

# Stage: The Mental Health Expo

## The Mental Health Expo

Times	Name	Topic
10.00-10.15	Irina Omelkova, Nutritional Therapist, MetaBalance health Clinic	Anti-Stress Solutions in Working Environment
10.15-10.30	Paul Holt, Director Health and Public Sector, Mac Construction Consultants	Navigating Through Strategic Integration
10.30-10.45	Emma Broome, Director, LIFE Acrobat	Hypopressives The Wonder Breath:
10.45-11.00	Marina Ibrahim, Global Mindset Coach, bizz buzz: Marina Ibrahim	How to Master 'Culture Shock' - from Stress to Success
11.00-11.30	<b>Coffee Break &amp; Networking</b>	
11.30-11.45	Graham Ewing, CEO - Mimex Montague Healthcare	A mathematical model of the relationship between sense perception, brain function, the autonomic nervous system and physiological systems, and cellular & molecular biology - and how this can be applied to screen and treat the patient
11.45-12.00	Monica Price, TV/Radio Presenter / Health & Wellbeing Consultant - Monica Price Consultancy Services	Mental Health in Workplace
12.00-12.15	Conor Stone, Founder, A Mental Health Journey.com	One Step Back, 2 Steps Forward - Maintaining Mental Health Recovery
12.15-12.30	Jenica Leah, Author, My Friend Jen	The invisibility of one of the most common genetic disorders in the world.
12.30-12.45	Chris Golby, CEO, Evolyst	Measuring productivity in terms of mental health in the workplace
12.45-13.00	Thea Bailey, Counsellor, The Amber House	Mental Health and Wellbeing in the Workplace
13.00-13.45	<b>Lunch Break &amp; Networking</b>	
13.45-14.00	Kevin Laye, Director - Zenpower Ltd	Kill stress before it Kills you
14.00-14.15	Marcus de Guingand, Managing Director - MetroNaps UK	Importance of sleep to Wellbeing
14.15-14.30	Massimo Gaetani, Managing Director, Salus Wellness Clinics	Essential Marketing Tools for Mental Health Practitioners
14.30-14.45	Karl Brown, Head of Innovation, Working Voices , Daily Curv	Science & Cinema: how to get Gen Z in the game
14.45-15.00	Charlotte Bruce-Foulds, Managing Director, The OCM Group	Coaching in an Uncertain World
15.00-15.15	Cora Lynn, Heimer Rathbone, Partner, Rathbone Results	Dynamic High Performance Teamwork



All presentations/timetables are subject to change. Please check with onsite event timetable on the day.