



AGENDA AND BIOGRAPHIES

Note: this agenda is subject to possible last-minute changes but is correct at the time of going to press. All presentations will be made available to participants after the event.



A CPD certificate will be emailed to you from Barbour EHS for your participation in the event

- 8:45 Delegates arrive and registration**
- 9:10 – 9:20 Welcome from Heather Beach**
- 9:20 – 9:50 Professor Tim Marsh**
Tim will give lessons from his new book written with Louise Ward of the British Safety Council: A Handbook to Wellbeing
- 9:50 – 10:30 Alastair Campbell**
Alastair Campbell will recall his conversation with Tony Blair about his experiences of depression and why talking is important for social change.
- 10:30 – 10:45 BREAK**
- 10:45 – 11:10 Sharon De Mascia**
Sharon will discuss the business case, and how to assess where to start when setting up a mental health programme in your business.
- 11:10 – 11:40 Pam Loch**
Pam will talk about the legal framework from HR, why you need to work with them and what can happen if you don't manage this area properly – long term sickness absence and disability discrimination.
- 11:40 – 12:10 Clare Forshaw**
Clare will talk about the risk assessment approach to stress proposed by HSG128.
- 12:10 – 12:45 Dr Itai Ivztan**
Itai will talk about mindfulness and how it can be used in businesses to improve productivity and overall health. He will discuss the role it plays in giving people a choice as to whether to succumb to their first reaction or to step back.
- 12:45 – 13:30 LUNCH**
- 13:30 – 14:00 Ian Puleston-Davies**
Professor Tim Marsh will interview Ian about his OCD and the impact that it has had on his work.
- 14:00 – 14:30 Amy McKeown**
Amy will talk about the role of **MHFA England** and how it can help companies.
- 14:30 – 14:45 BREAK**
- 14:45 – 15:30 Karl Simons, Clive Johnson, Judith Grant** – These eminent health and safety professionals will discuss what has been working in their own in-house mental health and wellbeing programmes.

- 15:30 – 16:00 Lord Richard Layard**
Professor Layard will discuss lessons from his book “Happiness”. In this landmark book, he shows that there is a paradox at the heart of our lives. Most people want more income yet, as societies become richer, research shows they do not become happier.
- 16:00 – 16:15 Panel debate** – Q&A session with panel and audience
- 16:15 – 16:30 CLOSE**

SPEAKERS



Professor Tim Marsh

Tim is a pre-eminent safety psychologist who has recently switched his attention from safety culture to wellbeing. He is a multi-published author and has worked with organisations all over the world.



Alastair Campbell

Alastair is a writer, communicator and strategist best known for his role as former British Prime Minister Tony Blair’s spokesman, press secretary and director of communications and strategy. Still active in politics and campaigns in Britain and overseas, he now splits his time between writing, speaking, charities and consultancy.

Sharon De Mascia

Sharon is the Director of Cognoscenti Business Psychologists Ltd. She is a chartered psychologist and a chartered scientist. She is also an expert in Wellbeing, Leadership, Change Management and Executive Coaching.



Pam Loch

Pam is a dual qualified English and Scottish lawyer with extensive experience in employment law and HR having worked with global and regional law firms during her career as an employment lawyer. Pam is ranked in Chambers UK 2017 as a Leading Individual in Employment Law.





Clare Forshaw

Clare is Head of Centre for Health at HSE's Laboratory. Clare is involved in assisting both government and individual businesses in achieving their goals in health risk management. She has pioneered the Complete Worker Health Solutions model to allow accessible and targeted solutions.



Dr Itai Ivtzan

Itai is an expert in workplace wellbeing and mindfulness programmes and the positive impact it can make to individuals. The author of several books, he is researcher and senior lecturer in Applied Positive Psychology at the University of East London (UEL). The founder of the School of Positive Transformation, Dr Ivtzan has run mindfulness training courses, seminars, lectures, workshops and retreats throughout the world including for McKinsey & Company, BBC, OTC Europe LLP, Chelsea & Kensington Council and Happify.



Ian Puleston-Davies

Ian is a Welsh actor and writer. He is best known for his role as builder Owen Armstrong in the ITV soap opera Coronation Street from 2010 to 2015. Ian has Obsessive Compulsive Disorder and was able to draw on his own experience when writing BAFTA-nominated 'Dirty Filthy Love' (2004) in which the two main characters suffer from this disorder. He is also the patron of Red Dot Drama, an acting workshop group; the CALM Centre, a charity that provides counselling and therapeutic services to the community of Harlow and its environs; OCD-UK, the national charity campaigning for support and treatment for sufferers; and Royal Manchester Children's Hospital Charity.

Professor Lord Richard Layard – Keynote Speaker

Professor Layard is a British labour economist, currently working as programme director of the Centre for Economic Performance at LSE. His main current interest is how better mental health could improve our social and economic life.



Karl Simons – Thames Water

Karl is Head of Health, Safety, Security and Wellbeing at Thames Water. He has 25 years' experience, having worked across continents and numerous critical industries including oil, gas, minerals, rail, construction and water. Karl is also a Non-Executive Director for the organisation Water Sanitation for the Urban Poor and a regular lecturer at Cambridge University. Over the last 4 1/2 years at Thames Water Karl has supported the company to develop a clear Health & Wellbeing strategy that has led to the implementation of waves of initiatives regarding psychological and mental health, leading to a substantial reduction in cases of psychological and physical illness.





Judith Grant – Royal Mail

Judith was Group Head of Occupational Health and Wellbeing at Royal Mail Group for 3 years where she was responsible for developing and delivering wellbeing strategy and programmes in addition to overseeing the occupational health and wellbeing contracts. Judith starts a new job as Health and Wellbeing Business Partner at Mace Group this month, with a focus on developing and driving forwards the health and wellbeing strategy in the business.



Clive Johnson - Group Head of Health, Safety and Security for Land Securities

Clive's role is to ensure health, safety and security compliance across the property portfolio, which includes shopping centres, retail parks, leisure, residential and development projects.. Clive's previous roles include, HS&E Manager for Asda Wal-Mart and HS&E Leader for BAA on the Terminal 5 project. Clive is also now leading on health by being a founding member and now the Chairman of the HCLG (Health in Construction Leadership Group).

Amy McKeown – MHFA England

Amy is passionate about health, mental health and wellbeing, health informatics and analytics. Amy has had many varied experiences throughout her career, all with the aim of bringing health and mental health knowledge and support to individuals. At MHFA England, training is the foundation to their approach. Educating people about mental health helps to open up conversations, breaks the stigma and encourages mental health resilience. It can also raise awareness of where to go for help, allowing people to recover more quickly.

