



# reba Wellbeing Congress

20 June 2024 | London

## Personalise your agenda

- 1 Choose your sessions: Select one option in each time block. *N.B. some sessions are invitation-only.*
- 2 Select at least one time block to explore the curated supplier marketplace of 85+ companies, where you can discover what's new and make valuable connections with leading providers.

Sign up and book your sessions here.

# Agenda

### 08.00 Registration, breakfast and meet the exhibitors

Explore the curated supplier marketplace to discover what's new and keep on top of the latest industry thinking

### 08.20 By invitation only: Breakfast workshops: Innovation showcase with exclusive first-look demos from Peppy and PwC

#### AFFILIATION 1

PEPPY

EXCLUSIVE live demo launch

#### BY INVITATION

Using AI to bring Spotify-level personalisation and UX to employee benefits

Hosted by

Evan Harris, CEO, Peppy

Elliot Miller, VP of Product, Peppy

#### AFFILIATION 3

PWC

UK-first demo of Benefits+ from PwC, exclusively for existing and soon-to-be Workday HCM customers.

#### BY INVITATION

Creating a seamless benefits experience with the brand new, PwC-owned Benefits+ flexible benefits platform, hosted in Workday

Hosted by

Ben Leigh, Senior Manager, Benefits+ team, PwC

Holly Chance, Associate, Benefits+ team, PwC

#### ENTERPRISE

### 09.15 Chair's welcome and introduction

Debi O'Donovan, Co-founder & Director, REBA

#### ENTERPRISE

### 09.25 Opening keynote: Why we must focus on healthy ageing to create a resilient multigenerational workforce

An ageing workforce and rising retirement age means long-term brain and body health needs to become a top priority for employers – with a shift to focusing on resilience, prevention and effective and informed self-care.

Drawing on leading-edge thinking and latest research, Kimberly reveals how diet and nutrition quality plays a critical and significant role in mitigating health risks and supporting stress resilience and healthy brain ageing and protecting neurological longevity.

Kimberley Wilson, host of BBC Radio 4 podcast – *Made of Stronger Stuff* and author of *How to Build a Healthy Brain* published in 2020 and *Unprocessed: How the Food We Eat is Fuelling our Mental Health Crisis* published in 2023

Moderator: Jo Gallacher, Content Director, REBA

### 10.05 Meet the exhibitors and networking coffee break

Explore the curated supplier marketplace featuring the best range of wellbeing benefits solutions you'll find anywhere under one roof. Use your time at the event to discover what's new in the market and find inspiration for your future strategies.

## 10.40 Topical breakout speaker sessions, masterclasses and strategic workshops

Hear from industry experts providing actionable advice and insight. Panels, speaker sessions, masterclasses and workshops will run across six concurrent streams.

INTERACT	ENTERPRISE	PARTNERSHIP	SYNERGY	AFFILIATION	CONNECTION BOARDROOM
<p><b>OPTION 1</b> 10.40 – 11.00</p> <p>Supporting employees' need for financial advice: Hot-off-the-press research into the current position and attitudes to financial wellbeing in UK workplaces <b>Speaker</b> <b>Jeanette Makings</b> <i>Head of Workplace Financial Wellbeing</i> Close Brothers</p>	<p><b>OPTION 2</b> 10.40 – 11.00</p> <p>I shouldn't say this but... we've got workplace health wrong <b>Speaker</b> <b>Harry Bliss</b> <i>CEO</i> Champion Health</p>	<p><b>OPTION 3</b> 10.40 – 11.25</p> <p><b>PANEL</b> Current trends and shifts in employee health and protection benefits <b>Strategic partner</b> <b>Generali</b> <b>Speakers</b> <b>Dana Citron</b> <i>Head of Global Health and Wellbeing</i> DHL Group</p>	<p><b>OPTION 4</b> 10.40 – 11.00</p> <p>Using data and wellbeing analytics to improve workforce resilience <b>Speaker</b> <b>David Collington</b> <i>Partner, Head of Benefit Consulting</i> Barnett Waddingham</p>	<p><b>OPTION 5</b> 10.40 – 11.20</p> <p><b>MASTERCLASS</b> Shifting responsibilities and practical ways to unlock everyone's health at work (launching the 2024 Employee Wellbeing Research) <b>Speakers</b> <b>Eugene Farrell</b> <i>Mental Health Consulting Lead</i> AXA Health</p>	<p><b>OPTION 6</b> 10.40 – 11.25</p> <p><b>WORKSHOP</b> Tackling inequalities in workplace healthcare: how to create fair and equitable access for your employees <b>Hosted by</b> <b>Camilla Brooke</b> <i>Head of Corporate, SME and Intermediary Sales</i> Simplyhealth</p>
<p><b>11.05 – 11.25</b></p> <p>Fireside chat with Moody's: Working for the future by supporting employees to become financially resilient <b>Speakers</b> <b>Karen Hartmann</b> <i>Vice President – Head of Compensation and Benefits EMEA</i> Moody's Corporation <b>Emma Douglas</b> <i>Managing Director - Workplace</i> Aviva</p>	<p><b>11.05 – 11.25</b></p> <p>Using strategic recognition to strengthen wellbeing initiatives and build a skills-based environment to effectively train and retain talent <b>Speaker</b> <b>Lynette Silva Heelan</b> <i>Principal Consultant &amp; Practice Lead</i> Workhuman</p>	<p><b>Daniela Masters</b> <i>Head of Global Health and Wellbeing Programs</i> Generali</p> <p><b>Jake Sanders</b> <i>Global Wellbeing Lead</i> Diageo</p>	<p><b>11.05 – 11.25</b></p> <p>The ever-evolving role of employee benefits software in employee wellbeing <b>Speaker</b> <b>Guy Clarkson</b> <i>Digital Growth Leader</i> Mercer Marsh Benefits</p>	<p><b>Ashleigh Tonks</b> <i>Employee Wellbeing Manager</i> AXA UK</p>	<p><b>Tina Kennedy</b> <i>Product Director – Healthplan</i> Simplyhealth</p>
<p>Moderator <b>Jake Attfield</b> <i>Head of Strategy</i> Fair4All Finance</p>	<p>Moderator <b>Katharine Moxham</b> <i>Spokesperson</i> Group Risk Development (GRiD)</p>	<p>Moderator <b>Debi O'Donovan</b> <i>Co-founder &amp; Director</i> REBA</p>	<p>Moderator <b>Jenni Wilson</b> <i>Expert health insurance and healthcare industry consultant</i></p>	<p>Moderator <b>Aidan Lever</b> <i>Research Director</i> REBA</p>	

### 11.25 Explore the supplier marketplace: meet the exhibitors

Explore the curated supplier marketplace featuring the best range of wellbeing benefits solutions you'll find anywhere under one roof. Use your time at the event to discover what's new in the market and find inspiration for your future strategies.

## 11.45 Breakout panel and speaker sessions and strategic workshops

INTERACT	ENTERPRISE	PARTNERSHIP	SYNERGY	AFFILIATION	CONNECTION BOARDROOM
<p><b>OPTION 1</b> 11.45 – 12.05</p> <p>Exclusive findings: The impact of financial stress on workforce wellbeing and productivity <b>Speaker</b> <b>Emily Trant</b> <i>Chief Impact Officer</i> Wagestream</p>	<p><b>OPTION 2</b> 11.45 – 12.05</p> <p>Reframing manager bashing: supporting line managers and their teams to thrive <b>Speaker</b> <b>Ryan Hopkins</b> <i>Chief Impact Officer and best-selling author</i> JAAQ</p>	<p><b>OPTION 3</b> 11.45 – 12.05</p> <p><b>CASE STUDY</b> Proactive prevention through healthcare trust delivers more than £40m cost savings for Centrica <b>Speakers</b> <b>Pamela Gellatly</b> <i>Strategic Development Director</i> HCML <b>David House</b> <i>Non-Executive Director</i> HCML</p>	<p><b>OPTION 4</b> 11.45 – 12.05</p> <p>Addressing high functioning anxiety in the workplace: is your workplace wellbeing strategy fit for purpose? <b>Speaker</b> <b>Shamira Graham</b> <i>Chief Commercial Officer</i> Onebright</p>	<p><b>OPTION 5</b> 11.45 – 12.25</p> <p><b>MASTERCLASS</b> Get behind the latest Benefits Design research to understand how business and cost pressures will drive the need for more evidence-based benefits strategies <b>Speakers</b> <b>Matthew Gregson</b> <i>Executive Director</i> Howden Employee Benefits &amp; Wellbeing</p>	<p><b>OPTION 6</b> 11.45 – 12.25</p> <p><b>WORKSHOP</b> Using recognition strategically to drive workplace culture goals <b>Hosted by</b> <b>Lynette Silva Heelan</b> <i>Principal Consultant &amp; Practice Lead</i> Workhuman</p>
<p><b>12.10 – 12.30</b></p> <p>Global financial wellbeing: exploring employee financial health and revealing the secret to achieving financial goals <b>Speaker</b> <b>Tim Perkins</b> <i>Co-founder</i> nudge</p>	<p><b>12.10 – 12.30</b></p> <p>Are we all just wasting our time? The harsh reality of workplace wellbeing <b>Speaker</b> <b>Gethin Nadin</b> <i>Psychologist, Author, and Chief Innovation Officer</i> Benefex</p>	<p><b>12.10 – 12.30</b></p> <p>Mitigating rising benefit costs with prevention and behaviour change <b>Speakers</b> <b>Niall Degan</b> <i>Strategic Broking Lead</i> Aon <b>Dr Jeanette Cook</b> <i>Principal Strategic Consultant</i> Aon</p>	<p><b>12.10 – 12.30</b></p> <p>Rethinking wellbeing: Unpacking the proof that a box-ticking exercise is not enough <b>Speaker</b> <b>Dr Katie Tryon</b> <i>Director of Health Strategy</i> Vitality</p>	<p><b>John Heatley</b> <i>Head of Key &amp; Global Accounts</i> Howden <b>Employee Benefits &amp; Wellbeing</b></p>	
<p>Moderator <b>Jake Attfield</b> <i>Head of Strategy</i> Fair4All Finance</p>	<p>Moderator <b>Katharine Moxham</b> <i>Spokesperson</i> Group Risk Development (GRiD)</p>	<p>Moderator <b>Janet Cooper OBE</b> <i>experienced reward professional and chair of three Remuneration Committees</i></p>	<p>Moderator <b>Jenni Wilson</b> <i>Expert health insurance and healthcare industry consultant</i></p>	<p>Moderator <b>Aidan Lever</b> <i>Research Director</i> REBA</p>	

OPTION 7

Explore the supplier marketplace: meet the exhibitors

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**12.30 Explore the supplier marketplace, meet the exhibitors and enjoy a buffet lunch**

Explore the curated supplier showcase featuring the best range of wellbeing benefits solutions you'll find anywhere under one roof. Use your time at the event to discover what's new in the market and find inspiration for your future strategies

**13.45 Breakout panel and speaker sessions and strategic workshops**

Hear from industry experts providing actionable advice and insight. Panels, speaker sessions, masterclasses and workshops will run across up to six concurrent streams.

INTERACT	ENTERPRISE	PARTNERSHIP	SYNERGY	AFFILIATION	CONNECTION BOARDROOM
<b>OPTION 1</b> 13.45 – 14.05  The unique financial wellbeing challenges facing mid-lifers, and how employers can offer support <b>Speaker</b> <b>Julie Hammerton</b> <i>Managing Partner</i> <b>Hymans Robertson</b> <b>Personal Wealth</b>	<b>OPTION 2</b> 13.45 – 14.05  Mind the gap - why prevention and health confidence could be the missing link in your health strategy <b>Speakers</b> <b>Dominique Kent</b> <i>CEO</i> <b>Bluecrest</b> <b>Dr Martin Thornton</b> <i>Chief Medical Officer</i> <b>Bluecrest</b>	<b>OPTION 3</b> 13.45 – 14.30  <b>EMPLOYER PANEL</b> What are the workforce wellbeing issues coming down the line: and how Gen Z are shaking up the employee experience <b>Speakers</b> <b>Melissa Emmanuel</b> <i>Global Director of People Operations and Reward,</i> <b>Tom Ford International</b>  <b>Dr Elizabeth Feigin</b> <i>Chartered Psychologist and expert in intergenerational working, Millennial and Generation Z culture</i>  <b>Lewis Rooke</b> <i>Reward Manager</i> <b>Gymshark</b>	<b>OPTION 4</b> 13.45 – 14.05  Exploring healthcare trusts and the integral role of a Nurse-Led service <b>Speakers</b> <b>John Dean</b> <i>Consulting Development Director</i> <b>Healix</b> <b>Kiera Wallis</b> <i>Head of Clinical Operations</i> <b>Healix</b>  <b>14.10 – 14.30</b>  Creating an early cancer detection strategy that works across the whole of workforce <b>Speaker</b> <b>Professor Gordon Wishart</b> <i>Founder, Chief Medical Officer and CEO</i> <b>Check4Cancer</b>	<b>OPTION 5</b> 13.45 – 14.25  <b>MASTERCLASS</b> Building inclusive benefits: access the latest WTW global wellbeing data and hear directly from employers as they debate if inclusive employee benefits actually create inequality <b>Speakers</b> <b>Lucie McGrath</b> <i>Head of Wellbeing and Client Strategy</i> <b>WTW</b>  <b>Valentina Rochhi</b> <i>Senior International Benefits Director</i> <b>WTW</b>	<b>OPTION 6</b> 13.45 – 14.30  <b>WORKSHOP</b> Managing and mitigating the economic and emotional impact of life events and challenges on your workforce <b>Hosted by</b> <b>Emily Foy</b> <i>Director of UK and Europe Operations</i> <b>ApiaryLife</b>  <b>Katie Lynch</b> <i>Founder and CEO</i> <b>ApiaryLife</b>
<b>14.10 – 14.30</b>  Creating employee ownership of pensions to drive value, engagement and retention <b>Speaker</b> <b>Steve Watson</b> <i>Head of Proposition</i> <b>Cushon</b>	<b>14.10 – 14.30</b>  Using family-forming benefits to improve inclusion and employee retention <b>Speaker</b> <b>Deirdre O'Neill</b> <i>Co-Founder, Chief Commercial &amp; Legal Officer</i> <b>Hertility</b>	Moderator <b>Jo Gallacher</b> <i>Content Director</i> <b>REBA</b>	<b>14.10 – 14.30</b>  Moderator <b>Jenni Wilson</b> <i>Expert health insurance and healthcare industry consultant</i>	Moderator <b>Aidan Lever</b> <i>Research Director</i> <b>REBA</b>	Moderator <b>Jake Attfield</b> <i>Head of Strategy</i> <b>Fair4All Finance</b>

**OPTION 7** Explore the supplier marketplace: meet the exhibitors

INTERACT	ENTERPRISE	PARTNERSHIP	SYNERGY	AFFILIATION	
<b>OPTION 1</b> 14.40 – 15.00  Wellbeing data: A pragmatic approach to data and analytics <b>Speaker</b> <b>Andreas Hunter</b> <i>Head of Wellbeing</i> <b>Gallagher</b>	<b>OPTION 2</b> 14.40 – 15.00  <b>CASE STUDY</b> <b>AWE: Redefining the recipe of workplace productivity</b> <b>Speaker</b> <b>Liz Walker</b> <i>Chief Operating Officer</i> <b>Unum UK</b> <b>Cleo Howie</b> <i>Senior Manager, Health and Wellbeing</i> <b>AWE</b>	<b>OPTION 3</b> 14.40 – 15.25  <b>PANEL</b> Pay and Reward strategies to support employee wellbeing <b>Strategic partner</b> <b>KPMG</b>  <b>Speakers</b> <b>Scott Cullen</b> <i>Partner, Reward Consulting</i> <b>KPMG</b>  <b>Susie Godfrey</b> <i>Head of Performance and Reward – EMEA,</i> <b>Norton Rose Fulbright</b>  <b>Amanda Moore</b> <i>Head of Reward</i> <b>OVO</b>	<b>OPTION 4</b> 14.40 – 15.00  Insights and lessons on how to use data to drive value and create consistency in your global wellbeing strategy <b>Speaker</b> <b>Steven Thomson</b> <i>Director of Partnerships, EMEA</i> <b>TELUS Health</b>  <b>15.05 – 15.25</b>  Is rising staff absence the new normal? How preventative employee benefits can help improve health outcomes, engage talent and manage costs <b>Speaker</b> <b>Adrian Matthews</b> <i>Head of Employee Benefits UK and Europe</i> <b>MetLife</b>	<b>OPTION 5</b> 14.40 – 15.20  <b>MASTERCLASS</b> A healthy workforce - opportunities to retain great talent while mitigating the risks of rising healthcare costs and long-term chronic illnesses for businesses <b>Speakers</b> <b>Stephanie Leung</b> <i>Co-founder and CEO</i> <b>KareHero</b>  <b>Tamar Hughes</b> <i>Director of Talent Development and Inclusion</i> <b>Phoenix Group</b>	
<b>15.05 – 15.25</b>  Shaping the future of workplace financial wellbeing and what the ingredients for success look like <b>Speaker</b> <b>Sarah Long</b> <i>Head of New Business</i> <b>WEALTH at Work</b>	<b>15.05 – 15.25</b>  What role does AI play in reward and benefits and how it can save your job <b>Speakers</b> <b>Eric Humphrey</b> <i>VP Engineering</i> <b>Peppy</b> <b>Sarah Rees</b> <i>Head of Marketing</i> <b>Peppy</b>	Moderator <b>Janet Cooper OBE</b> <i>experienced reward professional and chair of three Remuneration Committees</i>	Moderator <b>Jenni Wilson</b> <i>Expert health insurance and healthcare industry consultant</i>	Moderator <b>Aidan Lever</b> <i>Research Director</i> <b>REBA</b>	Moderator <b>Jake Attfield</b> <i>Head of Strategy</i> <b>Fair4All Finance</b>

**OPTION 6** Explore the supplier marketplace: meet the exhibitors



**15.25 Visit the supplier marketplace, meet the exhibitors and networking afternoon tea**

Explore the curated supplier showcase featuring the best range of wellbeing benefits solutions you'll find anywhere under one roof. Use your time at the event to discover what's new in the market and find inspiration for your future strategies

15.55

**OPTION 1**

**Curated roundtables**

A key feature and highlight for attendees is the opportunity to come together in small groups to share thinking and ideas on key issues and common challenges. Join one pre-selected topic (see your badge) from the below list, and take part in an independently hosted, 45-min vendor-free roundtable discussion:

- 1 Mitigating future workforce health risks: the rise of prevention benefits to address future health needs
- 2 Building financial literacy across different life ages and stages
- 3 Reviewing benefits for value, impact and effectiveness
- 4 Global benefits design to support inclusive and equitable access
- 5 Pay and reward strategies to support employee wellbeing
- 6 Impact of AI and digitisation on benefits decision-making and delivery
- 7 Mental resilience: strategies for a multi-generational workforce
- 8 Benefits to support life stages and major life events

**OPTION 2**

**Explore the supplier marketplace: meet the exhibitors**

Take some time to chat with the wide range of leading providers in the exhibition. Find out what's new, explore the many different solutions available and connect with current and potential partners in this curated showcase of top suppliers.

**ENTERPRISE**

**16.40 Closing keynote: On the sofa with... Claudia Winkleman**

Known for her engaging on-screen presence, BAFTA award-winning television presenter, radio personality and journalist Claudia Winkleman will bring her quick wit to the REBA Wellbeing Congress closing keynote interview. The Strictly Come Dancing and The Traitors host will join Debi O'Donovan on the sofa to talk about life, work and wellbeing following her recent decision to leave Radio 2 to spend more time with the family.

**17.15 After party drinks reception sponsored by Peppy with special guest, Claudia Winkleman**

**17.45 Event close**

*\* Please note this agenda is correct as at 12-6-24. See REBA website for the latest version.*



# Supplier sourcing opportunity

## Explore the marketplace in person

This curated marketplace offers you exclusive access to 85+ providers under one roof in one day! Discover new services, find new suppliers, talk to existing contacts, benchmark services and more. There is a great range of suppliers keen to talk with you about wellbeing benefits strategy. Discover what's new in just a few hours.

Break times will be busy with refreshments and networking with your peers, so you'll need to allow at least one time block to visit the exhibition!



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Sign up and book your sessions here.



Thanks to our exhibiting sponsors for supporting REBA with this event



[www.reba.global](http://www.reba.global)