

PANEL DISCUSSION

How to drive engagement with wellbeing





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



Director of the InsideOut Leadership Charter

Sarah Restall

Sarah manages a portfolio of employers dedicated to eradicating the stigma of mental health problems.



Olympian & Head of Performance | Champion Health

Jack Green OLY

Olympian and mental health ambassador, Jack now works to support Champion Health's client base with wellbeing initiatives.



OD and People Lead | Investors in People

Bethany Samson

Bethany brings the purpose of renowned Investors in People – making work better – to life for the team and their network.



Executive Director | FYLD

Karl Simons OBE

With an OBE for services to Mental Health Policy, Karl's career has taken him from government adviser to armed forces commander.





What we'll cover

While the panel is open to questions throughout, this discussion will likely focus on these topics:

1. Data
2. Involving leadership
3. Advocates
4. Engagement best-practice
5. Making the most of your technology



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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

