

# DAY 1: 4 NOVEMBER 2020

 Healthy Behaviours

 Muscular Skeletal Disorders






 Occupational Health

 Mental Health

 Health & Wellbeing in Business


 Fatigue

 Occupational Hygiene

TIME	 Inspiration Programme	 Rail Wellbeing Programme	 Healthy Lives Programme	 Workshop Programme	 Wellbeing Innovations Programme
09:00	Panel Session Welcome to Rail Wellbeing Live!	Industry Spotlight on Managing MSDs (Muscular Skeletal Disorders)	Minfulness with Beeja Mediation	Workshop: Managing Complex Medical Outcomes	An Introduction to Pilates with Jo Tuffrey
09:15					
09:30					
09:45					
10:00	Feel Better in 5 Dr Rangan Chatterjee		Nutrition for sleep, fatigue, and shift work	Workshop: Making The Case For Investment In Mental Health GTR	An Introduction to Workplace Nutrition Experts, SuperWellness
10:15					
10:30					
10:45			Tai Chi		
11:00	Panel Session Covid-19 and the impact on the Railway	Fatigue Kills ORR			Enabling Work to be a Place that Cultivates Wellbeing. Going Home in a Better State than you Arrived
11:15					
11:30			Movement Matters in the Railway Industry - Office Workers		
11:45				Workshop: The Power of Peers from the RSSB	Knee pain: "A Non-invasive Solution to Keep you on Track" OSSUR
12:00	How to Build Resilience and Manage Change Carole Spiers	Wellbeing Rooms Bam	How to Sing in The Rain - Building a Toolbox of Wellbeing Strategies in the Time of Covid 19 Rachel Kelly		
12:15					
12:30					
12:45					
13:00	A Healthy Worker is a Safer Worker Dame Carol Black	Industry Spotlight on Occupational Health	Yoga Claire Louise Gates	Workshop: Small Changes = Big Results. How to Create Lasting Behaviour Change	Creating a Mentally Healthy Workplace, Mind
13:15					
13:30					
13:45			Exploring Love in Leadership: Why Love is Sorely Needed in Leadership Today Helena Clayton		
14:00					
14:15					Innovation In Supporting the Mental Health of Railway Workers - March on Stress
14:30	Quack Quack Ben Goldacre	Industry Spotlight on Healthy Cultures	Strategies to Support Sleep and Shift Work Vicki Dawson	Workshop: Drug & Alcohol Testing	Workshop: Being Human: Beyond Resilience
14:45					
15:00					
15:15					
15:30			Healthy Management of Digital Technology in Challenging Times		An Introduction to The Sleep Charity
15:45					
16:00	Breaking Taboos: Don't let Embarrassment Ruin your Life Dr Dawn Harper			Workshop: Managing Complex Medical Outcomes	Talk Out Group - TalkOutVR - Using Virtual Reality to Help Improve Mental Health in the Workforce
16:15					
16:30			Alcohol Awareness - No Beer for a Year		
16:45					
17:00					

# DAY 2: 5 NOVEMBER 2020

 Healthy Behaviours

 Muscular Skeletal Disorders

 Occupational Health

 Mental Health

 Health & Wellbeing in Business

 Fatigue

 Occupational Hygiene

TIME	 Inspiration Programme	 Rail Wellbeing Programme	 Healthy Lives Programme	 Workshop Programme	 Wellbeing Innovations Programme
08:45					
09:00	Staying Alive Dr John Briffa	Industry Spotlight on Health & Wellbeing in Business	Laughter Yoga with Louise Claire Gates	Workshop: How to Develop your Mental Wellbeing Strategy	
09:15					
09:30					
09:45	The Art of Being Brilliant Dr Andy Cope AKA Dr Happiness		Should we Swear when we're Stressed? Dr Emma Bryne	Workshop: Taking Research into Practice from the RSSB	
10:00					
10:15					
10:30					
10:45					Developing a culture which embraces wellbeing – where to start and how to make it last!
11:00					
11:15	Sleep Unlocked: The Surprising Secrets of the World's Best Sleepers Dr Sophie Bostock		Movement Matters in the Railway Industry - Maintenance and Infrastructure	Workshop: The Role of Business Leaders in Creating Healthy Digital Cultures in Today's 'New Normal'	Highway to Health LNER
11:30					
11:45					
11:55					Keltbray Rail Companies, The Thrive Health and Wellbeing Programme
12:00					
12:15	Frazzled Ruby Wax	Industry Spotlight on Mental Wellbeing	Pilates with Jo Tuffrey	Workshop: Being Human: Beyond Resilience	The Journey Towards Creating a Culture of Wellbeing Danny Sullivan Group
12:30					
12:45					STOPThink! Wellbeing: An innovative Wellbeing Focus to Osborne's Cultural Development Programme
13:00					
13:15	Bringing Women's Health and Wellbeing into a Male Dominated Workplace	Industry Spotlight on Devising World-Class Approaches to Managing Fatigue	Nutrition Discovery	Workshop: Creating Healthy Cultures - What can we Learn from Safety Behaviour Culture Change	A Holistic Approach to Workplace Health – the South East Pilot Network Rail
13:30					
13:45					
14:00	How to Manage Menopause in the Workplace Nicki Williams		Exploring our Emotional Health with Samaritans, plus the Rail Industry's Million Hour Challenge	Workshop: Composite Metrics Index - Requirements and Applied Case Studies from the RSSB	The Wellbeing Benefits of Inclusive Cultures Atkins Global
14:15					
14:30					Beneath the Hard Hat
14:45					
15:00	Pain. Do you get it? Professor Lorimer Moseley	Industry Spotlight on Occupational Hygiene			KPMG
15:15					
15:30					
15:45					
16:00	Close: Leading on the Mental Health Agenda		Movement Matters in the Railway Industry - Operational Train Environment		
16:15					
16:30					
16:45					
17:00					