



FESTIVAL OF HAPPINESS.

15TH MAY 2019

Schedule



The Den Schedule



Time	Headline	Synopsis
09:00-09:20	Laughing Yoga	This will act as an 'ice-breaker' activity as laughter relaxes the whole body. It triggers the release of endorphins, promoting an overall sense of well-being and increased energy and connectivity which will set the group up for a productive day.
10:00- 10:05	FOH Welcome	MAAG address delegates
10:05- 10:25	The Drum- bespoke research uncovered	The Drum Network, in association with Opinium Research and The University of Warwick will release findings from this year's Agency Mental Wellbeing Audit.
10:25-10:35	Break	Networking
10:35-11:55	<u>Inspirational Speakers</u>	Breaking down barriers. Real stories from people who have been through difficulties and created positive situations from rock bottom.
12:00- 12:30	NABS Talk	NABS will be talking through the "SHEPARD" model for wellbeing, as well as the many amazing services that the community can reach via NABS, such as the Advice Line, coaching, Masterclasses and the Resilience Programme.
12:30- 13:15	Feedr sponsored lunch	Access to charities and networking
13:15-14:15	Miss Nutritionist	Talk on the positives to health and wellbeing from eating healthy food and living a healthy lifestyle. Miss Nutritionist will talk through her own personal struggles and how she came through these by keeping a healthy lifestyle.
14:15- 15:05	"Healthy Mind and Healthy Body" Panel Discussion	A panel discussion covering all aspects from exercise, diet, healthy mind to booze, drugs and Rock n Roll
15:05-15:15	Break	Networking
15:15- 15:50	Masculinity- the search for happiness...in the words of The Naked Professor.	The Naked Professor's will talk through his own story and give practical tips on how as a male he has combatted his own barriers.
15:50-16:20	CALM	This session will talk through how CALM works with companies and social groups on how to improve individual happiness on a daily basis, along with agencies and brands to build issue awareness and drive cultural change.
16:20-16:30	Break	Break
16:30- 17:30	Oystercatchers Panel Discussion.	This session will help inspire individuals/organisations to create an environment where people feel happier, more confident and effective. Dive into practical tips and ideas on how to improve the workplace.
17:30-18:00	Break	Break
18:15-20:30	A Special GreenJam (Sponsored by Opia Risk) Digital – the good, the bad and the ugly The Mix– Mental Health Charity for under 25's	An event for future leaders in the industry. Looking at the positive and negative impacts of social media platforms and the best way to manage in a healthy way.



The Boardroom Schedule



Time	Headline	Synopsis
8:30-10:00am	CEO Breakfast (Sponsored)	<p>“Mental Health Innovation - Adapting to a Changing Workforce”.</p> <p>Petra Velzeboer, a mental health consultant, will lead a conversation on the changing world of work, the recommendations that provide a framework for good mental health and how looking after your people will enhance business goals and productivity.</p>
14:00-14:55	Talent Group with the “Bipolar Businessman”.	<p>The Bipolar Businessman will talk through “The Bipolar Benefits” and the positives of hiring someone with mental health issues. The group will then look at how to change a working dynamic for your staff without a big budget to back it up. The group will explore simple things that help organisations better manage the mental wellbeing of their staff without breaking the bank. The focus being on changes that you can make yourselves to breed better values. With the ROI attached!</p>
15:00-16:00	Ignite Inner belief, by using Magic.	<p>Abracademy is a learning and development company using magic as a tool. Our workshops take people on a journey of meaningful play - shifting mindset to enable growth and personal development. Clients who've found their magic with Abracademy include Barclays, O2, Cancer Research and Accenture.</p> <p>https://abracademy.com/ignite-inner-belief</p>



The Terrace Schedule



Time	Headline	Synopsis
09:15-16:15	<p>Mental Health First Aid Training Full Day* run by Emma Saccomani , B6 Learning and MFHA Practitioner.</p> <p>*This is a separate cost to the main day ticket.</p>	<p>This will be run by a certified trainer. The session will qualify participants as Mental Health Champions. There is a max of 16 people for this session. Guide Books will be given at the end for Champions to take back to organisations.</p>
17:30- 18:00	<p>Meditation with Odette from London Gong.</p>	

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