



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 15th September 2016

Theme: Perfectionism and wellbeing at work

Venue: CIPD, 151 The Broadway, London, SW19 1JQ

10.30 – 10.45	Arrival and coffee
10.45 – 11.00	Welcome and introductions
11.00 – 11.45	Affinity Health at Work research and online hub update <ul style="list-style-type: none"> ○ Update on research past, present and future ○ Latest news on the online hub
11.45 – 12.30	Collaboration update: Cancer and return to work <ul style="list-style-type: none"> ○ Alice Davis, Institute of Occupational Medicine http://www.iom-world.org/research/our-scientists/alice-davis/
12.30 – 13.30	Lunch and networking
13.30 – 14.30	Influence of perfectionism on employees' experiences of work and leisure <ul style="list-style-type: none"> ○ Paul Flaxman, City University http://www.city.ac.uk/people/academics/paul-flaxman
14.30 – 14.45	Brief break
14.45 – 15.45	Impostor Syndrome: feeling like you're about to be found out And how it relates to perfectionism and wellbeing <ul style="list-style-type: none"> ○ Belinda Rydings, Clearspace Coaching, http://www.clearspacecoaching.co.uk/about.html
15.45 – 16.00	Round up and close

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