



Mindful Matters: Step Up Your Mental Health Awareness

#JCIUKMindful Matters

TIME	SESSION	SPEAKER/S	CONTENT
09:00-09:45	Registration		
10:00	Introduction	<p>Mark Smith JCI UK National President 2019 CEO of Make Your Mark UK</p> <p>Thomas Sutton Head of Corporate Partnerships & Membership at Sheffield Chamber of Commerce</p>	
	Mindful Matters: Wellbeing in the Workplace	<p>Sally-Anne Greenfield JCI UK National President 2004 Former Chief Executive of Leeds Community Foundation</p>	<p>Sally-Anne will lead a practical and interactive workshop on mental wellbeing in the workplace. Delegates will be able to identify the triggers and elements that might cause stress during the normal working day and find mechanisms to better deal with them. Sally-Anne will also share guidance on how employers can make the workplace a more positive environment.</p>
11:20-11:30	Break		
	Mindful Matters: Active Communities	<p>Lucy Arnold Managing Director at Lucy Locket Loves</p>	<p>Locket Loves is an activewear and fitness brand that delivers fantastically funky designs with inclusive sizing. Lucy will discuss the benefits of physical exercise on mental wellbeing and the online community of Locket fans, who support each other to reach their physical and mental fitness goals.</p>
12:00-13:00	Lunch		
	Mindful Matters: Panel Discussion	<p>Emma Kerrywood JCI UK National President 2013 Head of Residential Lettings & Property Management at Dacre, Son and Hartley</p> <p>Margaret Kilner Chief Officer for Healthwatch Sheffield</p> <p>Mark Smith JCI UK National President 2019 CEO of Make Your Mark UK</p> <p>Marcin Badura JCI Vice President for Europe Legal Counsel at TAL Tax Audit Law</p>	<p>This panel discussion features business stakeholders from a variety of sectors. Throughout the session, the panelists will share their insights and experiences with mental wellbeing and stress management.</p>
	Mindful Matters: First Steps to Mindfulness	<p>Sheffield IAPT (Improving Access to Psychological Therapies)</p> <p>Gillian Donohoe Cognitive Behavioural Therapy Clinical Lead</p> <p>Elizabeth Ruth Lead Psychological Wellbeing Practitioner</p>	<p>Gillian and Elizabeth will demonstrate mindfulness practices which you can build into daily life to help you to manage and reduce problems such as stress, anxiety and low mood.</p>
14:30-14:45	Break		
	Mindful Matters: Benefits of Partnerships	<p>David Capper Chief Executive for Westfield Health</p>	<p>Westfield Health is one of the UK's leading providers of corporate health and wellbeing solutions. David will talk about his experience with partnerships, as well as the Advanced Wellbeing Research Centre - acknowledged as the most advanced wellbeing and physical activity research centre in the world.</p>
	Mindful Matters: Active Citizen Framework	<p>Mark Smith JCI UK National President 2019 CEO Make Your Mark UK</p> <p>Marcin Badura JCI Vice President for Europe Legal Counsel at TAL Tax Audit Law</p>	<p>In this interactive workshop, Mark and Marcin will explain the Active Citizen Framework model. You'll also be able to create projects/awareness campaigns using your newfound knowledge and insights.</p>
16:45-17:00	Finish		