



Time	Think Tank (Niarbyl)	The Thought Bubble (Snaefell)	Wellbeing in Action, Try it on (Brulo)	Courageous Conversations (Champagne bar)
8am	Pilates - Activ8 MSR	Leadership Breakfast	Energise Your Morning: Yoga & Sound Bath Experience - Soundology and Health & Balance IOM	
09:00	Break (Tea and coffee available for all delegates on arrival)			
09:15	Introduction			
09:30	Generational Differences in the Workplace - Zurich			
10:30	Comfort Break			
10:45	Neurodiversity in the Workplace - Disability Awareness	From Strategy to Accreditation - how to implement wellbeing in the workplace - Resolute Consultancy Ltd.	Transforming Team Toxicity into Team Trust - Mountain High Coaching	Enhancing Cancer Survival - Male Cancer Awareness - Manx Anti Cancer Association
11:30	Comfort Break			
11:45	The Changing landscape of Employee Benefits and wellbeing - Mac Financial	How to identify, assess and reduce the risk of stress in the workplace - Swagelok	How to Master Financial Challenges - Building financial resilience through debt, ill health or relationship breakdown - Financial Wellness Academy	Creating Hope by Taking Action - Isle Stand Up to Suicide
12:30	Lunch in Snaefell Suite with Tea & Coffee			
13:30	Promoting a Psychologically Safe Environment: A Practical Guide			
14:30	Break			
14:45	Sleep - The Foundation to Wellbeing - Simply Sleep	Nutrition while socialising in the workplace - The Firm Slimming and Health Clinic	Menstrual Health Matters: Redefining Workplace Culture - Femm Collective	The Impact of Unresolved Losses On Your Work Place - The Good Grief Coach
15:30	Break with Tea and Coffee			
15:45	The Future Workforce: Adapting to changing employee Expectations - Panel Discussion facilitated by The Chambers Positive Health & Wellbeing Forum			
16:45	Summary & Goodbye (finish 5pm)			