

Taking Care of Business:

# Mental Health at Work



Wednesday 29 January 2020  
St Fagans National Museum of History, Cardiff

**DARWIN  
GRAY** 

**mabis**  

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Valleys Steps  
Cymau'r Cymoedd 

**TAKING CARE OF BUSINESS: MENTAL HEALTH IN THE WORKPLACE**  
**Wednesday 29 January 2020 | St Fagans, Cardiff**

8.30am	Arrival & registration	
8.45am – 9.15am	<p style="text-align: center;">Welcome from Chair - Theatre  <b>Pedr ap Llwyd, National Library of Wales</b>  <b>THINKING POSITIVELY ABOUT MENTAL HEALTH</b></p>	
9.15am – 10.05am	<p style="text-align: center;"><b>MINDFUL EMPLOYMENT - Theatre</b>  <b>Fflur Jones, Darwin Gray</b>  <b>Corinna Lloyd-Jones, Mabis</b>          @DarwinGrayLLP   @menterabusnes</p>	
10.05am – 10.45am	<p style="text-align: center;"><b>WORKSHOP 1 – Theatre</b></p> <p style="text-align: center;"><b>“CHEESY PUFFS &amp; ME” - WELLBEING</b>          Andrew Tamplin, Canna Consulting          @andrewcanna</p>	<p style="text-align: center;"><b>WORKSHOP 2 – studio 1</b></p> <p style="text-align: center;"><b>SOPHROLOGY TASTER SESSION – IMPROVING PERSONAL WELLBEING</b>          Valerie Lewis, Sophrology Wales          @sophrologywales</p>
10.45am – 11.00am	BREAK (15 mins)	
11.00am – 11.40am	<p style="text-align: center;"><b>WORKSHOP 1 – Theatre</b></p> <p style="text-align: center;"><b>“CHEESY PUFFS &amp; ME” – WELLBEING</b>          Andrew Tamplin, Canna Consulting          @andrewcanna</p>	<p style="text-align: center;"><b>WORKSHOP 3 – studio 1</b></p> <p style="text-align: center;"><b>FINANCIAL WELLBEING</b>          Layla Fear, Emotional Fitness          @fit_as_fear</p>
11.40am – 12.20pm	<p style="text-align: center;"><b>WORKSHOP 2 – studio 1</b></p> <p style="text-align: center;"><b>SOPHROLOGY TASTER SESSION – IMPROVING PERSONAL WELLBEING</b>          Valerie Lewis, Sophrology Wales          @sophrologywales</p>	<p style="text-align: center;"><b>WORKSHOP 4 – Theatre</b></p> <p style="text-align: center;"><b>NUTRITION FOR MENTAL HEALTH</b>          Joanne Crovini, Cardiff Nutritionist          @NutritionJo</p>
12.20pm – 1.00pm	<p style="text-align: center;"><b>WORKSHOP 3 – studio 1</b></p> <p style="text-align: center;"><b>FINANCIAL WELLBEING</b>          Layla Fear, Emotional Fitness          @fit_as_fear</p>	<p style="text-align: center;"><b>WORKSHOP 4 – Theatre</b></p> <p style="text-align: center;"><b>NUTRITION FOR MENTAL HEALTH</b>          Joanne Crovini, Cardiff Nutritionist          @NutritionJo</p>
1.00pm – 1.45pm	LUNCH BREAK (45 mins)	
1.45pm – 2.25pm	<p style="text-align: center;"><b>HEALTHY MIND, HEALTHY BUSINESS - Theatre</b>          Neil Shah, The Stress Management Society          @StressMgtSoc</p>	
2.25pm – 3.05pm	<p style="text-align: center;"><b>TRANSFORMING THE APPROACH TO MENTAL WELLBEING IN COMMUNITIES – Theatre</b>          Richard Bundy, Valleys Steps          @ValleysSteps</p>	
3.05pm – 3.20pm	BREAK (15 mins)	
3.20pm – 4.00pm	<p style="text-align: center;"><b>IS YOUR COMPANY A PACER FOR WELLBEING? - Theatre</b>          Esther Nagle, Lotus Strength Consulting          @LotusStrength</p>	
4.00pm – 4.30pm	<p style="text-align: center;"><b>EXPERT PANEL / Q&amp;A SESSION - Theatre</b></p>	

## About the speakers and their sessions

### **Pedr ap Llwyd, National Library of Wales**

Pedr was appointed National Librarian and Chief Executive of the National Library of Wales on 1 April 2019. Before his appointment he was Director of Collections and Public Services and Deputy Chief Executive and Librarian at the Library, and was previously Secretary and Head of Governance of the organization. He graduated in Welsh language and literature from Bangor University where he also completed postgraduate research in Welsh history and archive. Pedr is also a governance and human resources practitioner and in his spare time serves as a Presiding Magistrate. He has struggled with depression throughout his career.

### **Fflur Jones Darwin Gray**

As head of Employment law and HR at Darwin Gray, Fflur will be discussing how to manage potential challenges of mental health issues in the workplace such as sickness absence, making reasonable adjustments and how to go about dismissing incapable employees both fairly and lawfully. Fflur regularly delivers training on a wide range of employment law issues including mental health, discrimination and GDPR.

### **Corinna Lloyd-Jones, Mabis**

In a joint session with Fflur Jones, providing a holistic overview of employment law and HR best practice for managing mental health at work, Corinna, HR Director at Mabis will be sharing her experience of embedding a workplace health and wellbeing culture, with case studies on supporting staff with poor mental health.

### **Richard Bundy, Valleys Steps**

Valleys Steps is a charity transforming the approach to mental wellbeing in communities. Richard has worked in Third Sector mental health and related services for 25 years, as a practitioner and in a variety of managerial roles at front line and senior level. During this time, he has developed a particular interest and expertise in developing services as an alternative to mainstream provision. This has included leading on the establishment of the first Crisis House in Wales as an alternative to inpatient admission, alternatives to residential care and bespoke support for those with complex need. Richard has been heading up Valleys Steps since July 2018 and is relishing the challenge of establishing the organisation as the acknowledged "Third Way" and alternative to anti-depressants and counselling in the treatment of stress, anxiety and mild to moderate depression.

### **Andrew Tamplin, Canna Consulting**

With 20 years' experience working in the corporate world in sales, operations, HR, people and leadership development - Andrew realised the increasing need for quality, tailored coaching, mentoring and leadership solutions for both individual and organisations. This opportunity came when Andrew had to make some challenging personal life choices after suffering a mental breakdown. His recovery coincided and was hugely supported by being able to help others through coaching, mentoring and talking openly about his challenges.

### **Valerie Lewis, Sophrology Wales**

Valerie is a qualified sophrology practitioner specialised in stress, anxiety, sleep management as well as chronic pain management and mental preparation for competitive sports. Valerie offers individual and group sessions, for personal, business teams and community groups. Sophrology is a structured method designed to improve personal well-being. It uses simple techniques such as breathing, relaxation, visualisation, and easy physical movements. The regular practice of Sophrology provides you with lifelong stress and emotion management skills. Sophrology is suitable for all ages and physical abilities.

**Joanne Crovini, Cardiff Nutritionist**

Joanne is a Nutritional Therapist with over a decade of experience in supporting clients to achieve their health goals through simple and practical changes that fit in with your day to day life. In her session Joanne will start by talking about what is happening to our body when we're under stress and how this can tip us into anxiety, low mood and depression. She'll go on to highlight how we can eat and what we can eat to make our body more resilient to the stress that comes our way, as well as specific foods that we need to support mood and feelings of calmness. Joanne will give lots of practical hints and tips on how you can make these changes without it being a complete overhaul of your diet.

**Neil Shah, The Stress Management Society**

Neil Shah is the founder and Chief De-Stressing Officer at The Stress Management Society and Chief Insights Office at International Wellbeing Insights. He is a leading international expert on stress management and wellbeing. Neil is the author of Amazon #1 best-seller 'Turn negatives into Positives – An introduction to Neurolinguistic Programming' and 'The 10-Step Stress Solution'. He is a renowned media personality on the subject of wellbeing, appearing regularly on BBC Breakfast, BBC Five Live and Sky Sunrise. As HR professionals we all know the most valuable asset in any business is our people. In this interactive session Neil will introduce the importance of an overarching wellbeing strategy to drive real change and build a more resilient workforce whilst yielding a real return on investment.

**Esther Nagle, Lotus Strength Consulting**

Esther has experienced a lot of mental health issues throughout her life. Recognising that the tools that helped her could help others, Esther has a passion for sharing the stress-busting and resilience-building gifts she has gained. As well as a wellbeing consultant and teacher, she is a writer, speaker and author. Esther launched Lotus Strength Consulting to help reduce the rising problems caused to individuals and business by stress and mental ill health in the workplace. Esther has created The PACER model of wellbeing, a 5-step model to assess and improve wellbeing in the workplace. In this talk, Esther will provide practical tools to help assess where your organisation stands as a PACER for Wellbeing. She will also share some simple techniques to take away to support your own wellbeing in work and in your personal life.

**Layla Fear, Emotional Fitness**

Layla has been working in a financial and training capacity for over 18 years, including experience with National Grid plc, Coutts & Co and Standard Life plc. She is a Chartered Fellow of the Chartered Institute of Securities and Investment and an Accredited Mental Health First Aid Instructor. Emotional Fitness offers a range of training courses and workshops, helping people to better understand mental health and embed emotional and financial wellbeing into their everyday lives. Layla will be talking about good financial health and well-being. This includes understanding, accepting and taking ownership of your personal financial situation and about how we can motivate and educate ourselves to look for appropriate support or advice should we need it.

**To book:**

Visit <https://mental-health-conference-29-january-2020.eventbrite.co.uk>

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