

# WELLNESS 17



## WELLNESS WITHIN THE WORKPLACE

Credit Suisse  
5 Canada Square,  
London

5th September 2017

WELLNESS17 is a unique one day event encompassing all aspects of wellness including Mind, Body & Spirit and addresses some of the most interesting and challenging subjects such as the stigmatisation of mental health, taming technology, nutrition, design and much more.

Join 150 senior professionals responsible for wellness initiatives within the workplace to discover new strategies, listen to expert speakers & authors, hear new trends supporting wellness at work

### KEYNOTE SPEAKERS INCLUDE



Bruce Daisley  
VP Europe, Twitter



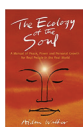
Adam Spreadbury  
Co-chair of the Bank of England's  
Mental Health Network



Oliver Heath  
Founder, Oliver Heath Design



Louise Aston  
Wellbeing Director, BITC



Aidan Walker  
Director, Aidan Walker Associates



Simon Williams  
Head of Business Change Project  
Management, TfL Programme



Tom Savigar  
Chief Growth Officer  
The Future Laboratory



Dr Almuth McDowall  
Head of Department and Senior  
Lecturer in Organizational Psychology  
Birkbeck University

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**Tom Savigar** THE FUTURE : LABORATORY

Tom will examine dramatic shifts in workplace from multiple perspectives such as design, wellness, technology and equality. And as business and leisure become increasingly indistinguishable, will explore the shift from Big Brother-style monitoring in the workplace to a hospitality and wellness model.



**Bruce Daisley**

Modern work is frying our brains. We're working longer and harder than ever before but... just... getting... nothing... done. What can we do to make happier and more rewarding?



**Tony Horan** **accenture**

Tony will share key insights on the subjects of mental health, organisational culture and examining themes such as line management.



**Brendan Street** **Nuffield Health**

Why are conversations regarding emotional wellbeing and mental health, either not happening or occurring in a simplistic way?

Brendan discusses how we can improve the dialogue and reduce stigma.



**Dr Almuth McDowall** **Birkbeck**

This session outlines new research on work culture and technology. When did you last switch off? The session will be interspersed with some exercises and opportunities for interaction.



**Nick Martel**



**Parita Kansara**



**Kate Taylor**

**CBRE** **LionHeart** **QC** **TaylorMade**

Long working hours, commutes, job insecurities, financial requirements and personal demands can leave us feeling over-stretched and struggling to find any balance in our lives. Parita leads this panel exploring tools and techniques to find a better balance between work and home.



**Aidan Walker**

Leaders in business, education, hospitality, health – and government – are paying ever more careful attention to personal wellbeing. It can be about cranking up productivity, generating a new profit centre for guests who mistake luxury (and high-margin spa products) for inner solace, or reducing stress. For workplace professionals and designers, the driving principle is changing from Sustainability to 'Wellness'. With the 'Seven C's of Mindful Design' Aidan Walker proposes a map of the new professional and personal landscape.

FUTURE OF WORKPLACE

09:05 **Chair – Opening Remarks**  
Despina Katsikakis

09:10 **The Future of Wellbeing**  
Tom Savigar, Chief Growth Officer, The Future Laboratory

09:30 **TfL's Journey Through Change**  
Simon Williams Head of Business Change Project Management TfL Programme

10:10 **Work Reinvented - Surviving a working world under stress**  
Bruce Daisley, VP Europe, Twitter

10:30 **COFFEE**

MENTAL HEALTH IN THE WORKPLACE

11:05 **Managing Mental Health and Organisational Culture**  
Louise Aston, Wellbeing Director, BITC

11:30 **Case study: Implementing New Thinking**  
Tony Horan, Human Capital and Diversity, Accenture UK

11:45 **Time to Change**  
Adam Spreadbury Co-chair of the Bank of England's Mental Health Network

12:05 **How can we improve the conversation about emotional wellbeing in the workplace?**  
Brendan Street, Professional Head of CBT, Nuffield Health

WORKPLACE CULTURE

12:25 **Expert Panel Debate –Creating Effective Workplace Communities**  
Laura Jackson, EMEA Head of Benefits, Pensions and IAM, Credit Suisse, UBS, RBS, HSBC, Morgan Stanley, etc. TBC

12:55 **LUNCH**

13:55 **WELCOME BACK**

14:05 **The New Nowhere Land**  
Dr Almuth McDowall Head of Department Senior Lecturer in Organizational Psychology / Birkbeck University

14:30 **The Happy Workplace**  
Ali Ganjavian, Co-Founder, Studio Banana

14:50 **Work-Life Integration: How Do You Get the Balance Right?**  
- Parita Kansara, Training and Development Manager, Lion Heart  
- Nick Martel, Chief Operating Officer, CBRE  
- Kate Taylor FRICS Consultant Trainer APC and valuation, RICS

15:15 **Health & Wellbeing: the new trend in workplace design**

15:40 **COFFEE**

WORKPLACE EXPERIENCE AND ENVIRONMENT

16:05 **Delivering Optimum Performance and Resilience**  
Kate Cook, Author of the Corporate Wellness Bible and UK's Leading Nutrition and Wellness Expert

16:20 **Nutrition / Circadian Lighting**

16:40 **The Science and Style of Biophilic design**  
Oliver Heath, Interface Biophilic Design Ambassador

16:55 **Mindful Design – Principles in practice**  
Aidan Walker, Director, Aidan Walker Associates

17:15 **CLOSING REMARKS**

17:20 **CONFERENCE CLOSES**

17:25 **NETWORKING DRINKS**



**Despina Katsikakis**

Despina is a thought leader on the impact of the built environment on people and business performance and advises corporate occupiers, real estate developers and investment funds.



**Simon Williams** **Transport for London**

The pressures of constant change can inevitably lead to stress and impacts on health and wellbeing. This presentation will use examples from Transport for London to demonstrate how by preparing and supporting people through change it can be delivered more successfully and sustainably with fewer impacts on health and performance.



**Louise Aston** **BUSINESS IN THE COMMUNITY**

Louise will explore new thinking about how line managers are embedding mental health into organizational culture.



**Adam Spreadbury** **BANK OF ENGLAND**

Hear Adam share his own experience of mental health as well as new developments with the Bank of England's 'whole organisation' approach to the subject. With a programme including training for managers and an intranet hub, Adam outlines their success with the employee led mental health network. He will also highlight a City-wide initiative, This is Me - in the City.

How do we drive effective communities for a well and engaged workforce? With the equation of engaged = committed = productive employee, and new thinking ranging from concierge services to engineering social collisions, we explore how best to maximise our workplace environment.



**Ali Ganjavian** **studio BANANA**

Nowadays, workspaces need to adapt to employee needs and ways of working. Ali will share insights on cultures of napping across the globe, the Ostrich Pillow and the importance of creating environments that encourage employees to be happier and more productive at work.



**Kate Cook** **THE CORPORATE WELLNESS BIBLE**

As the world of work becomes increasingly fast moving, with more pressure and more unforgiving, far too many of us are pushing our minds and bodies to the limit. Kate as one of the UK's leading Wellness and Nutrition experts explores how employee nutrition should lead to optimum performance and resilience. By giving employees the tools to start their transformation towards health; small changes, consistently applied create 'well' corporations that are fulfilling, engaging and profitable places to be.



**Oliver Heath** **OLIVER HEATH DESIGN**

Oliver Heath discusses new research that demonstrates how we can harness the human attraction to nature to reduce stress and aid recuperation by utilising Biophilic design principles. In this way we can make tangible benefits to the workplace including reducing costs such as absenteeism whilst improving productivity, engagement and happiness.