

PANEL DISCUSSION

# How to build a **sustainable** wellbeing strategy





# Welcome

- > Ask questions throughout using the chat
- > Questions will be read out, so please say if you want anonymity
- > Session recording and slides sent to you after the event



**Who is this  
session for?**



# Your panel



Senior Psychologist | HSE

## Peter Kelly

Currently working in Government at HSE, Peter Kelly is a technical expert on mental health and wellbeing.



Global Workplace of the Future Lead | Finastra

## Ryan Hopkins

Before joining Finastra, Ryan Hopkins led Wellbeing at Sainsbury's and worked at Deloitte as a Future of Work Consultant.



Founder | The Wellbeing Business

## Zoe Eccleston

After designing wellbeing programmes for British Gas, PepsiCo, Vodafone and Bloomberg, Zoe is now a consultant for global organisations.



Wellbeing Lead | Champion Health

## Laura Dallas

With five years' experience as a psychologist, Laura's career has taken her on a journey from supporting community projects in Croydon to front-line NHS mental health services.



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# What's next?

- > Webinar recording and slides sent via email
- > More sessions coming soon
- > Fill in the survey to tell us what you want to hear next
- > Follow Champion Health on LinkedIn for updates on upcoming sessions



**Making healthier easier, for everyone.**

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HEALTH

