

Westminster Employment Forum Keynote Seminar

Mental health and wellbeing in the workplace

Timing: Morning, Friday 23rd September 2022

Taking Place Online



WESTMINSTER
EMPLOYMENT
FORUM

Agenda subject to change

- 8.30 Registration
- 9.00 **Chair's opening remarks**
Henry Majed, Co-Founder and CEO, MyMynd; and Visiting Fellow, Said Business School, University of Oxford
- 9.05 **Mental health and wellbeing at work - evidence, key issues and priorities going forward**
Elizabeth Hampson, Partner, Deloitte
- 9.15 **Developing strategies for improving mental health and wellbeing in the workplace**
Peter Cheese, CEO, Chartered Institute of Personnel and Development
- 9.25 Questions and comments from the floor
- 9.45 **Workplace mental health provision - tackling stress and burnout at all levels, reducing stigma, encouraging open conversations, and employee rights and the role of leadership in creating healthy working conditions**
Dr Ashley Weinberg, Chartered Occupational Psychologist; and Senior Lecturer in Psychology, University of Salford
Professor Kevin Daniels, Professor of Organisational Behaviour, Workplace Wellbeing Research Team, University of East Anglia
Andrew Berrie, Interim Head of Workplace Wellbeing, Mind
Russ Lidstone, Group CEO, The Creative Engagement Group
Steven Littlewood, Assistant General Secretary, FDA Trade Union
Questions and comments from the floor
- 10.35 Break
- 10.45 **Women's mental health and wellbeing - providing whole life support for reproductive health, assistance and flexibility with outside-work pressures and commitments, and implementing specific women's health strategies**
Professor Jo Brewis, Professor of People and Organisations, The Faculty of Business and Law, The Open University (pre-recorded address)
Emma Oliver, Associate, Shakespeare Martineau
Ros Bragg, Director, Maternity Action
Clare Worgan, Head of Training and Education, Sands
Questions and comments from the floor
- 11.20 **Chair's closing remarks**
Henry Majed, Co-Founder and CEO, MyMynd; and Visiting Fellow, Said Business School, University of Oxford
- 11.25 Break
- 11.35 **Chair's opening remarks**
To be announced
- 11.40 **'Mental health at work: how to sing in the rain'**
Rachel Kelly, Author and Mental Health Advocate
- 11.50 **Flexible working and mental health - support for employees working from home, tackling isolation, person-centred strategies, and setting optimal home-workplace balances for individuals and organisations**
Debbie Bullock (she/her), Wellbeing Lead, Aviva
Henry Majed, Co-Founder and CEO, MyMynd; and Visiting Fellow, Said Business School, University of Oxford
Davina Nicholson, Clinical Lead, Time to Talk (West Berkshire)
- 12.05 Questions and comments from the floor
- 12.25 Break
- 12.30 **Implementation of workplace mental health provision, best practice, and the impact of employee benefits and care on positive mental health and productivity**
Julia Biles, Group Head of Wellbeing, Saga
Peter Kelly, Head of Mental Health Programme, Mates in Mind
Questions and comments from the floor
- 12.55 **Chair's and Westminster Employment Forum closing remarks**
To be announced
Sian Linnane, Associate Producer, Westminster Employment Forum