

# Stage: The Workplace Health & Wellbeing Event

## The Workplace Health & Wellbeing Event

Times	Name	Topic
10.00-10.15	Vanessa Champion, Director, Argenta Wellness	Biophilic Design. What is it? Why is it now on the Healthcare agenda?
10.15-10.30	Matthew Turner, Founder Audacious	Human communications – the impact on health and well-being
10.30-10.45	Ann McCracken, Consultant, AMC Consultancy	How to Get Back/Enhance your MOJO
10.45-11.00	Alex La Via, Founder, Live More Offline Ltd	Digital Wellness: How addressing the impact of our 'always on' society is key to supporting employee wellbeing
11.00-11.30	<b>Coffee Break &amp; Networking</b>	
11.30-11.45	Lori Shook, Director, Shooksvensen Ltd	Creating great places to work
11.45-12.00	James Davis & Claire Davis, Managing Director - The 38°N Academy	Driving Employee Engagement & Community Through Health & Fitness
12.00-12.15	Odette Meredith, Pranic Healing Instructor/ Practitioner	Ancient Techniques for Wellbeing - an Integrated Approach
12.15-12.30	David Davies, Customer Experience Director, Laenus	How to reduce attrition and keep your best people
12.30-12.45	Peter Starr, Founder & Managing Director, Chilli Pepper Development Ltd	Healthy Leadership; for you and your team
12.45-13.00	Nick Simmonds, Founder - Conscious Communication	Poor workplace cultures happen by accident, brilliant ones happen by design.
13.00-13.45	<b>Lunch Break &amp; Networking</b>	
13.45-14.00	Tina Seth, Client Solutions Partner, Gatenby Sanderson	Leading remote Teams successfully
14.00-14.15	Laura Chimimba, Primary Healthcare Provider, WTA	Remote case management of the elite athlete
14.15-14.30	Jason Thomas, Business Development Consultant, arbnco	'Why workplace technology holds the answer to improved employee productivity, happiness, and cognitive performance.'
14.30-14.45	Kumud Gandhi, CEO, The Cooking Academy	The Corporate Athlete
14.45-15.00	Dr Kate Beaven-Marks, Educator, HypnoTC & DrKateHypno	Enhancing workplace communication
15.00-15.15	Gifty Enright, Public Speaker and Author	Fixing the leaks in your talent pipeline



**WORKPLACE HEALTH & WELLBEING EVENT**

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

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