



Kingston Business School

Developing managers to manage sustainable employee engagement, health and wellbeing

Affinity Health at Work Research Consortium

Consortium master-class event on 30th September 2013

Theme: Changing behaviour to improve health: how can the workplace help?

Venue: London Underground Headquarters, 55 Broadway, London SW1H 0BD

10.30 – 10.45	Arrival and coffee
10.45 – 11.00	Welcome and introductions
11.00 – 11.50	Research/publications update from Affinity Health at Work <ul style="list-style-type: none">Plans for 2013-14 research on developing managers to manage sustainable employee engagement, health and wellbeingTopics/plans for 2013-14 master classes
11.55 – 12.00	Brief break
12.00 – 12.45	Evidence-based practice – an overview and example <ul style="list-style-type: none">Tinu Cornish C.Psychol., Different with Difference
12.45 – 13.30	Lunch and networking
13.30 – 14.15	Health improvement and behaviour change <ul style="list-style-type: none">Findings from an evidence review
14.15 – 15.00	Behaviour change for health <ul style="list-style-type: none">Claire McDonald, Behaviour Change Unit, NHS
15.00 – 15.05	Brief break
15.05 – 15.55	Sharing experience on health improvement and behaviour change <ul style="list-style-type: none">Discussion of what works and why in different organisations
15.55 – 16.00	Round up and close

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