

08:00 Registration and networking

09:00 **Opening remarks**  
Ciara Doherty, Event MC

09:05 **Welcome address**  
Paula Cain, Commercial Director, Ibec

Session 1

09:20 **The employment law landscape and wellbeing**  
Lorraine Parkes, Employer Relations Senior Executive, Ibec

09:30 **Health of the nation**  
Stacey Mchesney, Head of Health and Wellbeing, Irish Life

09:45 **Panel discussion: Health at work**

- Claire Hellen, HR Strategy Specialist, Ibec
- John Kennedy, Obstetrician and Gynaecologist, Therapie Fertility Clinic
- Claire Murray, Colleague Wellbeing Lead, Bank of Ireland

10:05 **Maintaining men's wellbeing in the workplace**  
Adrian Yeates, Wellbeing and Mental Health Specialist, Zevo Health

10:20 Exhibitor interaction

10:35 **Networking coffee break**

Session 2

10:55 **Panel discussion: Respect and dignity at work**

- Dr Kara McGann, Head of Social Policy, Ibec
- David Casey, Head of Health Promotion, DeCare
- Cait Gleeson, Scientific Services Programme Manager, Irish Water

11:15 **A transformative approach to creating and sustaining healthy and respectful workplaces**  
Keynote: Jackson Katz Ph.D., Author, Educator, Film-maker

12:15 **Lunch**

Session 3

13:20 **Co-ordination: How to transform your workday**  
Niamh Brady, Health and Productivity Coach, Better Workday

13:50 **Stand, stretch and boost**  
Dave and Steve Flynn, Founders, The Happy Pear

14:00 **Financial wellbeing**  
Eoin McGee, Financial Planner, Broadcaster and Author

14:15 **Networking coffee break**

Session 4

14:35 **Mental health masterclass**  
Barbara Brennan, Programmes Leader, See Change

15:15 **Panel discussion: Minding your mind**  
Donal Scanlon, Manager, Mental Health First Aid Ireland  
Paula Lawlor, CEO, Suicide or Survive  
Anne Farrell, Health Promotion Executive, Bus Eireann, Dublin Bus and Irish Rail

Leona Carroll, Learning and Development Manager, HPRA

15:35 **Finding inspiration and empowerment within**  
Zoe Holohan, Best-selling Author, Survivor and Inspirational Speaker

16:05 **Close**

