

Positive Health & Workplace Wellbeing Conference



Thursday 25th September, Comis

Championing Healthier Workplaces - A Practical, Inclusive Wellbeing Conference for 2025

We are excited to share the *headline agenda* for this year's Wellbeing Conference! This gives you a first look at the key themes and sessions shaping the day.

Our team is busy working behind the scenes to add more detail to each session – including speaker profiles, workshop highlights, and everything in between. Watch this space for updates!

<u>Time</u>	<u>Niarbyl</u>	<u>Snaefell</u>	<u>Brulo</u>	<u>Outdoor Space</u>
08:00-09:00	Physical Session	Leadership Breakfast	HearthHealing	Breathwork
08:30-09:10	Registration - Tea/Coffee - Stall Time			
09:10-09:25	Welcome			
09:30-10:30	Ageing Well	Trauma Awareness	Financial Wellbeing	Nordic Walking
10:30-11:00	Comfort Break- Tea/Coffee - Stall Time			
11:00-12:30	Workplace Harmony - mastering workplace relationships	Nutrition in the work place	Long term illness	Bushcraft
12:30-14:00	Lunch in Snaefell Suite			
14:00-15:30	Workplace Harmony - mastering workplace relationships	The future & uses of wellbeing tech	Long term illness	Bringing nature to the workplace
15:30-16:00	Comfort Break- Tea/Coffee - Stall Time			
16:00-17:00	Wellbeing in Action			
17:00-18:30	Post-Event Connection Session			