



Affinity Health at Work Research Consortium

Evidence-based information and guidance for practitioners to enhance workplace health, wellbeing and engagement

Consortium master-class event on Thursday 1st December 2016

Theme: Mindful leadership

Venue: London Underground Head Office, 55 Broadway, London SW1H 0BD

10.30 – 10.45	Arrival and coffee
10.45 – 11.00	Welcome and introductions
11.00 – 11.30	Affinity Health at Work research and online hub update <ul style="list-style-type: none"> ○ Update on online hub ○ Update on other research ○ Plans for 2017
11.30 – 12.15	Collaboration update: OSH Leadership for distributed workers <ul style="list-style-type: none"> ○ Karina Nielsen, University of Sheffield http://www.sheffield.ac.uk/management/staff/kneilsen/index
12.15 – 13.15	Lunch and networking
13.15 – 14.00	Mindful leadership – research insights <ul style="list-style-type: none"> ○ Frank Bond, Goldsmiths, University of London, http://www.gold.ac.uk/institute-management-studies/staff/bond/
14.00 – 14.10	Brief break
14.10 – 15.00	Applying ACT to support leaders <ul style="list-style-type: none"> ○ Rachel Lewis, Affinity Health at Work and Kingston Business School http://business.kingston.ac.uk/staff/dr-rachel-lewis ○ Kerry Brewer, CGL (change grow live) http://www.changegrowlive.org
15.00 – 15.55	From mindfulness to interpersonal mindfulness – a potential new avenue for leadership development <ul style="list-style-type: none"> ○ Emma Donaldson-Feilder, Affinity Health at Work
15.55 – 16.00	Round up and close

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