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# Wellbeing Conference 2023

## Date

18 April 2023

10am-4pm

## Venue

Virtual conference

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# Agenda

10:00 - 10:10 **Welcome chair**

**Stephen Haynes**, *Director of Wellbeing, British Safety Council*

10:10 - 10:45 **Keynote speaker**

**From say to be...implementing an authentic organisational wellbeing strategy**

The keynote session will review the factors that underpin what is required to implement an organisational wellbeing strategy that is at its very core – authentic. Jonathan will consider how we define wellbeing, the science and systems behind changing behaviour and the crucial role leadership play in the success of an organisational wellbeing strategy. Further to this, a key component to any strategy should be measuring outcomes, which this session will also consider.

**Jonathan Gawthrop**, *Emcor: Executive Director, Wellbeing Sustainability & Assurance. British Safety Council: Trustee*

10:45 - 11:30 **Connecting workplace psychosocial hazards to unsafe behaviours: insight from site**

Organisations frequently disconnect the link between the safety behaviours and performances they observe, to the workplace conditions employees are exposed to, and how they negatively affect psychological health, safety, and wellbeing. With the view to raise awareness and provide clarity on best practice, Audrey will provide the difference between the constructs of psychological health and safety and psychological safety. Audrey will not only consider the possible workplace psychosocial hazards but also apply context through a case study example to help those attending takeaway some key considerations to support their organisations.

**Audrey Fleming**, *Wellbeing Health & Safety Auditor and Consultant, British Safety Council*

11:30 - 11:40 **Comfort break**

11:40 - 12:25 **How to present a real business case for workplace wellbeing**

Following the recent design, delivery and deployment of a series of FREE, 3 hour, Keep Thriving Wellbeing Strategy Workshops, Marcus will use this session as an opportunity to share insights and findings from the workshops delivered and the organisations that attended. We captured the needs, challenges and future plans of each attendee to help better understand the real business case for workplace wellbeing. This session will also consider the necessary factors for the design and implementation of a successful wellbeing strategy.

**Marcus Herbert**, *Head of Wellbeing, British Safety Council*

12:25 - 13:15 **Lunch break**

13:15- 14:00 **Hybrid working – heaven or hell?**

Whilst hybrid working has taken some additional lime light in most recent years, it isn't a brand new concept. Nonetheless, in this session Bex will outline what is meant by hybrid working along with the reported benefits and challenges of it. A factor often not considered in the implementation of hybrid working is that of the impact of it on the physical office design. So alongside this, Bex will also review the responsibilities for employers implementing hybrid working. As a running theme for each session, this one will also consider the best tips for successful implementation of hybrid working.

**Bex Moorhouse**, *Founder and Director, Invigorate Spaces*

14:00 - 14:45 **Wellbeing for human performance**

Wellbeing is often referred to in benefits design, attracting new talent, looking after existing employees and more recently impeded into health and safety consideration. However Chris' session will explore how wellbeing and human performance complement each other in the working environment. This session will review the key principles that can be applied to enhance outcomes in high performance environments.

**Chris Armstrong**, *Wellbeing Programme Manager, Mercedes-AMG PETRONAS Formula One Team*

14:45 - 15:00 **Comfort break**

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## 15:00 - 15:45 **The impact of indoor air quality on occupants' cognitive function, productivity and wellbeing**

We recognise the negative impact on our cardiovascular system and lungs from external air pollution, but there is a much bigger, invisible, threat from our indoor environment that can be 20 times more pollutant than outdoor air. In this session Julie will examine how poor air quality also has adverse consequences on the brain, diminishes cognitive functions, affects mental health, creates chronic health conditions and reduces productivity and wellbeing. Julie will be exploring forever chemicals, body burdens, trade secret legislations that hide the components of chemicals we spray into the air, and low levels of testing and standards. Good Indoor air quality (IAQ) programmes are essential for the lungs of a building to be 'well'. IAQ is increasingly embedded into corporate wellbeing strategies to deliver a healthier and happier work environment. If you expect the food you eat and the water you drink to be uncontaminated, you should also expect the air we breathe to be safe.

**Dr Julie Riggs**, *Senior Head of Education, British Safety Council*

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## 15:45 - 16:25 **Maturity pathway towards improved mental health in the workplace**

For a multitude of reasons, every organisation of all sizes will have a different level of experience, maturity and success with their approach to mental health in the workplace. In this interactive session, Mates in Mind will explore the maturity pathway towards improved mental health in the workplace.

**Sarah Meek**, *Managing Director, Mates in Mind*

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## 16.25 - 16.30 **Closing remarks**

**Stephen Haynes**, *Director of Wellbeing, British Safety Council*

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