

THIS CAN HAPPEN.  
GLOBAL



EMPOWERING WORKPLACE  
MENTAL WELLBEING



# HALF-DAY CONFERENCE 22 MARCH\*

**1.30pm** Welcome and networking

**2.00pm** Introduction from Zoe Sinclair, Co-Founder



**Zoe Sinclair**  
Co-Founder,  
This Can Happen Global

**2.05pm** Opening keynote - What is the state of our mental health today?

In our opening keynote, we will review the state of mental health in the UK today, understanding how and when employers can appropriately step in to support the mental wellbeing of their staff.



**Tom Ayers**  
National Collaborating Centre for  
Mental Health and Enjoying Work,  
Royal College of Psychiatrists

**2.15pm** Looking after the mental health of leaders

Leaders are often the very people responsible for distilling a mental health strategy from the top down across an organisation, but how can they prioritise their own mental wellbeing whilst leading a business? This solutions-focused panel discussion will take a deep dive into this topic and highlight exactly how to look after the mental health of leadership.



**Michael Frohlich**  
Global Chief Transformation  
Officer and EMEA, CEO,  
Weber Shandwick



**Paul Feeney**  
Former CEO,  
Qulter Plc



**Dr Monika Misra**  
Global Head of Employee Health  
& Wellbeing, GSK



**Emma Harris**  
The Chief,  
Glow London

**2.50pm** How to communicate and evolve your mental health strategy

This 'In conversation with' session will underline the importance of effective communication when it comes to the success of your mental health strategy, and also show how to grow and evolve your mental health workstream over time for maximum impact.



**Emma Flaxman**  
Engagement & Wellbeing Partner,  
PHD



**Dr Aarti Anhal**  
Founder,  
before nine

**3.10pm** Understanding gambling addiction in the workplace

Gambling addiction is a serious issue within the workforce, and this is only at risk of growing as a result of the current cost of living crisis. This panel discussion will look at the impact that gambling addiction has on employee mental health, showing how employers can recognise warning signs and provide help to these members of staff.



**Matt Smith**  
Head of External Affairs,  
Betknowmore



**Lisa Walker**  
Peer Support Worker,  
Betknowmore



**Rob O'Brien**  
Operational Resilience Analyst,  
LV=



**Colin Walsh**  
Lived Experience Manager,  
GamCare

**3.45pm** Networking break

\* May be subject to change

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## 4.00pm This Can Happen Index preview: Why employees don't feel comfortable asking for help with mental wellbeing

In this session, we'll preview initial findings from our This Can Happen Index to highlight what the data is telling us when it comes to mental wellbeing at work, and the reasons why employees might not be asking for the help or support that they need.



**Kathryn Courtenay-Evans**  
Insight and Strategy Director,  
This Can Happen

## 4.20pm Women and mental health at work: a global insight

This insight-driven keynote will spotlight the connection between gender and mental health, revealing significant findings from Deloitte's Women at Work research, and showing how employers can tackle these challenges to create an equal playing field when it comes to workplace mental health.



**Emma Codd**  
Global Inclusion Leader,  
Deloitte

## 4.30pm Fertility and mental wellbeing at work

Fertility and mental wellbeing at work is a pressing issue for employers. In fact, the UK government has just committed £1.97 million to supporting women experiencing reproductive health issues in the workplace. This panel will focus on the connection between fertility and mental health, and share learnings for businesses about how to offer tangible support in this area.



**Becky Kearns**  
Co-founder,  
Fertility Matters at Work



**Maria Glasscock**  
People Director,  
Selfridges



**Hannah Spencer**  
Head of Finance Transformation,  
News UK



**Shaun Greenaway**  
Transformational Coach,  
Knackered Knackers

## 5.05pm Spotlighting diagnosed mental ill health

Diagnosed mental ill health can often remain taboo at work, and we want to break this stigma through this intimate and eye-opening 1:1 interview about psychosis in the workplace, and the elements that employers should be aware of.



**Arif Jiwany**  
Global Head of Employee Health &  
Wellbeing & Occupational Health,  
Haleon



**James Lindsay**  
Senior Marketing Officer,  
Hertfordshire Mind Network

## 5.15pm Closing keynote - The four day week or the nine day fortnight? Understanding the impact of flexible working upon employee mental health

In our closing keynote of the day, we'll hear from Sam Franklin, CEO at Otta, about the nine day fortnight that has been implemented at Otta, the impact that the business is seeing in terms of staff mental wellbeing, and also the reasons for - and potential benefits of - choosing a nine day fortnight over a four day working week.



**Sam Franklin**  
Co-founder & CEO,  
Otta

**ONE TICKET TO ALL 2023 HALF-DAY CONFERENCES IS ONLY £700+VAT.  
A SINGLE TICKET IS £250+VAT.**

**[CLICK HERE TO ATTEND EITHER IN PERSON OR ONLINE.](#)**

**Other conference dates for 2023:** 14 June: in person and online, includes The Awards Celebration;  
4 October: in person and online; 7 November: Asia & North America - online only

\* May be subject to change