

# The Mental Health & Wellbeing Showcase 2019



Recruitment as it should be



In partnership with a number of subject specialists, The ONE Group is hosting a showcase on World Mental Health Day. The event focuses on mental health and well-being as well as maximising employee health in every sense of the word.

This event will appeal to you if; you have been tasked with implementing a well-being strategy, you're looking to improve the wellbeing of your employees or you would simply like to develop more of an understanding on how to approach the stigma associated with mental health and conversations around mental health.

## Agenda

8:00am	Registration, Refreshments & Networking
8:30am	Marc Kent (The ONE Group) <b>Introduction</b>
8:40am	Hayley Whitwood (Arm) <b>Thriving at Arm: Our approach to wellbeing to enrich and retain our people</b>
9:00am	Graham Irons (Howes Percival) <b>Managing mental health as a disability in the workplace</b>
9:20am	Kate Beed (Mind CPSL) <b>Suicide Prevention</b>
9:40am	Refreshments & Networking
10:20am	Jacqui & David (Your People Potential) <b>Supporting mental health at work - from aspirations to implimentation</b>
10:40am	Julian Hall (Calm People) <b>Happy teams, engaged teams... happy organisation, productive organisation</b>
11:00am	Marc Kent (The ONE Group) <b>Wrap up and questions panel with speakers</b>

NETWORKING & EXHIBITIONS OPEN UNTIL 1:00PM

## Did you know?

Across the UK, mental health problems in the workplace cost the economy approximately £70 billion annually, with a staggering 91 million working days lost due to symptoms of mental illness (forbes.com). To help combat this the UK Government has committed to spending an extra £2bn a year on NHS mental health services by 2023 (mind.org.uk) For now, this remains a key issue for the general population and employers alike, as many suffer in silence.

# An introduction to the speakers...

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THE ONE GROUP

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## Hayley Whitwood

Hayley's career in HR within tech companies began in 2007, straight out of university, where she studied Psychology. Hayley has occupied various HR Lead roles at CSR and Samsung and is currently Director of Employee Experience at Arm in Cambridge, focusing on strategic projects which span the breadth of the employee experience world.

## Jacqui Kemp

From 2001 Jacqui worked in HR management. Complementing her astute business demeanour, Jacqui trained as a therapist in 2008. She combined her HR and therapy skills to build Your People Potential with the aim of supporting organisations to manage and promote wellbeing at work. She is passionate about eradicating the stigma around poor mental health at work.

## David Lynch

David joined Your People Potential in 2015 bringing with him a broad spectrum of knowledge and skills from teaching to senior management. David is a skilled facilitator and has previously developed training programmes around dignity, discrimination and excluded communities. David combines person-centred learning and counselling skills with mindfulness core concepts to deliver robust programmes of training.

## Kate Beed

With more than 20 years experience of working in Learning and Development and Organisational Development, Kate joined Cambridgeshire, Peterborough and South Lincolnshire Mind in 2016. She is delighted to be taking up the new role of Head of Training and Consultancy at CPSL Mind in September 2019 in order to progress and continue the goal of improving mental health skills and awareness across our community.

## Graham Irons

Graham is an experienced employment lawyer and will share his thoughts on mental impairments as disabilities and how to comply with the Equality Act and the duty to make reasonable adjustments.

## Julian Hall

Armed with more than 20 years experience working in challenging corporate environments and an MBA Julian decided to train with the British Association of Anger Management. From there he set up Calm People who help organisations help their teams be more emotionally resilient. He will share with you a new model for emotional health.