



Comfortable
with the
uncomfortable

Flock

Event agenda

7th & 8th November 2024

Royal Berkshire

Certified



Corporation

EXCLUSIVE COLLECTION

Thursday 7th November

9.00am	Registration		Berkshire Suite
10.00am	Welcome	David Connell & Henry Coutinho-Mason	Wentworth
10.30am	Employing neurodiverse talent	Matt Stallard	Wentworth
11.15am	Break		
11.40am	Normalising cancer in the workplace	Mark Stephenson	Wentworth
12.20am	Lunch		Fork
1.45pm	Round-robin workshops - 30 minutes each:		Wentworth
	Coaching for 'out of your comfort zone'	Dr Phil Hopley	Marlborough
	Rejection therapy	Dr Ben Rosenblatt and James King	Aqua
	Laughing therapy	Advantage Events	Red Room
4.00pm	Break		
4.30pm	Tilting the Lens	Sinéad Burke	Wentworth
5.15pm	Day one wrap up	Henry Coutinho-Mason	Wentworth
5.30pm	Check -in		
5.45pm	*Wellness activity - HIIT or Miss: HIIT - a high intensity fitness session Walking meditation - miss out on the sweat - breathwork while walking the grounds	Managed by: Pennyhill Park Fitness team and Nick Stolerman	Optional
7.00pm	Drinks followed by dinner After dinner speaker	Jason Fox	Polo Bar

* Places on each organised activity are limited and must be pre-booked

Friday
8th November

7.00am	*Wellness activity: Run Yoga	Managed by: Pennyhill Park Fitness team and Nick Stolerman	Optional
from 7am	Breakfast	At leisure	Fork
9.00am	Mornin'	Henry Coutinho-Mason	Wentworth
9.10am	The uncertainty expert	Sam Conniff	Wentworth
10.00am	Break		
10.30am	Fact checking – how to ensure our future employees can tell truth from fiction	Chris Morris	Wentworth
11.00am	Panel – Fact, fiction and flipping nightmare	Chris Morris Chloe Combi Stephanie Hall	Wentworth
11.45am	Modern Affluence – lets talk wealth!	Ben Whattam	Wentworth
12.30pm	Lunch		Fork
1.45pm	The reluctant futurist	Henry Coutinho-Mason	Wentworth
2.30pm	How to cope with the stuff no-one warned you about with the media on high alert	Kevin Ellis, CBE in conversation with Dr Phil Hopley	Wentworth
3.15pm	Wrap up	Henry Coutinho-Mason & David Connell	Wentworth

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