

Agenda

Workplace Wellbeing Summit 2022

by laya healthcare



Time	Session
12pm	<p>The top 5 Workplace Wellbeing trends that will shape HR in 2023</p> <p>Don't miss this deep dive into crucial current and future trends and how you can get ready for them in your organisation.</p> <ul style="list-style-type: none"> • Sinéad Proos, laya healthcare's Head of Health & Wellbeing • Gillian French, Expert in Residence, Employee Engagement at Workvivo
12.40pm	<p>Does a silver bullet exist to employee engagement in a hybrid workplace?</p> <p>Is there a true one-size-fits-all way to keep employees engaged and are new styles of leadership emerging?</p> <ul style="list-style-type: none"> • Jo Owen, best-selling author and hybrid leadership expert • Joanne Morrissey, HR Director, Microsoft
1.15pm	<p>Out of pocket, not out of mind</p> <p>Find out how to address financial anxiety among employees and empower them to take control.</p> <ul style="list-style-type: none"> • Eoin McGee, leading personal finance expert and author of How to Be Good with Money
1.55pm	<p>How diversity and inclusion influences a positive company culture</p> <p>Discover how vital it is to champion diversity and inclusion as you seek to build a thriving culture in a challenging environment.</p> <ul style="list-style-type: none"> • Ailbhe and Izzy Keane, founders of Izzy Wheels • Erika O'Leary, Head of Legal and Regulatory Affairs at laya healthcare • Siobhan Sweeney, Global Diversity, Inclusion and Belonging Leader at HubSpot
2.30pm	<p>Mental health fault lines in the workplace</p> <p>Understand how the risks and triggers for mental health challenges are shifting the balance of wellbeing, and learn about the top mental wellbeing supports that employees really value.</p> <ul style="list-style-type: none"> • Dr Sarah O'Neill, Chief Clinical Officer, Spectrum Life • Grainne O'Meara, Senior Director HR Europe at Merit Medical • Jo Owen, author of 'Resilience: 10 habits to thrive in life and work and acclaimed leadership expert • Eoin McGee, leading personal finance expert
3.10pm	<p>How to create high performance teams and the parallels between sport and business</p> <p>In this rousing final session, hear how putting the focus on wellbeing leads to better overall results.</p> <ul style="list-style-type: none"> • Gary Keegan, High Performance expert, Founder and CEO of Uppercut • Alan Quinlan, former Ireland and Munster Rugby player and sports journalist