**“Wellbeing: Bringing balance to business”**

**This half day workshop is scheduled to take place virtually on Wednesday 11 May 2022, from 09:00- 14:00 (GMT); and is organised and co-sponsored by the Centre for Business Ethics and Sustainability and the World of Work. The workshop involves Henley faculty sharing their knowledge and expertise, whilst also feeding into our PRME 2023 reporting. This agenda topic coincides with Mental Health Awareness Week 9-15 May 2022.**

**"Wellbeing: Bringing balance to business”: A dialogue sharing Henley community’s experiences and knowledge.**

**Agenda**

**Wednesday 11 May 2022**

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| **Time** | **Activity** | **Lead** |
| **09:00-09:10** | **Coffee and registration** |  |
| 09:10-09:20 | Welcome and opening of event; Dean’s Welcome | Professor John Board (Dean, Henley UK) |
| 09:20-09:35 | Wellbeing and Mental Health, and their centrality as part of Sustainable business and education | Dr Naeema Pasha & Professor Kleio Akrivou |
| 09:35-09:50 | Beating the odds - how we effectively supported our community through lockdown, loss, and loneliness, to re-entry. | Jon Foster-Pedley (Dean, Henley South Africa) |
| 09:50-10:05 | Sharing Research on the four-day working week (and on CVD work changes and perceived well-being) | Professor James Walker & Dr Rita Fontinha |
| 10:05-10:20 | HR and organisational behaviour: What we know about how to promote employee well-being. | Dr Charmi Patel |
| 10:20-10:35 | Business transformation away from forms of leadership which harm wellbeing and mental heath | Dr Sinem Bulkan |
| **10:35-10:45** | **Break** |  |
| 10:45-11:00 | Calm mind, smart choices: The impact of mindfulness on financial decisions | Professor Simone Varotto |
| 11:00-11:15 | The role of career-related decisions and regrets in well-being | Dr Chris Woodrow |
| 11:15-11:30 | Burnt-in and burnt-out: working women, gender bias, mental health, and sustainable workplaces | Dr Miriam Marra |
| 11:30-11:45 | Coaching as a mental health strategy: Ethical dilemmas and evidence | Dr Tatiana Rowson |
| **11:45-12:00** | **Break** |  |
| 12:00-13:15 | Panel discussion “Wellbeing and mental health – Why are these central to a responsible, ethical workplace and how may we responsibly promote them as part of sustainable business and business school practices? – Our experience from Henley’s PRME reporting | Moderated by Ms Cheryl Walmsley  Panel:  Dr Naeema Pasha  Professor Kleio Akrivou  Dr Lisa Schopohl  Dr Chris Woodrow  Dr Adeyinka Adewale |
| 13:15-13:30 | Open discussion | **everyone** |
| **13:30-14:00** | **Lunch/close** |  |
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| **Name** | **Title / Office** | **Meeting** | **Lunch** | **Dinner** |
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