

Artizan Library, 1 Artizan St London E1 7AF

8.00 - The Well and Healthy Co. with Caroline Brown. Discover a yoga flow that allows your body to release tension, to help relax and recharge. Calm and quieten the mind using mindfulness meditation and allow your mind and body to enter into a state of complete relaxation.

09.30 - From Stressed to Best - Having lived through mental ill health herself, Alison Charles will share her own experience through this interactive talk and will help you understand your own stress tolerance levels and help you create a personalised plan of how to increase your own resilience.

11.30 - Hub for the Heart, Karuna. Did you know that the brain shrinks when you're stressed? Do you think it will be a good idea to grow more grey matter? Research shows you can in just eight weeks and this talk shows you how.

12.30 - Eve and Grace 'we deliver fitness, no judgement' class. Dynamic Vinyasa Yoga – A dynamic, fun and challenging free-flowing class, where students move steadily through breath-synchronised vinyasa sequences designed to create heat. Once reaching your peak pose, you'll gently be guided down through deeper postures, leading to relaxation and final savasana. You will experience a vigorous, fitness-based approach. You will leave feeling a peaceful energy in your mind and body. You will achieve a beautiful body and develop a beautiful mind. *Please bring along your own mat.*

14.30 - Carefree singing' is active mindfulness – an uplifting way to re-boot, boost energy levels, increase oxygen flow and feel-good hormones. There's no splitting to different voice parts, everyone sings (or attempts to sing!) the tune so we're all in it together. This kind of 'time-out' can build resilience and improve our ability to manage stress through learning to let go of judgment and respond to life more playfully. It's a joyful way of connecting with colleagues and puts us firmly in the moment - it's really hard to think about the 'to do' list when belting out a power ballad or warbling to Whitney!

17.00 – Eve and Grace 'we deliver fitness, no judgement' class. Rejuvenate, let go, feel fresh and Chakrasize your life! Open to all levels. The Chakra System is an ancient map detailing the 7 primary energy centres and the 5 elements of the body-mind-spirit. This workshop is designed to clear out your energy centres and with the intention to give you a radiant body re-boost! Expect Yoga flow, movement, sound and meditation. *Please bring along your own mat.*

E2

National Australia Bank, 88 Wood Street, EC2V 7QQ

9.00 - The Heartfulness Project presents Hearts in the City. Maya Campbell provides an overview of the science behind the training, opportunity to try out the biofeedback and experience a mindfulness exercise. Aimed at those who are experiencing heart health issues or who are at risk of this either through hereditary factors or the stresses of modern living.

10.30 - Let's Talk about the Elephant in the room! Join Sarah Sparks for power hour, where she will share her story and the possible consequences of not getting it right, but more importantly tools and techniques to handle work differently and move towards mental wellness.

12.00 - Seminar: Young people's mental health and wellbeing has never been so important - a seminar and panel discussion for parents.

15.00 - MIND, Heather Kelly

16.15 - APeopleBusiness, Colin Minto will run a one hour talk on living and working with OCD, including how he ultimately got on top of his illness and how he now recognises the positives of having a mental illness. Delegates will hear a raw account of OCD, how it can impact on personal and business life and how it can provide people with unique skills and capabilities.

Bank of England, 20 Moorgate, EC2R 6DA

9.00 - Breakfast Panel: The role of line managers in supporting mental wellbeing at work. Keynote speaker Louise Aston, BITC

WeWork Moorgate, 1 Fore St, EC2Y 9DT

Coming soon

Herbert-Smith Freehills, Exchange House, Primrose St, EC2A 2EG

9.00 - Evenhood, The Mentally Healthy Conversation. Jonathan Phelan invites the audience to play the role of his boss, teacher, colleague or university tutor and asks you to provide support for his mental health challenges.

12.00 - Bodyspot Performance, Leanne Spencer aims this talk at busy professionals who have found that the convergent pressures of work and home life have squeezed out the bandwidth they have for health, fitness and wellbeing.

WeWork Spitalfields, 1 Primrose St, EC2A 2EX

Coming soon

Legal & General, 1 Coleman St, EC2R 5AA

8.00 – Bodyspot Performance, Leanne Spencer aims this talk at busy professionals who have found that the convergent pressures of work and home life have squeezed out the bandwidth they have for health, fitness and wellbeing.

9.30 - Having been a HR Director for News UK, Carrie Birmingham worked through multiple crisis in a turbulent environment. This session

will draw on this experience & bring to life how Carrie's coach (Eunice) supported her during this time. Eunice and Carrie will describe their partnership and how it helped Carrie expand her ability to cope, grow her resilience & challenge her previous patterns. They will share practice exercises on how to be the best version of yourself when you are feeling overwhelmed or scared

11.45 - LiveWorkWell, Our wellbeing is central to how we live our lives and manage our working life. Mindfulness enables you to notice the chatter in your mind, without being driven by it. This taster session will be interactive and experiential, we will explore what mindfulness is, discuss some of the neuroscience that underpins it and look at how it may benefit you professionally as well as in your personal life. Come along to the taster session with Susan Peacock, a Chartered Psychologist, coach and mindfulness trainer who will introduce you to Mindfulness and explore how this this be a powerful way of being for you too!

14.30 - Psychological Flexibility 101, Dr Richard A. MacKinnon will take you through an interactive presentation which includes experience of mindful breathing and reflection on personal values. Richard's latest guide to psychological flexibility "Show up! Let go! Get moving!" Will be provided free to all attendees.

17.00 - Family Focus, Ase Greenacre & Jenni Cole. Stop the world, I want to get off! How to press pause as a parent. Learning to cope with stress and stay calm (most of the time). An interactive workshop filled with tips and bodytools for working parents.

E3

Chubb, 100 Leadenhall Street, EC3A 3BP

12.15 - Jonny Benjamin. At the age of 20 Jonny was diagnosed with schizoaffective disorder, a combination of schizophrenia and bipolar. In January 2014, he launched a social media campaign called Find 'Mike; to search for the stranger who talked him out of him taking his own life in 2008.

AIG, 58 Fenchurch Street, EC3M 4AB

11.00 - Shine Offline, Laura Willis hosts a fun, interactive 65 min workshop where you will consider the impact 24/7 connectivity through smartphones is having on us and how we can all make positive changes to improve our relationship with our tech.

12.30 - Building Personal Resilience - How to Thrive no matter what is going on around you. The session has been designed to support you to build your personal resilience. You will learn the difference between good and bad stress, how the mind and body contribute to stress and manifest it. You will explore what resilience means for you, what helps/sabotages you personally and develop strategies to be at your best. The session is run by Mark Mulligan an ex FTSE 100 Finance Director who has experience of managing resilience in the most challenging corporate environments.

15.00 – Coming soon

17.00 - Complete Coherence, Pip Clarke & Rachel Woolf. An engaging master class session to help the audience get to grips with what makes them tick and how to start to take back control of how they feel and therefore operate on a daily basis.

HFW, 65 Crutched Friars, EC3N 2AE

9.00 - 'The Bigger Picture - visual media and mindful awareness. The way we pay attention in daily life plays a critical role in health and well-being. Overly narrow, misdirected, or hyper focused attention can lead to stress, anxiety, and other psychological conditions. Most computer screens, mobile devices and immersive technologies narrow the focus of attention to the central visual area, to the exclusion of peripheral vision where important information is derived. This talk and workshop will explore the possibilities of using visual media to broaden awareness to the breadth of sensory and bodily experience, in order to respond to the challenges of day-to-day living from a more spacious perspective.

10.30 - A-HEAD for Success, Tricia Woolfrey understands that stress is the first step towards stress resilience. This talk will explain the concept of stress and the 5 pillars, so you

can understand stress better in yourself and others.

12.30 - From Stressed to Best - Having lived through mental ill health herself, Alison Charles will share her own experience through this interactive talk and will help you understand your own stress tolerance levels and help you create a personalised plan of how to increase your own resilience.

14.00 - Let's Talk about the Elephant in the room! Join Sarah Sparks for power hour, where she will share her story and the possible consequences of not getting it right, but more importantly tools and techniques to handle work differently and move towards mental wellness.

16.00 - When Stress is Good for you. Understand why and how to leverage it. Heather Darwall-Smith, What is Stress, demonstrates the physiology of stress with a fun and unique visual approach.

**EC4**

Shoe Lane Library, Hill House, 1 Little New St, EC4A 3JR

10.00-17.00 - Sports massage and remedial therapy, Caroline Scott identifies areas of tensions and treating those through sports massage, soft tissue release and muscle energy technique (unfortunately, this is not suitable during or 6 months of pregnancy or for acute injury).

10.00-17.00 - Colour and the Human Body, a standalone Creative Art station where people colour in how they feel across different parts of the human body - curated by Dr Tamara Russell.

10.00-17.00 - Thrive LDN Problem Solving booth gives people the opportunity to have a conversation with those that they wouldn't normally otherwise, and to recognise that it is not necessary to reach crisis point before asking for help.

12.00-13.30 - Mental Snapp workshop "What makes good mental health management? A

practical exercise in checking in with yourself using the Mental Snapp private diary.

13.30-15.00 - Output Arts, Release the Pressure captures audio recordings of how people "release the pressure" when dealing with stress and pressure.

17.30-19.30 - Listening and Storytelling Training for Business, Narativ show you how to use the power of personal story to establish a new culture of communication in your organisation.

**E14**

Thomson Reuters, 30 South Colonnade- Canary Wharf, E14 5EP

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12.00 - The Power of Sleep, Sleepio. What is sleep? How much do we need? Find out how sleep underpins our health and happiness, and discover tips and tools for a better night's sleep. If you've ever wished you could boost your energy or lift your mood at work, this session is for you.

13.30 - Listening and Storytelling Training for Business, Narativ show you how to use the power of personal story to establish a new culture of communication in your organisation.

15.30 Attention and why it matters, Will Napier, a psychologist working with senior executives, will share his reflections on how to offer the best kind of attention, and why it is so important.

KPMG, 15 Canada Square, Canary Wharf, E14 5GL

8.30 - Mindfulness, Tamara Russell, in this workshop Tamara will provide a high-level overview of "mindfulness" in society, busting mindfulness myths and sharing neurocognitive model of mindfulness.

12.00 - Panel: Transitioning to the workplace - bringing your whole self to work. Hosted by Richard Martin, byrne-dean.

**SE1**

City Hall, The Queen's Walk, SE1 2AA

12.00-18.00 - Information stands on all aspects of managing your health and wellbeing in the City.

12.00 - StreetGym

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18.00 - StreetGym

Team London Bridge, The Queen's Walk, SE1 2AA

8.00 - Breakfast Seminar "Managing Mental wellbeing in small and mid-size businesses" a Panel discussion and Q&A with Louise Chunn and Adam Bent, Welldoing

10.00 - House of Colour, Claire Bannister on "How to make the best visual impact at work using colour and style". Build your self-esteem and confidence by understanding how to feel and look amazing every day at work. Understand what your clothes say about you at work and how to ensure that you make the most impactful impression visually you can.

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17.00 - Mental Health First Aid Training, come along and join a 2-hour introductory MHFA training session.

Health Foundry, Canterbury House, 1 Royal St, Lambeth, SE1 7LL

8.00 - Sunrise Tai-Chi

12.00 - Seminar "Managing Mental wellbeing in small and mid-size businesses" a Panel discussion and Q&A with Louise Chunn and Adam Bent, Welldoing

**WC2**

WeWork Aldwych, 71-91 Aldwych, WC2B 4HN

16.00 - House of Colour, Claire Bannister on "How to make the best visual impact at work using colour and style". Build your self-esteem and confidence by understanding how to feel and look amazing every day at work. Understand what your clothes say about you at work and how to ensure that you make the most impactful impression visually you can.

18.00 - Seminar: My mental health story - come along and hear from a variety of speakers who will share their story of mental health and an interactive panel discussion.



The logo features a stylized white city skyline above the text "Thrive IN THE CITY". "Thrive" is in a large, bold, sans-serif font, "IN THE" is in a smaller font, and "CITY" is in a large, bold, sans-serif font.