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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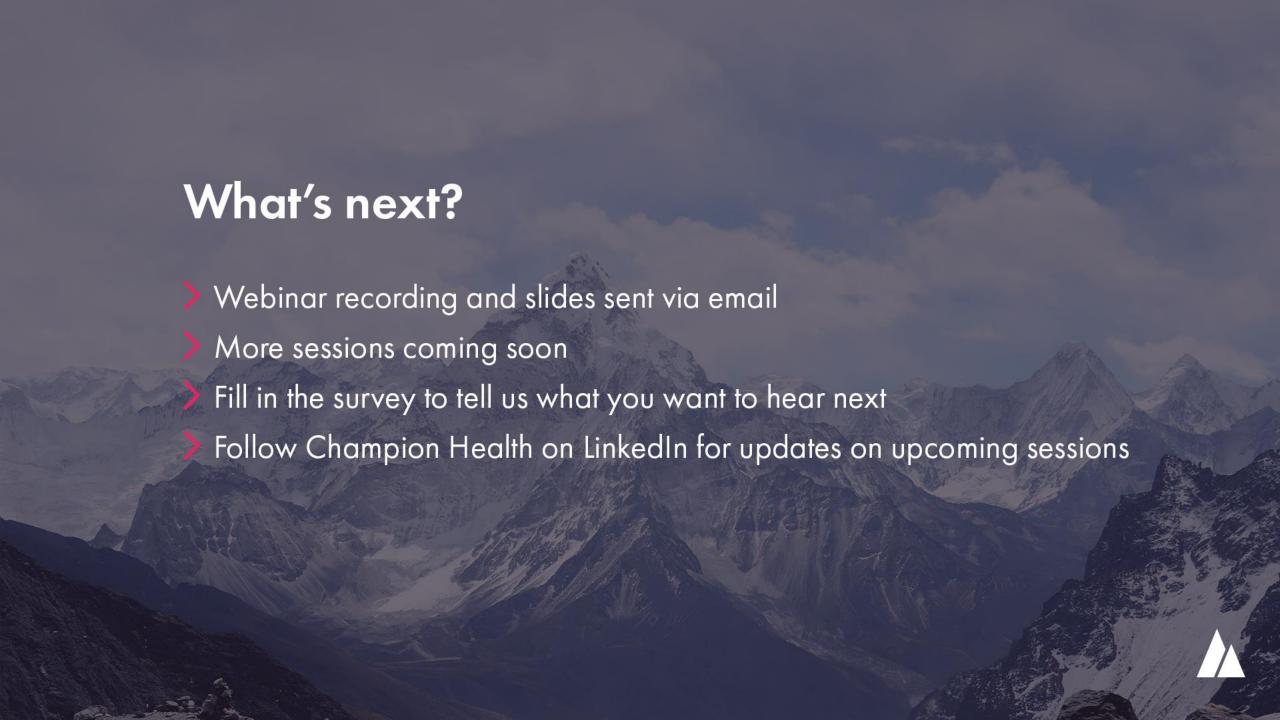
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As soon as it's ready, we'll give you priority access.







### Making healthier easier, for everyone.

CHAMPION HEALTH

