



Welcome

9:30 – 9:45

Opening remarks

Ciara Doherty, Radio-TV Broadcaster and Barrister

Insights from Ibec's Corporate Wellbeing Barometer

Sharon Higgins, Director of Member Services, Ibec

Session 1: Leadership: Designing a culture of wellness

9:45 – 10:25

Keynote

No going back: How work has changed in ways that we've recognised (and not) in 2020

Bruce Daisley, Former Twitter Vice President, Workplace Culture Enthusiast and Author

Followed by Q&A

Break

Dedicated exhibition hall and networking lounge time

10:25 - 10:55

Session 2: Embracing diversity in all its forms

10:55 – 11:55

Keynote

How a conscious approach to leadership improves wellbeing and the bottom line

Natasha Wallace, Founder and Chief Coach, Conscious Works

Followed by Q&A

Panel discussion

- Kara McGann, Head of Social Policy, Ibec
- Margot Slattery, Global Diversity and Inclusion Officer, Sodexo

Break

Dedicated exhibition hall and networking lounge time

11:55 - 12:25

Session 3: Mental health and building a stronger workforce

12:25 – 13:20

Stand, stretch and boost powered by Fitbit

Resilience masterclass

Nikki Taggart, Organisational Psychologist, CooleHouse Consulting

Panel discussion

- Donal Scanlan, Manager, Mental Health First Aid Ireland
- David Casey, Health Promotion Manager, DeCare



Lunch

Dedicated exhibition hall and networking lounge time

13:20 - 14:10

Session 4: The impact of a financial wellbeing program at work 14:10 – 14:45

Financial wellbeing: Enabling our customers, colleagues and communities to thrive

Shane Quinlan, Head of Financial Wellbeing, Bank of Ireland

Panel discussion

- Shane Quinlan, Head of Financial Wellbeing, Bank of Ireland
- Nick Lawlor, Managing Director, Employee Financial Wellness and Director, The Wellness Crew

Break

Dedicated exhibition hall and networking lounge time

14:45 - 15:00

Session 5: Building successful wellbeing strategies 15:00 – 16:15

Stand, stretch and boost powered by Fitbit

Keynote

A masterclass on designing workplace wellbeing programmes

Jane Mitchell, Leadership and Organisational Development Consultant, CEO, Integrum

Panel discussion

- Clodagh Logue, Vice President, International HR, Fitbit
- Steve Bowcott, CEO, John Sisk & Son
- Leeanne Mimmagh, Director of HR, Pramerica Systems Ireland
- Sophie Moran, Programme Manager, The KeepWell Mark

Closing remarks

Ciara Doherty, MC, Radio-TV Broadcaster and Barrister



Bonus content

Available at the booth in the exhibition hall

Gut feelings and dealing with stress

Prof Ted Dinan, Professor of Psychiatry and Principal Investigator in the Alimentary Pharmabiotic Centre, UCC

Menopause in the workplace

Loretta Dignam, Founder and CEO, The Menopause Hub

The extraordinary power of mini habits: Transform your health and wellness outlook with these insights

Declan Treanor, Health and Wellnes Coach and Presenter, Performance Treanor

The home front: Health and Safety for remote working

Lisa Wilkinson, Entrepreneur and Director of The elbowroom companies

How to be green – sustainable living in the real world

Heather Leeson, Nutritional Therapist and Director of The Wellness Crew

COVID-19 and the role of Occupational Health

Ibec