Global Summit

November 8th-10th 2022



Welcome!

The MindForward Alliance 3-day Summit brings together our global community of businesses that are working together to drive improvements in the way businesses support employee mental health and wellbeing.

The Summit will convene business leaders and HR practitioners from some of the world's largest businesses at the intersection of business, mental health and wellbeing. At the heart of this conference is the belief that businesses can be part of the solution to the global mental health crisis we face.

The Summit will feature contributions from MindForward Alliance, our global chapter, as well as our local network of country alliances in UK, Portugal, Hong Kong, Australia, New Zealand, Singapore, North America and India.

We invite you to <u>register</u> to access content live and on demand following the Summit. Please share with your colleagues globally who can also register for free. The conference is suitable for:

- MindForward Alliance
 - mh

- ·Senior business leaders
- ·Global wellbeing and HR practitioners
- ·In country wellbeing and HR practitioners
- ·Mental health first aiders/advocates/champions/ambassadors within businesses
- ·ESG experts and health and safety teams



12:00am, New York 05:00am, London 05:00am, Portugal 10:30am, New Delhi 1:00pm, Hong Kong 4:00pm, Sydney 6:00pm, Auckland

Welcome from our global CEO, Poppy Jaman

Hear from our global CEO Poppy Jaman as she opens up the global conference. Poppy shares why she is driving forward the collective need for global businesses to make mental health and wellbeing a strategic priority. Drawing on her lived experience and her work with senior leadership teams, Poppy will share her vision for the future.

Speaker: Poppy Jaman (MindForward Alliance)

12:30am, New York
05:30am, London
05:30am, Portugal
11:00am, New Delhi
1:30pm, Hong Kong
4:30pm, Sydney

What drives employee wellbeing?

In this fireside chat Henrietta Jowitt, Advisor to MindForward Alliance speaks with Jan-Emmanuel, Professor of Economics and Behavioural Science, University of Oxford, Saïd Business School and Director of the Wellbeing Research Centre, also co-founder of the World Wellbeing Movement. His ongoing research agenda has led to new insights in the relationship between happiness and income, productivity, economic growth, and inequality. In this conversation, Henrietta and Jan-Emmanuel discuss what drives employee wellbeing and the implications for businesses in looking after their workforce.

Speakers: Henrietta Jowitt (MindForward Alliance), Jan-Emmanuel De Neve (University of Oxford)

1:30am, New York 06:30am, London 06:30am, Portugal 12:00pm, New Delhi 2:30pm, Hong Kong 5:30pm, Sydney 7:30pm, Auckland

GBC: Addressing mental health stigma globally across the business

This panel discussion from the Global Business Collaboration for Better Workplace Mental Health (GBC) will focus on overcoming mental health stigma across different cultures. Speakers will explore how as organisations roll out initiatives to support employee mental health, care must be taken to understand local nuances with how mental health conversations are received. Drawing on insights from Asia, Africa and globally, our speakers will share their personal and professional experience of addressing mental health stigma, and their recommendations for employers.

Speakers: Charles Alberts (Clifford Chance), Jasmine Hung (HSBC), Dr Edwin Ho (BP), Sue Baker (Changing Minds Globally), Rosemary Gathara (Basic Needs Basic Rights Kenya)

Break for 30 minutes

3:00am, New York 08:00am, London 08:00am, Portugal 1:30pm, New Delhi 4:00pm, Hong Kong 7:00pm, Sydney

Psychologically informed leadership: addressing the say-do gap

At this invitation only roundtable, we are bringing together senior business leaders from large organisations. The event will focus on the challenge of the say-do gap whereby employers consistently rate workplace dimensions associated with mental health and wellbeing more favourably than employees with an average 22% gap (Mckinsey Health Institute, 2022). We will discuss the role of leaders as change agents to close this gap, enhance employee wellbeing and business performance.

Speakers: Nigel Jones (MindForward Alliance), John Flint (UK Infrastructure Bank), Veda Persad (Northern Trust), Michael Cole Fontayn (JP Morgan Securities), Tancy Tam (HSBC Singapore), Ana Figueiredo (MindAlliance Portugal), Jennifer Tam (Mayer Brown Hong Kong), Julie Mitchell (Allianz Australia)







4:00am, New York 09:00am, London 09:00am, Portugal 2:30pm, New Delhi 5:00pm, Hong Kong 8:00pm, Sydney

The future of the employee assistance programme in a global business

Employee Assistance Programmes (EAPs) are a popular topic among CMHA / MindForward Alliance members. Panellists will share their experiences of global EAPs and explore what has and hasn't worked as well as what the future might look like.

Speakers: Hannah McLeod (CMHA HK), Arti Kashyap-Aynsley (Ocado group), Laura Young (BNY Mellon), Shefali Gera (Goldman Sachs)

5:30am, New York

10:30am, London

10:30am, Portuga

4:00pm, New Delhi

6:30pm, Hong Kong

9:30pm, Sydney

11:30pm, Auckland

Creating effective global networks of mental health first aiders/champions/advocates/ambassadors

Mental Health First Aiders/ Champions/ Advocates/ Ambassadors can be really effective in helping to build mentally healthy workplaces. In this session we will hear from three businesses on how they are rolling out global networks of mental health first aiders/champions/advocates/ambassadors. Speakers will share how they have rolled out and structured this mental health support globally and how they keep these networks engaged, supported and informed.

Speakers: Jaan Maden (CMHA UK), Phil Canale (BNY Mellon), Mark Ellis (CPPIB), Dianne Stewart (London Stock Exchange Group)

6:30am, New Yorl

11:30am. London

11:30am, Portugal

5:00pm, New Delhi

7:30pm, Hong Kong

10:30pm, Sydney

12:30am, Auckland

What drives employee wellbeing? (Replay)

In this fireside chat Henrietta Jowitt, Advisor to MindForward Alliance speaks with Jan-Emmanuel, Professor of Economics and Behavioural Science, Saïd Business School, University of Oxford and Director of the Wellbeing Research Centre. His ongoing research agenda has led to new insights in the relationship between happiness and income, productivity, economic growth, and inequality. In this conversation, Henrietta and Jan-Emmanuel discuss what drives employee wellbeing and the implications for businesses in looking after their workforce.

Speakers: Henrietta Jowitt (MindForward Alliance), Jan-Emmanuel De Neve (Oxford University)

Break for 30 minutes







8:00am, New York 1:00pm, London 1:00pm, Portugal 6:30pm, New Delhi 9:00pm, Hong Kong 12:00am, Sydney 02:00am, Auckland

The impact of climate change on mental health

Join this panel session as speakers share their experiences around the relatively new mental health challenges posed by climate change and their respective solution-driven approach, within and beyond the workplace, to turn their audiences into positive action and mindset.

Speakers: Laure de Panafieu (Linklaters), Robert Swan OBE (polar explorer), Charly Cox (Climate Change Coaches)

9:00am, New York
2:00pm, London
2:00pm, Portugal
7:30pm, New Delhi
10:00pm, Hong Kong
01:00am, Sydney

Addressing employee burnout: are you solving the right problem?

In 2019, the World Health Organisation (WHO) defined burnout as "resulting from chronic workplace stress that has not been successfully managed". In this session Peter Rodgers, Deputy General Counsel, KPMG speaks with Brad Herbig and Lea Arora from the Mckinsey Health Institute about their global research on burnout and the implications for businesses.

Speakers: Peter Rodgers (KPMG), Brad Herbig (Mckinsey Health Institute), Lea Arora (Mckinsey Mckinsey Health Institute), Alistair Carmichael (Mckinsey & Company)

11:00am, New York

4.00..... Danta at al.

9:30pm, New Delhi

12:00am, Hong Kong

Creating a global workplace mental health strategy

Increasingly businesses are looking to develop a global workplace mental health strategy. Without a thought through strategy, companies can end up with lots of individual interventions which do not link together to create an improved culture and sustained change. In this session you will hear from three businesses; Allen & Overy, Standard Chartered and Bupa on how they have approached rolling out a global mental health strategy. Speakers will share what underpins their global strategy, how they have worked with different regions, their use of data to inform their strategy and challenges overcome.

Speakers: Hannah Winter (MindForward Alliance), Toni Graves (Allen & Overy), Jeremy Hill (Standard Chartered), Julie Stephens (Bupa)

11:30am, New York 4:30pm, London 4:30pm, Portugal 10:00pm, New Delhi 12:30am, Hong Kong 03:30am, Sydney 05:30am, Auckland

Welcome- Felipe Santos, University Dean

The Dean will briefly share why the university has decided to take on the agenda for promoting mental health in the worlplace, under its Center of Responsible Business & Leadership

Speaker: Felipe Santos (Catolica-Lisbon)

4:40pm, London 4:40pm, Portugal 10:10pm, New Delhi 12:40am, Hong Kong

Mental health in the work agenda

4:40pm, London The Secretary of State will share his perspective as to why mental health in the workplace is a priority for 4:40pm, Portugal the government's agenda under the ministry of work

Speaker: Miguel Fontes (Ministry of Work)







11:50am, New York

4:50pm, London 4:50pm, Portugal 10:20pm, New Delhi

03:50am, Sydney

12:50am, Hong Kong

Leadership Talks

Four CEO's (one chairman) will share why they have decided to bring mental health in the workplace as a strategic priority in their organisations. This panel will be moderated by a famous TV host and speaker in Portugal, Catarina Furtado who is also a Goodwill UN ambassador. This session will end with Q&A from the live audience at the event here in Portugal.

Speakers: Goncalo Quadros (Critical Software), Joao Bento (CTT), Joao Vieira de Almeida (VdA), Silvia Barata (BP), Catarina Furtado

01:00am, New York 6:00pm, London 6:00pm, Portugal 11:30pm, New Delhi 02:00am, Hong Kong

O1:00am, New York The role of leadership with the VP of the board of the association of 6:00pm, London psycholoigsts

Sofia will build on the previous panel session on the role of top executives and leadership in bringing mental health in the workplace through the top-level agenda, for effective impact.

07:00am, Auckland Speaker: Sofia Ramalho (Board of the Association of Psychologists)

01:20am, New York 6:20pm, London 6:20pm, Portugal 11:50pm, New Delhi 02:20am, Hong Kong 05:20am, Sydney

MindForward Alliance, the chapter in portugal

Ana will present MFA to the audience, provide some history and context, and then present the status and next steps of the chapter in Portugal.

07:20am, Auckland Speaker: Ana Figueiredo (MindAlliance Portugal)

01:35am, New York 6:35pm, London 6:35pm, Portugal 12:05am, New Delhi 02:35am, Hong Kong 05:35am, Sydney

Mental health in the workplace pact- GBC

Nuno will present the work under development by the university to promote mental health, present GBC and present the Center of Responsible Business & Leadership as responsible for managing GBC here in Portugal.

Speaker: Nuno Moreira da Cruz (Catolica-Lisbon)

01:50am, New York 6:50pm, London 6:50pm, Portugal 12:020am, New Delhi 02:50am, Hong Kong 05:50am, Sydney

Closing and call-to-action

Short wrap-up of the event in Portugal and call to action for more leaders and businesses to join the movement.

End of day 1





5:00pm, New York

10:00pm, London

10:00pm, Portugal

03:30am, New Delhi

06:00am, Hong Kong

09:00am. Sydney

11:00pm, Auckland

Good work is good for you: fixing work and not the worker

The 'great resignation', 'quiet quitting' and 'loud leaving' are all terms being coined lately to describe workplace trends across the globe as many employees feel stressed and exhausted. Yet, why is this when so many studies support the benefits of good work on not only our individual well-being but of an organisation. So, what is good work? This session aims to understand how organisations can go beyond initiatives that aim to 'fix' the worker and instead focus on work that protects workers, minimises harm and promotes well-being.

Speakers: Dr Kim Hamrosi (CMHA Aus.), Dr Laura Kirby (Commonwealth Bank), Associate Professor Carlo Caponecchia (University of NSW), Alistair Carmichael (Mckinsey & Company)

5:45pm, New York

10:45pm, London

10:45pm, Portugal

04:15am, New Delhi

6:45am, Hong Kong

09:45am, Sydney

11:45nm Auckland

Managing difficult conversations: practical tips and experiences from leaders and those starting out

Over the last two to three years the workplace and the world has undergone a massive transformation in the way in which we work and live. And, while mental health is now more widely spoken about there is still a reluctance to talk about it at work. These important conversations might not be easy, but if we're able to effectively handle difficult conversations on topics such as mental health, we can provide a better working environment. This session aims to discuss how organisations can create a culture where it is OK to say you are not OK, encourage connection and help both leaders and employees prepare for difficult conversations.

Speakers: Penny Myerscough (Centre for Corporate Health), Melinda Upton (Positive Group) Rebecca Anderson (Microsoft)

11:00pm, New York

04:00am, London

04:00am, Portugal

09:30am, New Delhi

12:00pm, Hong Kong

3:00pm, Sydney

5:00pm, Auckland

Thriving at work journeys

Members from CMHA Hong Kong share their workplace mental health journeys and how the Guide to Thriving at Work has helped to shape their mental health strategies. Speakers will share their perspectives on key milestones, challenges faced and areas to focus on going forward. We will also hear from some of CMHA HK's board members on why mental health is a strategic business priority, industry-specific challenges and the benefits of being part of a global alliance.

Speakers: Hayden Flinn (King & Wood Mallesons), Penny Barsha / Sherry Cui (Linklaters), Peter Reynolds (Oliver Wyman), Susane Yan (Schroders), Alex Bowen / Ed Moncreiffe (HSBC), Jennifer Tam (Mayer Brown), Winnie Tsien / Mark Saunders (JLL), Peter Picton-Phillipps (EY)

05:30am, London 05:30am, Portugal L1:00am, New Delhi

30pm, Hong Kong 4:30pm, Sydney 6:30pm, Auckland

Walking a tight rope: mental health initiatives that merely tick a box

This panel discussion will look at the current surge in need for mental health practices in the workplace in India and the priorities that need to be addressed. The speakers will discuss the need to move beyond awareness raising and how businesses can move into action. Speakers will share initiatives that have worked and what has not.

Speakers: Sunita Wazir (Unilever), Mellener Coelho (Northern Trust), Swayta Murarka (HSBC)





Day 2

How can leaders be an advocate on the mental health and wellbeing agenda

Surendra Rosha, Co-Chief Executive officer, Asia Pacific at HSBC shares how leaders have an important opportunity to be an advocate on the mental health and wellbeing agenda. He speaks candidly about the challenges and opportunities faced in APAC and what HSBC are doing to ensure their employees can thrive.

10:30pm, New Delhi

Creating mentally healthy working environments

Over the past two years, employee wellbeing and mental health has moved to the top of the business agenda. While progress has been made, there is still so much to learn in order to create systemic change. The business impact is substantial: without mentally healthy workplaces, organisations risk reduced productivity, increased costs and loss of competitive advantage. At the event you will hear how these leaders have addressed mental health in the workplace and insights into how businesses are making employee mental health and wellbeing a strategic priority.

End of day 2





Day 3

03:00am, New York 08:00am, London 08:00am, Portugal 1:30pm, New Delhi 4:00pm, Hong Kong 7:00pm, Sydney 9:00pm, Auckland

Building psychologically safe spaces at work and at home

IPsychological safety is essential for fostering a mentally healthy workplace and home environment in which people can thrive. This panel discussion is beneficial to HR practitioners and people managers who are keen to integrate work-life solutions at the workplace, as well as working parents who are looking for ways to better manage their caregiving responsibilities while accomplishing their career goals.

Speaker: Rhea Leckie (CorporateDNA), Dr Jasmine Yeo (The Private Practice), Laure de Panafieu (Linklaters), Kenneth Choo (Heineken), Jamie (Youth Overcomer)

5:00am, New York 10:00am, London 10:00am, Portugal 3:30pm, New Delhi 6:00pm, Hong Kong 9:00pm, Sydney

11:00pm, Auckland

The future of work and implications for employee well-being

In this session Professor Cary Cooper explores how businesses can embed wellbeing into the future of work, looking at hybrid working, the role of line managers, and the multitude of experiences different colleagues have in the workplace. Cooper will explore both the opportunities and risks for businesses as they adopt hybrid working and what they need to be thinking about to effectively support employee wellbeing in a sustained manner, whilst also reflecting on the learnings of the last few years. Grounded in business experience and insight, Cooper will provide future looking insight as to how organisations can continue being a supportive and inclusive place for their people.

Speaker: Professor Cary Cooper (Manchester Business School, University of Manchester)

10:30am, New York 3:30pm, London 3:30pm, Portugal 9:00pm, New Delhi 11:30pm, Hong Kong 2:30am, Sydney 4:30am, Auckland

Welcome to UK Summit / Allen & Overy: The future of workplace mental health

Welcoming everyone to the Summit, CMHA CEO Alison Unsted, alongside Sarah Henchoz will open our UK Leadership Summit by sharing her vision of the future of global workplace mental health. She will discuss why the CMHA and it's members, including Allen & Overy, are leading the way on this agenda and why it is so important to them

Speakers: Sarah Henchoz (Allen & Overy), Alison Unsted (CMHA UK)

10:45am, New York 3:45pm, London 3:45pm, Portugal 9:15pm, New Delhi 11:45pm, Hong Kong 2:45am, Sydney

Psychology at work- rethinking sustainable psychological health

Brian will consider some of the main 'risk factors' and 'protective factors' impacting our psychological wellbeing in the workplace, based on a growing body of evidence. The main focus will be on how organisations can build a collaborative, affiliative, supportive environment that helps to attract and retain the best talent, mitigate stress and future proof their business.

Speaker: Dr Brian Marien (Positive Group)





Day 3

11:20am, New York

4:20pm, Portuga

9:50pm, New Delhi

12:20am, Hong Kong

3.20am Sydney

5:20am. Auckland

Putting the wellbeing of employees into the 'S' of ESG: The wellbeing of your people drives the wellbeing of your business

Employee wellbeing is increasingly being recognised as a robust forward indicator of the risk profile and future success of business. More businesses are placing wellbeing on the board agenda and greater attention is now being placed on how wellbeing can be recognised as a critical part of a businesses' ESG strategy. In this panel, speakers will discuss where does wellbeing fit within an ESG strategy, delving into the recent proposition paper from MindForward Alliance. Speakers will explore what the latest data is showing with regards to what drives employee wellbeing at work and how this can be operationalised into initiatives that build wellbeing capital so that businesses can thrive. You will hear how businesses can start to develop an evidence-based approach that can in turn become a critical part of the non-financial assessment of a sustainable and resilient business, informing ESG reporting.

Speakers: Henrietta Jowitt (MindForward Alliance), Sarah Cunningham (World Wellbeing Movement), Andrea Blackman (ESG Adviser), Andy Chorlton (Schroders), Adeife Onwuzulike (Euromonitor)

Closing of the Summit, Poppy Jaman, Global CEO, MindForward Alliance

End of the Summit







Meet our speakers

Adeife Onwuzulike



Global DEI Director, Euromonitor

Alex Bowen



COO, PayMe, HSBC

Alison Unsted



CEO,

Alistair Carmichael



Associate Partner, McKinsey & Co

Amy VaaS



Global Wellbeing Lead, PwC

Anabela Figueiredo



Chair, MindForward Alliance Portugal

Anastasia Vinnikova



Head of Workplace Wellbeing, CMHA UK

Andrea Blackman



ESG Advisor

Andrew ChorIton



Head of Fixed Income, Schroders Investment Management



Meet our Speakers

Andrew Culleton



Executive General Manager Group People Services, Commonwealth Bank

Arti Kashyap-Aynsley



Global Head of Health & Wellbeing, Ocado Group

Associate Professor Carlo Caponeccia



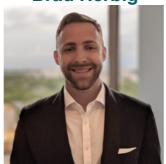
University of NSW, Australia

Barry Silverstein



Managing Director, Interbrand Health

Brad Herbig



Global Leader of Employee Mental Health and Wellbeing Initiative McKinsey Health Institute

Catarina Furtado



Broadcast Journalist

Charles Alberts



Global Head of Wellbeing & Employee Experience, Clifford Chance

Charly Cox



Co-Founder, Climate Change Coaches

Dannielle Haig



Business Psychologist, Feel Good



Meet our Speakers

Dianne Stewart



Director of Culture and Wellbeing, LSEG

1020



CEO, CMHA Australia

Gonçalo Quadros



CEO, Critical Software

Dr Brian Marien



Co-Founder and
Chairman
The Positive Group

Dr Laura Kirby



Chief Mental Health Officer, Commonwealth Bank of Australia

Hannah McLeod



Managing Director, CMHA HK

Dr Edwin Ho



VP Health & Wellbeing for Asia, BP

Ed Moncreiffe



CEO,
HSBC Life (International)
Limited

Hannah Winter



Head of Global Workplace Wellbeing, MindForward Alliance



Meet our Speakers

Hayden Flinn



Co-Chief Executive & Partner, King & Wood Mallesons, Hong Kong

Jasmine Hung



Head of pensions and retirement Hong Kong, HSBC Asset Management

João Bento



CEO,

Henrietta Jowitt



Advisor, MindForward Alliance

Jennifer Tam



Partner, Mayer Brown HK

João Vieira de Almeida



Senior Partner, VdA

Jaan Madan



Head of Training, CMHA UK

Jeremy Hill



Head of Wellbeing, Standard Chartered Bank

John Flint



UK Infrastructure Bank



Meet our Speakers

Julie Mitchell



Chief General Manager, Allianz Australia

Julie Stephens



Global Director of Wellbeing, Inclusion and Health & Safety, Bupa

Kumar Kymal



MD, Global Head of Reward, BNY Mellon

Laura Young



International Wellbeing
Manager,
BNY Mellon

Laure de Panafieu



Partner and Asia Head of Employment & Incentives, Linklaters

Lea Arora



Fellow, McKinsey Health Institute

Mark Ellis



Managing Director,
Learning & Development,
CPPIB

Mark Saunders



APAC Head of Client Partnerships, JLL

Melinda Upton



CEO,
The Positive Group



Meet our Speakers

Mellener Coelho



VP & Head Diversity, Equity and Inclusion Northern Trust- India

Michael Cole-Fontayn



NED, JP Morgan Securities

Nigel Jones



Executive Coach and CMHA Founder

Nuno Moreira da Cruz



Catolica-Lisbon center for Responsible Business & Leadership

Penny Barsha



Corporate Responsibility
Manager, Asia,
Linklaters

Penny Myerscough



National Manager of Learning and Wellbeing Culture,
Centre for Corporate Health

Pete Rodgers



Deputy General Counsel, KPMG International

Peter Picton-Phillipps



Senior Partner, EY, Greater China

Peter Reynolds



Partner and Head of Greater China, Oliver Wyman



Meet our Speakers

Phil Canale



International Business Planning Manager & Global Co-Chair HEART, JLL

Poppy Jaman OBE



CEO. MindForward Alliance

Professor Jan-Emmanuel De Neve



Director, Wellbeing Research Centre, University of Oxford

Professor Sir Cary Cooper CBE



Distinguished Professor of Organisational Psychology and health

Rebecca Anderson



Client Executive, Microsoft

Robert Swan OBE



Polar Explorer and **Environmental Leader**

Rosemary Gathara



Executive Director, **Basic Needs Basic** Rights Kenya

Sarah Cunningham



Managing Director, World Wellbeing Movement

Sarah Henchoz



Partner, Allen & Overy



Meet our Speakers

Shefali Gera



EMEA Head of Diversity & Inclusion and Wellness, Goldman Sachs

Sherry Cui



Partner. Linklaters

Silvia Barata



BP

Sue Baker OBE



Managing Director, **Changing Minds Globally**

Sunita Wazir



Global Wellbeing Lead, Unilever

Surendra Rosha



Co-Chief Executive Officer, Asia Pacific, HSBC

Susane Yan



Regional Manager, Talent & Development, Schroders

Swayta Murarka



Head of Global Banking Bangalore, Guangzhou, Manila & Colombo **HSBC**

Tancy Tan



HSBC Singapore



Meet our Speakers

Toni Graves



Global Head of Reward & Wellbeing Allen & Overy

Veda Persad



Country Executive, Northern Trust India

Winnie Tsien



APAC Head of People Experience, JLL

Thank you to all our speakers for taking part in the MindForward Alliance global Summit



www.mindforwardalliance.com contact@mindforwardalliance.com