

THIS CAN HAPPEN.
GLOBAL



EMPOWERING WORKPLACE
MENTAL WELLBEING

HALF-DAY CONFERENCE 14 JUNE*



1.00pm Arrival

1.30pm Welcome



Zoe Sinclair
Co-Founder,
This Can Happen Global



Sarah Henchoz
Partner,
Allen & Overy

1.35pm **Opening keynote: How to ensure a wellbeing strategy delivers on its promises**

Many wellbeing strategies are strong in principle, yet in practicality, fail to live up to their promise. In the opening keynote of our conference, we'll understand how to build a wellbeing strategy that delivers true impact and benefit to your workforce.



Jill Ford
HR Director, UK Publishing,
Bauer

1.45pm **Gambling part two: understanding the mental health of people impacted by gambling addicts**

Following our March spotlight on gambling and the mental health impact on addicts, we are following up to highlight how gambling can affect those closest to the individuals, including family and friends – and show how employers can work to support the mental wellbeing of these affected others.



Julie Martin
Project Officer,
Gambling Harm UK



Dr. Kishan Patel
FY1 Doctor/Charity Trustee,
Gambling Harm UK



Zoe Sinclair
Co-Founder,
This Can Happen Global

2.15pm **In conversation with... Natalia Nowak, Cisco**

This session will be in conversation with Nat Nowak, Global Wellbeing Consultant at Cisco, looking at intergenerational mental wellbeing – and the different challenges facing individual age groups.



Natalia Nowak
Global Wellbeing Consultant,
People and Communities, Cisco



Sara Redwood
Partnerships Director,
Peppy Health

2.35pm **Networking break**

2.55pm **This Can Happen Awards: How one person can transform the mental health of a business**

Our first Awards showcase of the afternoon will spotlight our shortlist to show how one person can use their lived experience of mental health to create tangible and transformational change within their organisation.



Jessica Cherry
Senior Legal Editor,
Practical Law/Thomson Reuters



Emily Warren
Global Wellbeing Lead,
Avanade



Andy McAleese
MVP, Longevity, Europe,
Pacific Life Re

* May be subject to change

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3.25pm Bullying and mental health: recognising and tackling harmful behaviours at work

In this awareness-raising panel discussion, we'll understand the true impact of bullying upon mental health, showing how to recognise toxic bullying patterns at work, and how to tackle these effectively to support the mental wellbeing of your wider workforce.



Lisa Seagroatt
Founder,
HR Fit for Purpose



Jonathan Wilson
Campaigner and Ambassador,
Stop Hurt at Work



Lee Chambers
Founder & Chief Psychologist,
Essentialise, Workplace Wellbeing

3.55pm Line manager or therapist?: Understanding the boundaries when supporting staff mental health

In this session, we'll understand the importance of the role that line managers play in supporting employee mental health, focusing upon areas that might be of concern to managers, and also discussing where the boundaries lie in supporting the mental wellbeing of your employees.



Bruce Greenhalgh
Senior Wellbeing Specialist,
BT



Gavin Sutton
Vice President of Learning
and Development, EMEA,
Weber Shandwick

4.15pm Networking break**4.35pm Do workplaces understand grief?**

Grief is an emotion that impacts nearly all of us at some point during our working lives, yet do workplaces truly understand how to support grieving employees? This will be the focus of the panel, where we'll focus upon what businesses need to know when supporting employees experiencing grief, how to begin conversations and tackle stigma in this area, and previewing emerging themes from our grief-focused research study.



Heather Brooks
HR Consultant,
NatWest



Harley Cunningham
Planning and Integration Manager
and Workplace Bereavement
Consultant, Virgin Media, O2



Kathryn Courtenay-Evans
Insight & Strategy Director,
This Can Happen Global

5.00pm In conversation with our This Can Happen Awards shortlist: workplace mental health for everyone

Our penultimate Awards panel of the afternoon will share learnings on how to develop a mental wellbeing strategy that reaches everyone in your organisation, including notoriously difficult audiences to engage, all the way from head office to the front line.



Vikky Goodwin
Lead Document Controller
& Lead Mental Health Champion,
VolkerRail



Natalie Chard
Wellbeing and Inclusion
Manager, SUEZ Recycling
and Recovery UK



Toni Graves
Global Head of Reward
and Wellbeing,
Allen & Overy

5.15pm In conversation with Sam Owo: How D&I supports positive workplace mental health

In our final session of the day, we will be showing the connection between diversity, inclusion and mental wellbeing, and showing how building an inclusive workplace - for all employees - will bring huge mental wellbeing benefits to your whole staff population.



Sam Owo
Senior Inclusion & Diversity
Manager / Race Action Plan Lead,
Lloyds Banking Group



Nikki Adebisi
Founder,
Bounce Black

5.30pm Awards Reception**6.00pm Award Winners Ceremony**

Including: In conversation with our Awards shortlist



Hannah Longman
Vice President,
Programme Manager,
Deutsche Bank



Alison Corner
Head of People,
Enigunity

Other conference dates for 2023:

4 October: in person and online; **7 November:** Asia & North America - online only