybrid workforce will have significant implications for organisations.

- What do current and future global trends mean for our mental health and wellbeing?
- The increasing need to meet the individual needs of a multigenerational workforce
- People sustainability as a concept that will redefine work in 2024



Lead by:  
**Geoff McDonald,**  
Co-Founder, **Minds@Work;**  
Board Advisor, Supernova



**Kelly Beaver MBE,**  
Chief Executive,  
**Ipsos UK & Ireland**

**Professor Dame Carol Black DBE,**  
**FRCP, FMEDSCI,** Chair,  
**Centre for Ageing Better**



**Sir Ian Cheshire,**  
Chairman, **Spire Healthcare**  
**Group;** Chairman, Channel  
4; Chair, Land Securities



**Alex Will,**  
President & Member of  
the Board of Directors,  
**Calm Business**

09.40

## Keynote panel: Collaborating to achieve a workforce of thriving employees

We hear a lot about progress in workplace mental health and wellbeing, but whilst recognition of organisations' responsibility is growing, are we really making a difference? If not, why not? Our expert panel of speakers will discuss just how far workplace wellbeing has come, what the barriers to progress really are and what needs to happen next including:

- The factors affecting the mental health and wellbeing of different working demographics
- Increasing focus on the essential role of the manager
- The growing intersection between DEI and wellbeing
- Bridging the gap - the next steps for 2023 and beyond to embed wellbeing into the future of work



Lead by:  
**Karl Simons OBE,**  
Advisor, Cabinet Office;  
Chief Futurist, **FYLD**



**Jo Bibby,**  
Director of Health,  
**The Health Foundation**



**Dr Sarah Hughes,**  
CEO, **Mind**



**Barbara Jeffery,**  
Co-lead of Employee  
Health, **McKinsey**  
**Health Institute**



**Helen Willis,**  
Chief Financial Officer,  
**Costain**

10.15



Coffee & networking

## Workplace Culture & Engagement

Insights into creating workplace cultures that support wellbeing, empower employees to thrive and be engaged, through driving behavioural change and building on new ways of working.

Sponsored by



## Strategy & Leadership

Latest developments and approaches to setting up, stepping up and future-proofing workplace mental health and wellbeing strategies.

Sponsored by



## Prevention & Intervention

Best practice, practical insights and inspiration to retain talent and engage workforces, focusing on systemic prevention and proactive intervention.

Sponsored by



## Think Tank:

The Think Tanks are "by invitation only" for up to 40 attendees.

10.45

Chair's intro

**Catherine de la Poer**, Founder, **Halcyon Coaching**



10.50  
11.15

**Case study: Driving engagement with a cost-effective wellbeing vision**

As one of only four employers achieving Tier 1 status in CCLA's 2023 Mental Health Benchmark, Centrica is leading the way in wellbeing. Learn from their lessons:

- How Centrica has approached streamlining wellbeing programmes to improve cost effectiveness
- The measurable impact this has had - increasing engagement and reducing absence

**Sandra Dyball**, Director of Health, Wellbeing & Benefits, **Centrica**



**Emily Gabrielsen**, Health & Wellbeing Manager, **Centrica**



11.20  
12.00

**Panel: Wellbeing washing - what it is, why it matters and how to stop it sabotaging your progress**

If wellbeing is seen as just a PR stunt, employee trust and engagement will undoubtedly take a nosedive. Join us to discuss:

- What wellbeing washing means
- How you ensure wellbeing initiatives go beyond a tick box exercise
- Translating workplace wellbeing vision into authentic cultures of care

Lead by:

**Nick Pahl**, CEO, **Society of Occupational Medicine (SOM)**



**Julia Biles**, Group Head of Wellbeing, **Saga**



**Simon Blake OBE**, Chief Executive, **Mental Health First Aid England**



**Dr Clare Fernandes**, Chief Medical Officer, **BBC**



**Nicola Hemmings**, Head of Workplace Psychology, **Koa Health**



**Angie McKenna**, People & Culture Director, **Asquared**



Chair's intro

**Louise Aston**, Wellbeing Campaign Director, **Business in the Community**



**Case study: Creating a leadership playbook for a mentally-healthy organisation**

IBM has seen a shift in its culture - achieved through leaders knowing and learning more about themselves. This in turn creates a ripple effect within the organisation. Join this session to:

- Understand the impact thoughts and emotions have on actions, behaviour and overall quality of life and growth
- Gain insight into steps to become an emotionally effective leader

**Amit Sidhpura**, Global Business Strategy Leader - Talent Transformation, **IBM**



**Panel: Preparing and implementing your wellbeing strategy - starting the journey**

This session will help you start your wellbeing journey and understand how to create the business case required for investing in employee health.

- Identifying gaps in benefit design and existing provision to meet your workforce needs
- Getting Board buy-in to embed a proactive wellbeing as a foundation of business transformation
- Who should be driving the wellbeing agenda?

Lead by:

**Dr Shaun Davis**, Group Director of Safety, Health & Wellbeing, **Belron International**



**Shamira Graham**, Chief Commercial Officer, **Onebright**



**Oliver Henry**, Health & Wellbeing Lead, **easyJet**



**Professor Marcantonio Spada**, Professor of Addictive Behaviours & Mental Health; Dean of the School of Applied Sciences, **London South Bank University**



Chair's intro

**Professor Dame Carol Black DBE**, Chair, **Centre for Ageing Better**

**Case study: A partnership that puts wellbeing at the heart of the employee experience**

In this fireside chat, the speakers will discuss working together to create a health and wellbeing solution - that meets employees' varying needs, including:

- Personalisation by segmentation to drive engagement
- Utilising innovation in digital healthcare for improved outcomes
- Proactive solutions to empower employees

**Fiona McAslan**, Head of Health & Wellbeing, **Royal Mail Group**



**Saumya Barber**, Head of Proposition Development, **Unum**



**Panel: Prevention and early intervention - how to keep your workforce engaged**

This session will discuss the importance of maintaining a healthy, happy workforce that involves a proactive approach to combine prevention strategies with effective intervention when necessary.

- Why is prevention an important factor of a wellbeing strategy
- Recognising the need for early intervention
- Tips on how to keep your workforce engaged

**Harry Bliss**, CEO & Co-founder, **Champion Health**



**Sharon Burgess**, Director of Operations, **Healix Health Services**



**Debbie Hamilton**, Nursing Consultant, **Healix Health Services**



**Think Tank 1:**

10.15 – 11.45

**Rebooting the Nation's Health through the Workplace**

Business and policy innovation to address workforce inactivity and long-term sickness



12.05  
12.35

### Fireside chat: Creating a 'workplace for humans' - redesigning work around new ways of working

There is an emerging need to create better working environments for all, through responsible business practices and delivering a people focused ESG agenda.

- How do we make work a better environment for employees?
- Job design as the foundation for wellbeing, performance, engagement and employee experience

Led by:

**Helen Beedham**, Author, **The Future of Time**



**Thomas Blakey**, UK Health & Wellbeing Lead, **National Grid**



**Jeremy Gautrey-Jones**, Assistant Director Employee Experience, **RSPCA**



**Kevin Green**, Chief People Officer, **First Bus**



### Case study: Linking workplace wellbeing, DEI and organisational design to deliver an inclusive wellbeing programme

The process of redefining a company culture is a complex one - what do organisations have to do to move it forward?

- Driving change through a shift in mindset
- Increasing DEI visibility through wellbeing and organisational design

**Dr Elouise Leonard-Cross**, Head of People Strategy & Experience, **Northumbrian Water Limited (NWL)**



### Case study: Embedding social prescribing into the workplace

The National Academy for Social Prescribing works in partnership with employers, to realise the 2023 Budget's vision of supporting people in and into employment, especially those facing life challenges and inequalities. Discover:

- What social prescribing is
- How it can reduce demand for clinical interventions - especially for people who may struggle to access other services
- What this means for employers

Led by:

**Charlotte Osborn-Forde**, CEO, **National Academy for Social Prescribing (NASP)**



**Tina Woods**, Chief Executive, Executive Board Member & Director, **Business for Health**



12.35  
13.45



### Lunch, networking and time to visit the exhibition

The "Make a Difference Leaders' Club Lunch" sponsored by Headspace and Qured will be taking place in Room Engage from 12.15 to 13.45 - by invitation only.



Inclusive wellbeing: what good looks like and how you decide where to prioritise efforts and investment as part of an inclusive approach to wellbeing, **Arti Kashyap-Aynsley**, Global Head of Wellbeing & Inclusion, **Ocado Group**

Following the Lunch Break, attendees can choose to join case studies and panel discussions in 2 parallel tracks, roundtables or workshops.

Delegates are welcome to move between the Tracks at the end of each session.

13.45  
13.50  
14.30

Chair's intro

**Simon Blake OBE**, Chief Executive, **Mental Health First Aid England**



### Panel: The next chapter in financial wellbeing - moving beyond perks and benefits as part of a holistic approach

The continuing cost-of-living crisis means the need to help colleagues deal with and plan for financial challenges is more pressing than ever.

- How financial wellbeing strategies can align to support the employee's lifecycle
- Financial wellbeing as part of an holistic wellbeing approach
- Supporting employees' short-term and long-term financial wellbeing through economic uncertainty

Led by:

**Dr Stephanie Fitzgerald**, Member, **The National Forum for Health and Wellbeing at Work**



**Daniella Brackpool**, Senior Reward Manager - Benefits, **Wickes**



**Rashree Chhatrisha**, Director of Reward, Pensions & Benefits, **Saga**



**Ruth Handcock**, CEO, **Octopus Money**



Chair's intro

**Lee Chambers**, Founder, **Essentialise Workplace Wellbeing**



### Panel: Creating psychologically safe teams - the crucial role of managers from the 'magic middles' right up to the CEO

This session will look at different ways that leaders can build a psychologically safe culture for their teams.

- Understanding how to support your managers - through education and toolkits
- How business leaders can empower and support their employees to become the best version of themselves
- Where the employer's responsibility begins and ends

Led by:

**Marcus Herbert**, Head of Wellbeing, **British Safety Council**



**Khushboo Patel**, Head of Engagement & Inclusion, **Metro Bank**



**Karen Sancto**, EMEA Benefits (MEA), **Microsoft**



**Carole Spiers**, Chair, **International Stress Management Association (ISM)**



Chair's intro

**Petra Velzeboer**, CEO & Founder, **PVL**



### Panel: Measurement of workplace wellbeing - using data to elevate your strategy

How can you measure and improve employee wellbeing using data? It's a challenge that many organisations are grappling with. In this session, we'll explore:

- Approaches to measuring the impact of wellbeing initiatives
- Where people analytics meets employee wellbeing
- Using technology and data to inform your strategies and tailor your offerings

Led by:

**Jordan Pettman**, former Head of Organisation Analytics and Insights, **London Stock Exchange Group**

**Sharon O'Connor**, Global Lead Employee Wellbeing, **Novartis**



**Amanda Owen MBE**, Global Safety, Health & Wellbeing Director, **Heathrow Airport**



**Ruth Pott**, Head of Workplace Wellbeing, **BAM**































### Think Tank 2:

14.00 – 15.30

Investor spotlight on corporate mental health - are you ready?



14.35 15.05	<p><b>Panel: The workforce of the future - multigenerational and cultural wellbeing - mental health expectations</b></p> <p>Engaging a multigenerational workforce through their benefit needs.</p> <ul style="list-style-type: none"> <li>• The ageing workforce - how the workplace can adapt</li> <li>• Supporting the early careers population and their wellbeing</li> <li>• Benefits and wellbeing of digital nomads and employees working in the Metaverse</li> </ul> <p>Led by:</p> <p><b>Paul Farmer</b>, Chief Executive, <b>Age UK</b></p> <p><b>Courtney Lagace</b>, Wellbeing Lead, <b>PwC UK</b></p> <p><b>Alex Will</b>, President &amp; Member of the Board of Directors, <b>Calm Business</b></p> <p><b>Mariyana Zhou</b>, Human Resource Director - Europe, <b>Radancy</b></p>    	<p><b>Panel: Investing in minds - unleashing the power of human capital for sustainable success</b></p> <p>In this session, we will explore how embracing human capital can revolutionise your organisation's sustainability efforts. Our speakers will offer a unique insight from both a wellbeing and a financial leadership perspective.</p> <ul style="list-style-type: none"> <li>• Placing people and wellbeing at the forefront of sustainability</li> <li>• The role that social factors play in driving businesses forward on the path of ESG advancement</li> <li>• The tangible returns on investment - what can be achieved when businesses prioritise mental health</li> <li>• Empowering employees - fostering a culture of wellbeing</li> </ul> <p>Led by:</p> <p><b>Paul Hendry</b>, Vice President - <b>HSE, Jacobs Engineering</b></p> <p><b>Javier Echave</b>, Chief Financial Officer, <b>Heathrow Airport Holdings</b></p> <p><b>Claudia Jaramillo</b>, CFO, <b>Jacobs Engineering</b></p> <p><b>Natalie Nicholles</b>, Senior Director, <b>Capitals Coalition</b></p> <p><b>Malcolm Staves</b>, Global Vice President Health &amp; Safety, <b>L'Oréal</b></p>     	<p><b>Panel: Reasonable adjustments - what should employers be looking at?</b></p> <p>There's a legal obligation to put in place reasonable adjustments for employees, if their mental health constitutes a disability. But where do organisations start?</p> <ul style="list-style-type: none"> <li>• The power of workplace adjustments</li> <li>• Case study - good practice in implementing workplace adjustments</li> <li>• Maximising the success of workplace adjustments</li> </ul> <p>Led by:</p> <p><b>Francoise Woolley</b>, Head of Mental Health &amp; Wellbeing, <b>Acas</b></p> <p><b>Alicia Collinson</b>, Senior Associate, <b>Thrive Law</b></p> <p><b>Dr Sally Hemming</b>, Health and Wellbeing Lead - Employee Relations, <b>Ernst &amp; Young</b></p> <p><b>Jodie Hill</b>, Managing Partner &amp; Founder, <b>Thrive Law</b></p> <p><b>Shriti Pattani</b>, President, <b>Society of Occupational Medicine (SOM)</b>; Specialist Clinical Advisor in Occupational Health, <b>NHS England</b></p> <p><b>Kimberley Ward</b>, Financial Inclusion &amp; Vulnerability Manager, <b>First Direct</b></p>      	
15.20 16.00	<p><b>Champions network panel: How employee networks can build and embed cultures of care</b></p> <p>This session looks at the crucial role that champions networks can play - turning around workplace culture by translating empathy into engagement.</p> <ul style="list-style-type: none"> <li>• Challenges faced in building and sustaining a network</li> <li>• How to use your network to make the bridge between DEI and wellbeing and drive culture change</li> </ul> <p>Led by:</p> <p><b>Robert Wigmore</b>, Senior Manager - Total Rewards &amp; Analytics EMEA, <b>Starbucks EMEA</b> and</p> <p><b>Lea Ghanem</b>, Co-Chair of the Wellbeing Blend &amp; Senior Strategy and Business Planning Manager, <b>Starbucks EMEA</b></p> <p><b>Claire Burgess</b>, Head of Health &amp; Wellbeing, <b>Unipart Group</b></p> <p><b>Sarah Munday</b>, ED&amp;I and Wellbeing Manager, <b>Britvic Soft Drink</b></p> <p><b>Sean Tolram</b>, Mindfulness Programme Manager, <b>HSBC</b></p>     	<p><b>Panel: Embedding workplace wellbeing - shifting from reactive to proactive approaches and future-proofing strategies</b></p> <p>Integrating wellbeing strategies and creating a work culture, where people are supported through challenges they face.</p> <ul style="list-style-type: none"> <li>• Why does a proactive, holistic approach lead to better people and business outcomes?</li> <li>• Does an organisation need policies and procedures in place?</li> <li>• What's needed to future-proof workplace wellbeing strategies and take your people with you</li> </ul> <p>Led by:</p> <p><b>Isabel Berwick</b>, Host of Working IT Podcast, <b>FT</b></p> <p><b>Daniel Chan</b>, Global Workplace &amp; Wellbeing Lead, <b>Dentsu International</b></p> <p><b>Ryan Hopkins</b>, Author, <b>'52 Weeks of Wellbeing'</b></p> <p><b>Dr Sophie Mort</b>, Mental Health Lead, <b>Headspace</b></p> <p><b>Dr Richard Peters</b>, Medical Director EMEA, <b>Goldman Sachs</b></p>    	<p><b>Case study: 'Be Well Together' - a collaboration between health and business strategy</b></p> <p>In this session, Mars will share their award-winning holistic health and wellbeing 'Be Well Together' model - more than just a corporate strategy; a practical guide for Mars' associates to live well.</p> <ul style="list-style-type: none"> <li>• The evolution of the 'Be Well Together' model - post Covid learnings about mental health and wellbeing where social wellbeing fits with this</li> <li>• The importance of integrating your wellbeing strategy with business strategy</li> <li>• Why flexibility is key - how to adapt strategy for different colleagues</li> <li>• How Mars measures success</li> </ul> <p><b>Justin Boxall</b>, Associate Health &amp; Wellbeing Manager, <b>Mars UK</b></p> <p><b>Jen Christie</b>, Health &amp; Wellbeing Practitioner, <b>Mars UK</b></p>  	
16.00 16.30	 Coffee & networking			
16.30 17.00	<p><b>Closing keynote: Celebrating difference to ensure every individual can thrive at work</b></p>			
17.00 17.30	 Drinks and networking			

\*Agenda is subject to change

# Roundtables

Delegates will also be able to join a choice of seven roundtable discussions to deep dive into topics that matter, share experiences and build your toolkit of solutions. Calm Business' roundtable will run from 10.45 to 11.30 and will be repeated from 11.45 to 12.30. The other roundtables will run from 14.30 - 15.15 and be repeated from 15.30 to 16.15. Delegates will be able to select which roundtables they wish to join on arrival at the Summit.

## 1. Tackling stress and burnout at your organisation



According to 2023 research from the Harvard Business Review, 82% of executives say workplace stress is a problem at their organisation. But employers aren't powerless—they have the ability to equip their employees with tools and programs that can help reduce stress, prevent burnout, and improve overall wellbeing. Join this roundtable to discuss:

- The latest research on the link between workplace stress and mental health
- Best practices for addressing stress and burnout in the workplace
- Strategies for creating a company culture supportive of mental health

**Jessica Sears,**

Founder & Chief Advisor,  
**Calm Business**



**Takunda Marevesa,**

EMEA Enterprise Lead - B2B,  
**Calm Business**



## 2. Reasonable adjustments in mental health for neurodiverse employees



Workplace adjustments to engender inclusive environments enabling everybody to thrive in their work are an increasing area of focus amongst workplace health and wellbeing strategies and interventions. Adjustments for neurodivergent workers, such as workplace design solutions, continue to be adopted, but there still remains inconsistency in understanding, application and practice.

This roundtable session will provide an opportunity to share learnings amongst peers to explore:

- How well we currently understand the extent and advantages of neurodiversity in our workplaces
- How we can create neurodiverse workplaces through reconfiguring recruitment practices
- How we can better foster inclusive workplaces going forward

**Stephen Haynes,**

Director of Wellbeing,  
**British Safety Council**



**Debbie Hamilton,**

Nursing Consultant,  
**Healix Health Services**



## 3. Personalised mental health: getting employees to the right care at the right time



Globally, 59% of working adults are dealing with a mental health issue without professional support. More than half have at least one mental health issue, yet the majority won't seek out clinical care, citing a preference for self-help or lack of confidence in treatment and limited awareness around how to access the right services for their unique needs. This means that for employers, one of the biggest challenges to overcome in supporting their workforce is getting employees to the right care at the right time. In this roundtable, find out:

- How mental health is impacting your workforce
- Why people aren't accessing the care they need (even if you have benefits in place)
- What you can do to better support your staff

**Dr Anna Mandeville,**

UK Clinical Director,  
**Koa Health**





## 4. Money and mental health in a cost-of-living crisis

octopusmoney

A year into the cost-of-living crisis, money is now a leading cause of poor mental health for employees. As mortgage and household costs continue to rise for millions, employers need to stay on the front foot. Join this roundtable to discuss:

- What can workplaces do to tackle the stigma and make it easier for people to talk about money worries?
- What lessons can we take from progress on mental health?
- Where does an employer's responsibility begin and end?
- How far should companies go to support employees' financial wellbeing?
- What practical solutions can employers consider?

**Anasuya Iyer,**  
VP of Growth,  
**Octopus Money**



**Ruth Handcock,**  
CEO,  
**Octopus Money**



## 5. Improving workplace mental health awareness: taking the first steps

onebright  
mental health

**Dr Dan Kolubinski,**  
Principal Therapist,  
**Onebright**



**Sarah Carter,**  
Head of Account Management,  
**Onebright**



## 6. The flow of care: how to spot - and break - barriers to employee wellbeing

Unmind

All employees deserve the right care, at the right time - and it's our duty as employers to empower their mental health. Life's journey is unpredictable, and we all operate on a spectrum from flourishing to struggling. We can't always anticipate setbacks, but organisations can prepare a robust flow of care. Proactive education, wellbeing metrics, in-the-moment tools and certified practitioners, all play a role in helping people to flourish. Leading organisations embrace these critical services. But getting there takes understanding the real blockers and enablers of good mental health and wellbeing.

- Visible and invisible barriers to care
- Crafting wellbeing strategies that obliterate these obstacles
- The new integrated model of 'flow of care'
- Putting power back into the hands of your most valuable asset - your people

**David Philips,**  
Mental Health  
Technology Consultant,  
**Unmind**



**Becky Minton,**  
Head of Therapies &  
Coaching, **Unmind**



## 7. Integrating DEI into senior leadership management training

**Tony Singh,**  
Organisational Development  
& Employee Experience Lead,  
**Babergh & Mid Suffolk  
District Councils**



**Stefanie Daniels,**  
Founder,  
**Life Begins at Menopause**



# Workshops

10.45 – 11.30

## The science behind happiness and productivity



In this session, our speakers will take you through the latest academic research definitively showing that improving employee happiness will drive enhanced productivity. They will then address the natural next question, "What drives happiness?", by showcasing ART's unique dataset to unveil the key drivers that are underpinned by the wellbeing fundamentals. You'll leave this session with practical takeaways for how to improve your employees' happiness and productivity at work, as well as a business case for investment in workplace wellbeing, to enable your organisation's financial success.

- Movement
- Recovery
- Nutrition
- Mindset

**Dr Josh Jackman,**  
Operations Director,  
**ART Health Solutions**



**Mary Curristin,**  
Customer Experience Lead,  
**ART Health Solutions**



10.45 – 11.30

## Five ways to support working parents and improve your business ROI

**BUBBLE**

Working parents and parents-to-be make up approximately a third of the workforce. The burn-out amongst working mothers in particular is at crisis point - leading to record numbers of women leaving their careers to look after family. This practical workshop will outline some simple and effective things that we as organisations can do to make sure working parents feel supported, confident and productive.

- The 3 key struggles of being a working parent today - financial, logistical and mental
- How the confidence and wellbeing of working parents impacts everyone in the business
- The business case and why working parents unlock the key to improving your gender pay gap

**Sarah Heszi,**  
CCO,  
**Bubble**



12.00 – 12.45

## Next generation mental health: reimagining workplace mental health and wellbeing

**SilverCloud®**  
by Amwell®

In the aftermath of the global pandemic, never has employee mental health and wellbeing been so high on the organisational agenda. Yet, in spite of increasing budgets and endless options in the market, many organisations struggle to put in place approaches that are both effective and sustainable. This workshop will explore how employers can challenge the status-quo to reimagine their approach to workplace mental health and wellbeing. Join us for an engaging discussion and actionable insights on:

- The future landscape of mental health and wellbeing in the workplace
- What organisations need to consider to future-proof their approach to employee mental health and wellbeing
- Practical approaches that all employers can use to reimagine their workplace wellbeing efforts

**Alison Bromley,** Director  
Behavioural Health Solutions,  
**SilverCloud® by Amwell®**

