

Being the best leader, you can be in 2021

Conference Agenda Thursday 28th January 2021

10.00am – 10.05am

Welcome

John Mark Williams, Chief Executive, The Institute of Leadership & Management

10.05am – 10.25am

Self-awareness: the first place to start but a journey that never ends

Kate Cooper, Head of Research Policy & Standards, The Institute of Leadership & Management

10.25am - 10.30am Break

10.30am – 10.55am

How Physical Intelligence is key to being the best leader you can be?

Claire Dale, Author of the award-winning book "Physical Intelligence"

10.55am- 11.00am Break

11.00am – 11.25am

Non-negotiable Self Care for 2021 – taking a deeper sense of responsibility for ourselves so we can thrive in the new normal

Dr Nerina Ramlakhan, Neurophysiologist

11.25am – 11.30am Break

11.30am – 11.55am

What is the business case for happiness? A panel discussion

Matt Phelan, Co-Founder: The Happiness Index &
James Bolle, Purpose and Team Happiness expert

11.55am-12.00pm Break

12.00pm-12.25pm

Building positive mental health and resilience

Abigail Hirshman, Director of Workplace Mental Health & Wellbeing Programme
at The Charlie Waller Trust

12.25pm – 12.30pm

Closing remarks

John Mark Williams, Chief Executive, The Institute of Leadership & Management