



CELTIC ADVANCED LIFE SCIENCE
INNOVATION NETWORK
CALIN
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Discover more



WORKPLACE WELLBEING:

Online workshops and networking event for businesses by **CALIN@Bangor University**

7th - 9th February 2023

- » **Free consultations** with experts from the CALIN research team
- » **Networking opportunities** to connect with researchers and fellow businesses
- » **Free workshop guides** to implement techniques

Free Online
WORKSHOPS



Workplace Wellbeing: Return on Investment and Increased Productivity
RCS



Promoting Teamwork in SMEs: Towards Effective Work Practices
Dr Matt Boulter & Nicky Jones



Using Behavioural Science in Practice
ALPHAcademy & Prof John Parkinson



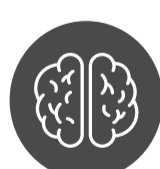
Move More Sit Less
Dr Jamie Macdonald & Dr Sophie Harrison



Menopause: Breaking the Taboo
Dr Jen Coaching



Valuing your Impact on Health and Wellbeing: An Introduction to Social Return on Investment
CHEME Social Value Hub & Dr Lucy Bryning



Becoming a Dementia Friendly and Accessible Business
Alzheimer's Society
Dementia Friend's Ambassador,
Dr Catherine MacLeod & Hannah Jelley



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Online workshops and networking event for businesses by **CALIN@Bangor University**



The event aims to support businesses to develop health and wellbeing in the workplace.

Attendees will benefit from:

- **Free workshop sessions** presented by leading professional expert speakers from psychological, physiological and health perspectives on specialist aspects of wellbeing.
- **Networking opportunities** will connect businesses, researchers, academics, and healthcare experts enabling future collaborations.
- **Free consultations** with experts from the CALIN research team will provide tailored support for business development.
- **Free workshops guides** will be provided following the event to support practical implementation.
- **Showcasing and promoting your business** via links to business websites, advertising materials and company biographies to create exciting new connections.

The event runs from 9am- 5pm on Tuesday 7th February, Wednesday 8th February, and Thursday 9th February 2023.

We welcome attendance for the full event or selected sessions of interest at [registration](#).



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Tuesday 7th February 2023

9:30- 9:50: CALIN Introduction and Welcome

By Professor John Parkinson, Bangor University

This event will be introduced with an overview of CALIN, the event sessions and activities provided and signposting to available support opportunities.

10:00- 12:00: Workplace Wellbeing: Return on Investment and Increased Productivity

By Rhyl City Strategy (RCS)

RCS offer a specialist wellbeing consultancy and training service to support employees and workplaces to thrive. In this session attendees will look at how a proactive approach to supporting the wellbeing of employees can offer a potential return on investment of up to 5:1, and bring about tangible improvements in staff retention, teamwork and productivity. Following our Workplace Wellbeing Framework, consultants will highlight some practical measures to help attendees take forward their commitment to wellbeing at work.

13:00- 15:00: Promoting Teamwork in SMEs: Towards Effective Work Practices

By Dr Matt Boulter & Nicky Jones, Bangor University

In this session, attendees will be guided through key principles of teamwork that are linked to creating effective and sustainable workplace practices. This workshop provides attendees with the necessary theory and practical knowledge needed to implement effective teamwork practices. Such topics include leadership practices and identifying and dealing with disagreements effectively. In doing so, leaders and employees of SMEs build an awareness of fundamental areas that enhance their workplace culture.

15:30- 17:00: SME Networking

In this session attendees will have the opportunity to participate in a structured networking activity. Through a series of speed dates, you will have the opportunity to engage with other businesses, develop new relationships, and expand your network to maximise your potential for innovation and growth. Networking spaces for casual talking will also be available.



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Wednesday 8th February 2023

9:30- 10:30: Using Behavioural Science in Practice

By Applied Learning For Preventative Health Academy (ALPHAcademy) & Prof John Parkinson, Bangor University

Whether we are trying to make changes to our own behaviour, or implementing a new process to change the behaviour of a target group or market, our chosen intentions are not always followed by the appropriate behaviours. The session will introduce the dual-process approach to understanding behaviour and will identify key references and guides to help attendees understand the science. The core of this session will explore a process to (1) identify a target behaviour, (2) explore the key drivers of behaviour and (3) choose a set of appropriate tools in order to intervene and make a change to the behaviour. This process could be applied to an individual or target group, and additionally could be used in the process of creating new products or services.

11:00- 12:00: Move More Sit Less

By Dr Jamie Macdonald & Dr Sophie Harrison, Bangor University

"If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health" (Hippocrates). This session aims to familiarise attendees with current physical activity guidelines. The session will be relevant to attendees and their colleagues, by introducing ways to better manage health and wellbeing. Whether physical activity can enhance work-place productivity will also be discussed. Finally, strategies to enhance physical activity in the workforce will be explored.

13:00- 14:00: Menopause- Breaking the Taboo

By Dr Jennifer Cooney, Dr Jen Coaching

Menopause affects 52% of the population and can have a significant impact on a woman's health, well-being and work life. Women over 50 are the fastest growing group in the workforce and symptoms typically start when a woman is in her 40's, but for some women, menopause and associated symptoms can happen much earlier than this. Despite menopause affecting most women during their working lives, the menopause is a topic that is not often discussed and can be regarded as taboo. This workshop aims to break the taboo and attendees will gain a greater



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understanding of what menopause is, the impact it can have and the steps that can be taken to help make menopause a more positive experience, so that women can thrive in this time of their life and in their careers.

14:30- 17:00: SME & Academic Networking and Creating Collaborations

In this session attendees will have the opportunity to participate in a second structured networking activity. Through a series of speed dates, you will have the opportunity to engage with academics and researchers with a variety of expertise. Tap into specialist skills and knowledge, and create connections that can help you establish an evidence base for your products, processes, and services.

Thursday 9th February 2023

9:30- 11:30 Valuing your Impact on Health and Wellbeing: An Introduction to Social Return on Investment

By Centre for Health Economics and Medicines Evaluation (CHEME) Social Value Hub & Dr Lucy Bryning, Bangor University

In a climate of limited budgets, it is necessary to gain more understanding of what people value when deciding how to allocate resources. Traditional return on investment methods may not capture the full value of activities that aim to improve health and wellbeing, as the benefit and value to the person participating in health-promoting activities may be hard to quantify and can affect not just the person taking part but also the people in their wider network. Social return on investment (SROI) analysis is a framework which seeks to establish the social value generated by activities through evaluating its impact on the people most affected. This workshop will give an overview of what social value is and why it is important to measure the costs, benefits and value created by health promoting activities. A guide to the steps involved in conducting an SROI analysis will be provided using relevant case studies.

11:30- 12:30: CALIN Consultancy and Research Support Drop ins and Free Networking

In this session attendees will have the opportunity to attend a one-to-one consultation with a CALIN professional who will provide tailored support for your business. Consultations may include, the provision of research evaluations,



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practical advice or supporting opportunities and connections to facilitate business development, depending on what you would find useful.

This session also provides an opportunity to freely network and make connections with others.

13:30- 15:30: Becoming a Dementia Friendly and Accessible Business

By Teresa Davies, Alzheimer's Society Dementia Friends Ambassador and Dementia Engagement and Empowerment Project (DEEP) Network member, Dr Catherine MacLeod & Hannah Jelley, Bangor University

How accessible is your business for someone with dementia? Regardless of the industry you are in, it is inevitable that you will come across someone impacted by dementia. This could be a customer, client, employee or colleague. The number of people living with dementia or supporting someone with the condition are at record highs. We all play a part in making life a little easier for those affected by dementia. This session will help attendees understand what dementia is, what challenges people encounter, and will guide them through how they can support people. We will provide attendees with practical tips and useful information to enable them to be dementia friendly, achieve an accessible workplace, and become a business those affected by dementia want to engage with.

15:30- 17:00: Scheduled CALIN Consultancy and Research Support

Attendees have the opportunity to register their interest in receiving a Consultancy and Research Support appointment with a CALIN expert at event registration. Following indicating your interest for a consultation during this session, a CALIN expert will contact you to review your business needs and match you with a CALIN consultant, agreeing a scheduled time convenient for you.

A scheduled consultation appointment will facilitate matching your business requirements with the best CALIN expertise in relation to your needs.

Showcasing and promoting your business

Attendees will have the opportunity at registration to indicate if they would be interested in showcasing their business via links to business websites, advertising materials or company biographies to create exciting new connections.