

ACADEMIC INSIGHT, LEADERSHIP & HIGH LEVEL NETWORKING

21-22 February 2022
De Vere Beaumont Estate
Berkshire

THIS CAN HAPPEN.
The Retreat



Agenda

DAY 1

MONDAY 21 FEBRUARY

- 18:00** Guests arrive
- 19:00** Guest reception and networking
- 20:00** Inspirational keynote speaker and dinner



DAY 2

TUESDAY 22 FEBRUARY

- 08:00** **Breakfast**
- 09:00** **A look inside your own business:**
A facilitated discussion identifying the issues, gaps and work to be done in guests' respective businesses
- 10:00** **Articulating mental ill health in the workplace:** A keynote presentation from an academic from one of the UK's leading universities
- 11:00** **Coffee break**
- 11:20** **Introduction to roundtables**
- 11:30** **Roundtables begin; there will be three tables available, and attendees select two, lasting 45 minutes each.**
 - Responsible business, mental health and positive employee communications
 - What if your job was good for you? (This will be a discussion focused on a report published by Business in the

Community, which identifies actions that employers can take to transform wellbeing at work)

- Intersectionality and mental health

13:00 Lunch

14:00 Two awareness-raising sessions from inspirational guest speakers:

- Building a psychologically safe workplace
- Self-harm and mental health: Reducing stigma, anxiety and fear

15:00 Coffee break and networking

15:15 Closing keynote speaker

16:00 Experiential sessions to close, including 'yoga in the boardroom'

17:00 Day finishes

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