

CONFERENCE AGENDA

THIS CAN HAPPEN.

25 November 2019
Queen Elizabeth II Centre

MAIN STAGE	STAGE 2	STAGE 3	EXPERIENTIAL 1	EXPERIENTIAL 2
REGISTRATION				
WELCOME TO THIS CAN HAPPEN				
ADDRESSING MENTAL HEALTH AT BOARDROOM LEVEL – THE CEO’S SPEAK Hear from 5 progressive Chief Execs on why they’ve made mental health a top priority in their organisations.				
TCH RESEARCH INSIGHT: Mental Health - What Tomorrow’s Workforce Expects				
This Can Happen Awards 2019 Sharing Best Practice from the Judges and Winners				
BREAK+NETWORK+EXHIBITION+BREAK+NETWORK+EXHIBITION +BREAK+NETWORK				
HOW AN INDUSTRY HAS COME TOGETHER TO ADDRESS MENTAL HEALTH Bringing together three of the major retailers in the UK for an honest discussion on how the sector is joining forces to address solutions for improving staff mental health.	FAITH, DIVERSITY AND MENTAL HEALTH How companies are taking faith and diversity into consideration in order to build inclusive mental health support strategies.	STARTING YOUR COMPANY’S WORKPLACE MENTAL HEALTH JOURNEY An Interactive Session Offering Tested Solutions to Kick-Start a Mentally Healthy Workplace.	A MILE IN MY SHOES	YOGA IN THE BOARDROOM
THE POWER OF MENTAL Health Champions, Advocates & Ambassadors How to maximise these critical voluntary players to strengthen your mental health strategy.	A DEEPER UNDERSTANDING OF SUICIDE Hear three personal experiences: from a father, a business partner and a doctor. All of whom are leading successful missions to educate about suicide prevention in workplaces through their own stories of loss.	LESSONS FROM THE LEGAL PROFESSION For this high-performance profession, there are many challenges firms face in terms of getting staff mental health support right. Learn from these firms pioneering innovative support.	A MILE IN MY SHOES	PEOPLE MATTERS

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<p>THE IMPORTANCE OF INTERNAL COMMS TOWARD SUSTAINING A MENTALLY HEALTHY WORKPLACE What images, wording, branding are companies using to address mental health. <i>See examples of successful case studies.</i></p>	<p>HOW TO SUPPORT POSITIVE BEHAVIOUR CHANGE Having mental health support in place for staff is critical but equally as important is understanding how to support individuals to adopt the support and guidance on offer.</p>	<p>FIRST-HAND EXPERIENCES OF ADDICTION Following on from the overwhelming response to our session on this topic at TCH 2018, we're looking at addiction again but from a lived experience point of view. Hear from two former addicts alongside an addiction specialist on how workplaces can be equipped to support</p>	<p>A MILE IN MY SHOES</p>	<p>SHINE OFFLINE</p>
<p>KEEPING MOMENTUM GOING: MAINTAINING ENGAGEMENT AND IMPACT Getting started on the journey is half the battle. Once your strategy is in effect, how do you maintain engagement and ensure long-term impact?</p>	<p>MONEY MATTERS: PERSONAL FINANCES & MENTAL HEALTH AT WORK Hear both the employee and employer perspective on the significance of this topic in building a mentally healthy workplace.</p>	<p>UNDERSTANDING GRIEF Grief is a complex experience which doesn't discriminate and many of us will face. Learn how to build grief support into your organisational wellbeing strategy.</p>	<p>A MILE IN MY SHOES</p>	<p>SHINE OFFLINE</p>
BREAK+NETWORK+EXHIBITION+BREAK+NETWORK+EXHIBITION+BREAK+NETWORK				
<p>YOUR MENTAL HEALTH STRATEGY: THE IMPORTANCE OF IMPACT MEASUREMENT Ticking the boxes is not always enough. To become a mentally well workplace, it's essential to invest in measurement mechanisms to ensure that colleagues are truly benefitting. Learn the most effective tools for measurement.</p>	<p>NAVIGATING THE GROWING MARKETPLACE – FINDING THE RIGHT MENTAL HEALTH SOLUTIONS FOR YOUR WORKPLACE The market is being bombarded with providers, apps, wearables, trainers – how do you sort through the options to decide what's right for your organisation?</p>	<p>UNDERSTANDING THE IMPACTS OF POST NATAL DEPRESSION Recognising the signs and successful strategies to support both mothers and fathers across your workforce.</p>	<p>A MILE IN MY SHOES</p>	<p>YOGA IN THE BOARDROOM</p>

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THE FUTURE WORKPLACE Agile working, remote working, automation: the traditional idea of a workplace is evolving. What implications will this have on mental health of staff & how can support be adjusted?				
KEYNOTE SPEAKER: NADIYA HUSSAIN British TV chef, author and television presenter.				
TCH CLOSING NOTES				

Agenda correct at time of going to press and may be subject to change.

EXPERIENTIAL SESSIONS WILL BE RUNNING THROUGHOUT THE DAY.