



## **Developing managers to manage sustainable employee engagement, health and wellbeing**

### **Affinity Health at Work Research Consortium**

**Consortium master-class event on 5<sup>th</sup> February 2015**

**Theme:** Resilience in the workplace and coping with change

**Venue:** Prospect Head Office, New Prospect House, 8 Leake Street, London SE1 7NN

10.30 – 10.45	Arrival and coffee
10.45 – 11.00	<b>Welcome and introductions</b>
11.00 – 12.00	<b>Update from Affinity Health at Work</b> <ul style="list-style-type: none"> <li>○ 2015 research update: progress so far and opportunities for involvement</li> <li>○ London Healthy Workplace Charter</li> </ul>
12.00 – 12.05	Brief break
12.05 – 13.05	<b>Practical tools for exploring resilience – the i-resilience model and resilience training</b> <ul style="list-style-type: none"> <li>○ Ivan Robertson, Robertson Cooper and University of Manchester (<a href="http://robertsoncooper.com/who-we-are/meet-the-team/professor-ivan-robertson">http://robertsoncooper.com/who-we-are/meet-the-team/professor-ivan-robertson</a>)</li> </ul>
13.05 – 14.05	Lunch and networking
14.05 – 15.05	<b>Can positive psychology help us manage change better?</b> <ul style="list-style-type: none"> <li>○ Vanessa King, The Change Space and Action for Happiness (<a href="http://www.actionforhappiness.org/about-us/vanessa-king">http://www.actionforhappiness.org/about-us/vanessa-king</a>)</li> </ul>
15.05 – 15.10	Brief break
15.10 – 15.55	<b>Exploring resilience - update on recent research and new research in end-of-life care workplaces</b> <ul style="list-style-type: none"> <li>○ Antonio Pangallo, City University (<a href="http://www.city.ac.uk/people/academics/antonio-pangallo">http://www.city.ac.uk/people/academics/antonio-pangallo</a>)</li> </ul>
15.55 – 16.00	Round up and close

**Please note:** timings are approximate and may be subject to change on the day.