

<p>07.45-08.45</p>	<p>Breakfast briefing: It's a new dawn for mental health and we're feeling good. (by invitation only)</p> <p>Over an energy boosting breakfast this opening session will give an overview on what we really mean when we are talking about mental health and how the dawn of proactive approaches will not only help bring parity with other areas of human health but will also give a competitive advantage for progressive employers.</p>  <p>Dr Nick Taylor, CEO, Unmind will be speaking with Lieutenant General Richard Nugee CVO CBE, Chief of Defence People, MoD, Yulia O'Mahony, Head of Wellbeing, Inclusion and Community, John Lewis Partnership and Jo Bean, Head of People, Thomsons Online Benefits.</p>    	<p>Supporting young minds today to build a more resilient workforce for tomorrow (by invitation only)</p> <p>Transitioning into the workplace can have a significant impact on a young person's mental health. This Bupa breakfast roundtable session will explore what role employers play in establishing an environment that helps young people starting out in their careers to develop the skills to support good mental health, and why it makes good business sense.</p> <p>Richard Washington, Director, Products & Propositions, BUPA UK Insurance</p> <p>Louise Harvey, Head of Proposition Development, BUPA UK Insurance</p> 
<p>08.00-09.00</p>	<p> Registration and Energiser Breakfast</p>	
<p>09.00</p>	<p> Energy Boost -</p> <p>Will use movement and breath to pump fresh blood and oxygen directly to the brain.</p> 	
<p>09.03-09.15</p>	<p> Welcome and introduction</p> <p>Geoff McDonald, Global Advocate, Campaigner & Consultant, Mental Health at Work</p>	
<p>09.15-09.40</p>	<p> Thriving at work: mental health as a competitive advantage</p> <p>Employers have a huge and positive role to play in improving the nation's mental health. It also makes perfect business sense to keep colleagues as mentally fit and productive as possible. How much progress has been made and what still needs to be done to ensure large and small businesses can take practical steps to move forward on this vital topic?</p> <p>Sir Ian Cheshire, Chairman, Barclays UK & Campaign Chair, Heads Together</p>	
<p>09.40-10.05</p>	<p> Mental capital and wellbeing in the workplace</p> <p>What is causing lack of mental wellbeing at work and how does it impact everyone, right across the workforce?</p> <p>Prof. Sir Cary Cooper CBE, 50th Anniversary Professor of Organisational Psychology and Health, Alliance Manchester Business School, University of Manchester & President, CIPD</p>	
<p>10.05-10.40</p>	<p> Panel - The future of mental health at work</p> <p>Against the current socio-economic and political backdrop, how will improving mental health at work fuel UK productivity? How can employers support mental health effectively and in particular line manager capability? What do leaders need to do to ensure mental health becomes "business as normal" enabling their greatest asset - their people - to not just survive, but thrive, both now and in the future?</p> <p>Introduction from:</p> <p>Louise Aston, Wellbeing Director, BITC</p>     <p>Followed by a panel discussion including:</p> <p>Jacqueline de Rojas CBE, President, techUK</p> <p>Professor Dame Carol Black DBE, Principal, Newnham College and Expert Adviser to Public Health England and NHS England</p> <p>Pablo Vandenabeele, Medical Director, Mental Health, Bupa</p> <p>Sir Anthony Seldon, Vice Chancellor, University of Buckingham</p>	
<p>10.40</p>	<p> Networking break & exhibition visit</p>	

Roundtables: 2 x 30 mins

Deep dive into topics that matter, share experiences and build your toolkit of solutions. Delegates will be able to attend 2 different roundtables, each lasting 30 minutes, and can also move between tracks

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Engaging the modern workforce: the mind-set of work life blend over work life balance and the impact on wellbeing and productivity
- 

Neuroscience, motivation, leadership and mental wellbeing
- 

Line manager training and signposting: their important role to ensure recognition of the early signs of mental ill health
- 

Creating a healthy culture: from improving mental health to peak performance
- 

How do we make talking about mental health relevant to everybody?
- 

Know how to have the right conversation and when
- 

Resilience: a “whole person” approach
- 

Suicide: early signs and risk reduction
- 

Changing organisational behaviour and workplace cultures for better workplace mental health
- 

A holistic approach to mental health within a wellbeing strategy
- 

An effective mental health strategy in your workplace: setting the strategic objectives
- 

Managing a multigenerational workforce in a global environment: navigating the challenges
- 

Powerful storytelling
- 

Wellbeing on a budget

Next generation wellbeing

At Mad World we believe we're at the beginning of a mental health revolution. What will the next generation of workplace wellbeing look like? Share perspectives and debate best practices





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11.10 - 11.40
Jaan Madan, Session Chair
 Head of Commercial Development, **Mental Health First Aid England**
- 

Ruth Hutchinson,
 Private Sector Lead, **Neyber**
- 

Sir Anthony Seldon,
 Vice Chancellor
University of Buckingham

Panel including:
11.45 - 12.25
Jonny Jacobs
 Strategy & Transformation Director, UK&I, **Pladis**

- 
- 


Lloyd Dean,
 Head of Digital & Innovative Learning
EDF Energy
- 


Kristoff DuBose, Founder
Cirkularis8
- 

Ruth Hutchinson,
 Private Sector Lead, **Neyber**

Making the business case

Employers share how they have achieved and sustained boardroom buy-in for investment into mental health and wellbeing initiatives, including methods used to assess the need, measure effectiveness and demonstrate ROI

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11.10 - 11.40
Peter Kelly, Session Chair
 Senior Psychologist
Health & Safety Executive
- 


Karl Simons,
 Chief Health, Safety & Security Officer

Panel including:
11.45 - 12.25
Christopher Lorenz,
 Co-founder & Head of Science,
Soma Analytics

Dr Judith Grant,
 Associate Director, Health & Wellbeing, **Mace**

Peter Kelly,
 HSE Senior Psychologist


Pauline Young,
 Research Manager,
Essex Partnership University NHS Foundation Trust (EPUT)



Karl Simons,
 Chief Health, Safety & Security Officer

11.10-12.25

12.25-13.55

 **Lunch, networking & exhibition visit**

 **TechTalk @MadWorld (12.55pm - 13.55pm)**
 10 digital mental health solution providers present their products and services to a panel

 **Book signing**
 Positive Psychology by **Sally Cook** on the **U10 stand**

13.55



Positivity Boost

We'll be teaching you an exercise from Positive Psychology that can be applied in the workplace to help counteract negativity bias and facilitate a more appreciative mindset



14.00-14.25

Sponsored by:



TRACK 1: ENGAGEMENT, CULTURE, TALENT

Chair:

Geoff McDonald, Global Advocate, Campaigner & Consultant
Mental Health at Work

Engaging for early intervention and prevention

80% of employers think that their employees would happily talk about any mental health concerns to them but in reality, only 5% of employees feel comfortable with this. Focusing on early intervention and prevention this session will look at ways employers can remove this disconnect, destigmatise mental health and embed it as part of their culture.



Brendan Street, Professional Head, Emotional Wellbeing,
Nuffield Health

14.25-14.50

From stigma to solutions: engagement matters

This case study explores how to create a global mental health strategy that overcomes stigma and resonates with a multigenerational and culturally diverse workforce, including how to garner support from senior leadership and how to educate employees to identify mental



Dr Charles Lattarulo, Global Director – Healthy Minds Program,
American Express



Georgia Hedley, Manager, Global Wellbeing,
American Express

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TRACK 2: LEADERSHIP

Chair:

Matthew Shaw, UK Futures Editor,
BBC



The way forward: turning talk into action

Talking about mental health and wellbeing in the workplace is good, but sometimes it's hard to move beyond talk to action. This session will outline the current state of play and highlight the key success factors that need to be in place to ensure initiatives have a lasting impact.



Rachel Suff, Senior Policy Advisor (Employment Relations),
CIPD

Moving from the "why" to the "how"

Selecting the best strategies to support and promote mental health in the workplace can be daunting. Two very different companies outline how they have approached the challenge and share lessons they have learned along the way.



Dr Shaun Davis, Global Director of Health, Safety, Wellbeing & Sustainability,
Royal Mail Group &



Jessica Hayes, Head of Talent,
McCann

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TRACK 3: THE FUTURE

Chair:

Mark Rice-Oxley, Head of Special Projects,
The Guardian



What's in the pipeline? The now and next of mental health in the workplace

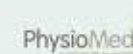
Imagine a future where everyone will have the tools at hand to care for their mental wellbeing in the workplace, cope with life's daily stresses and provide the supportive environment we all need to thrive. How far are we from this Utopia becoming a reality and what is the role of digital prevention moving forward?



Jennie Doyle, Head of Marketing,
Health Shield & CIPD



Andres Fonseca, CEO & Founder,
Thrive



Paul Wimpenny, Clinical Governance Officer,
Physio Med

AI and the future of work

There is no doubt that the world of work is evolving at an unprecedented rate. New technologies are bringing both challenges and opportunities to workplaces across all sectors. What is causing these rapid changes and what do leaders need to do to ensure their workforce is resilient and ready for



Parham Vasaiely, Senior Manager Self Driving Car Development,
Jaguar Land Rover

14.50-15.20

The disruptors: creating a work culture and environment that enable employees to thrive

How the next wave of employers is setting a new benchmark for company culture; encouraging transparency, giving employees a sense of purpose, beating burnout and creating an environment where talking about mental health is as natural and easy as talking about your weekend.



Kiera Lawlor, Director of People & Happiness, **Social Chain**



Tom Foster-Carter, COO, **Monzo Bank**



Becs Beslee, Global Head of People, **DICE**

Breaking down barriers with bold leadership

Trailblazing employers share how they have devised and implemented effective mental health and wellbeing programmes that are reaching all employees and delivering tangible benefits



Jan Gerding, Nordics HR Director, **Bosch &**



Brian Heyworth, Global Head of Client Strategy, **HSBC**



Victoria Sloan, Internal Communications Business Partner, **Anglian Water**

Thriving through disruption

How are companies adapting to the rise of AI and other disruptive technologies? How can organisations ensure they are not left behind and where does employee mental health and wellbeing fit into change management strategy?



Travis Hahler, Change Management Lead, North America, **Google**



Parham Vasaiely, Senior Manager Self Driving Car Development, **Jaguar Land Rover &**



Chantal Khoueiry, Group Chief Culture Officer, **Value Retail**

15.20-15.40

Prevention is better than cure: easing transition from education to employment

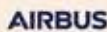
How are organisations equipping themselves to deal with the wellbeing of the first 5 years of joiners? Where does the increasing number of apprentices fit into the mix? If we can get transitions right, is that the key to embedding wellbeing as a priority into workplace culture?



Sally Evans, Wellbeing Lead, Inclusion, Community & Wellbeing, **PwC**

Who needs a Chief Happiness Officer?

Who should drive initiatives to promote mental health and wellbeing in the workplace? Does top down or bottom up work best when trying to get all levels of management committed? What do today's mental wellbeing in the workplace strategies mean for the next generation of leadership?



Dr Kai Haas, Managerial Occupational Physician, **Airbus**

Digital innovation in mental health: the pros and cons

Technology has opened a new frontier in mental health support but there is still a lot of uncertainty surrounding innovations in the space. How do you assess the range of different solutions available and decide whether they are right for your workplace?



Kimberley Swift, Health & Wellness Manager, **PepsiCo**

15.40-16.00

Hear them speak: the Millennial perspective

Millennials, with different perspectives, share their views on mental health and wellbeing, the impact of financial stresses and the changes they want to see in workplace values.



Jack Parsons, CEO, **Big Youth Group**



Laura Hearn, Owner & Co-Founder, **Jiggy's**

Maintaining momentum and moving to the next level of implementation

When it comes to mental health and wellbeing in the workplace, the aspirations of many employers are not translating into effective action or making a significant difference. What does it take to mend this disconnect? How do you drive significant behavioural change in an organisation to go to the next level of implementation?



Rose Grissell, Senior Project Manager, **The Lord Mayor's Appeal**



Christine Meakin, Director of Transformation, **Barclays**

Mental Health at Work: finding your way through the maze

More and more people are talking about mental health and wellbeing at work, and there's a wealth of advice, resources, tips, suggestions and examples out there. How do employers find what's good, what's right for them? Drawing on concrete insights from employers, this session will show how the path forward can be navigated.












Faye McGuinness, Head of Workplace Wellbeing Programmes, **Mind**



Ewan Main, Senior Content Officer, Heads Together Workplace Wellbeing, **Mind**

TURN THE PAGE FOR THE CLOSING KEYNOTE SESSIONS AND COCKTAIL PARTY

<p>14.30-16.00</p>		<p>Think Tank (Running parallel to the afternoon tracks - by invitation only)</p> <p>Designed to facilitate C-Suite knowledge sharing, this session will explore the obstacles that are currently making it difficult for employers to adopt comprehensive strategies that will support the mental health and wellbeing of their workforce. It is also an opportunity to discuss what's needed to make and keep mental health a boardroom priority for every employer.</p> <p>Lord Dennis Stevenson, <small>and</small> Peter Kelly, Senior Psychologist, House of Lords <small>and</small> The Health & Safety Executive</p> <p><i>Lord Stevenson will share key insights from the Think Tank during the keynote panel session at 16.30.</i></p>
<p>16.00</p>	 <p>Coffee break Book signing - on the LID stand - a Positive Male Mind by Dr Shaun Davis</p>	 <p>Networking break & exhibition visit</p>
<p>∨</p>	<h1 style="text-align: center; color: #76b82a;">CLOSING KEYNOTES</h1>	
<p>16.30-17.00</p>		<p>Putting workplace culture and mental health at the top of the agenda</p> <p>As well as sharing insight into Lord Stevenson's key findings emerging from the Mad World Think Tank, this panel will focus on transformational leadership and the evolving role of the CEO, how employees can get their CEO to prioritise mental health and what's needed to create lasting behaviour change when it comes to the way employers approach workplace culture.</p> <p>Chaired by:</p> <p>Matthew Shaw, UK Futures Editor, BBC Josh Krichefski, CEO, MediaCom Dr David Halpern, CEO, Behavioural Insights Team Lord Dennis Stevenson, House of Lords</p>
<p>17.00</p>		<p>Wellbeing check-in</p> <p>In the same way as we all keep check on our bodies and teeth, we should be checking in with our minds. This is a quick reflective exercise to help gain insight into your mental wellbeing</p> 
<p>17.03-17.20</p>		<p>Cutting through the stigma</p> <p>Wrapping up the event, drawing together the threads of fresh thinking that have emerged across the day and inspiring attendees to make a real difference in their workplace with a clear plan of action.</p> <p>Geoff McDonald, Global Advocate, Campaigner & Consultant, Mental Health at Work</p>
<p>17.20</p>		<p>Announcement of the winner of the TechTalk@MadWorld Digital Innovation Award</p>
<p>17.30-19.00</p>		<p>Mad World party Come and celebrate</p>

*Agenda is subject to change