

Wellbeing at work



The **University of Southampton Business School** in collaboration with the **Association of Project Management (APM) Wessex branch** (as part of the APM challenge) is pleased to announce the **“Wellbeing at work”** event which will bring together wellbeing and industry professionals to address the awareness of wellbeing in the workplace and provide practical tools that can be implemented in the workplace.

The issues of wellbeing are gaining popularity in the UK and around the world today. Wellbeing is a broad subject and although it is mostly focused in the area of mental health, there are other factors that contribute to wellbeing. Employees encounter severe pressures and high expectations from their jobs, hence ensuring their wellbeing is necessary.

Date: 20 February 2020
Time: 5:00 pm – 7:00 pm
Venue: University of Southampton, Highfield Campus B42/Plant Pot (free parking available)



*Refreshments and Networking opportunity

Registration (Free registration with option to donate).

<https://www.eventbrite.co.uk/e/92232567091>

Aimed at professionals within Southampton, the event will include 2 talks from experienced well-being professionals and 3 activities stalls that introduce well-being activities that can implement back at your workplace.

Speakers

Dr. Jacqui Grey
Neuroscience and wellbeing
17:10- 17:35



Professor Sri Kandiah
How to be well : Wellbeing
17:40- 18:10



Activities Stalls

Stall rotations 18:30- 19:30
(20min each)



Dr. Mina Beigi
Balance in Work-life



Andy Haigh
Physical Wellbeing

