

INSIGHT, LEADERSHIP & HIGH LEVEL NETWORKING

WELCOME TO

The Retreat

THIS CAN HAPPEN.
The Retreat



Agenda

DAY 1

WEDNESDAY 31 JANUARY

- 18:00 **Arrival**
- 19:00 **Welcome drinks**
- 20:00 Welcome dinner with keynote speaker
- 22:00 **Networking drinks**

DAY 2

THURSDAY 1 FEBRUARY

- 08:00 **Breakfast**
- 09:00 **Opening session: Presented by Awaris**
Chris Tamdjidi, Founder and Managing Director, Awaris
Awaris to deliver a bespoke, data-led session focused on stress and resilience, harnessing personal insights collected from delegates.
- 09:30 **Understanding burnout and 'fallout'**
Speaker: Professor Kat Riach, Department of Management, Monash University
Academic perspective spotlighting the stage beyond burnout (deemed 'fallout') and how best to manage this.
- 10:15 **'Hidden from view': understanding leaders and mental health**
Speaker: Sally Maitlis, Professor of Organisational Behaviour and Leadership at Said Business School, University of Oxford
Exclusive preview into Oxford professor's research with leadership to understand their mental health challenges.
- 11:00 **Coffee break**
- 11:30 **2x roundtables**
Recognising, understanding and supporting grief in the workplace
Speaker: Kathryn Courtney Evans, Insights Director, This Can Happen
Tackling working hours and workload for employee wellbeing
Speaker: Rachel Lewis PHD CPsychol
- 13:00 **Lunch**
- 14:00 **Digital wellbeing and KPIs**
Speaker: Alex La Via, Founder, Live More Offline
- 15:00 **Constant change is now the norm; mental wellbeing for staff in a relentless world**
Speaker: David Homer, VP and Managing Partner, Kyndryl
- 15:30 **Organisational insights, followed by Q&A**
– further details TBC
- 16:00 **Closing keynote – to be revealed**
- 17:00 **Day finishes**

Please note that the agenda is subject to change.