

Flock



# Retreat to the country

Event Agenda

19th and 20th May 2022  
Lainston House

Thursday 19th May

From 8.30am		Registration	
9.15am		Welcome	Steve Lewis and Andy Holmes
9.25am	The context and framing of health and mental health	Re-framing: a new era for health and mental health	Andy Holmes in conversation with Andrew Brown
9.55am		Mental health, societal and economic impacts	Mike McCarthy
10.30am		Break	
11.00am	Mental health, health and performance	The world class basics of high performance	Jake Humphrey and Professor Damian Hughes
12.05pm		The ups and downs of mental health	Dr Phil Hopley
12.30pm		Lunch	
1.30pm	Greater understanding	Interactive breakout sessions • Imposter syndrome • Human first leadership • Creating a culture of human excellence • Re-set and re-calibrate	Dr Phil Hopley Ed Ampaw-Farr Jonathan Hook  Emma Hind and Claire Danson
3.00pm		Break	
3.30pm	Experiential health and mental health	Immersive experiences	
5.00pm		Round up of the day	Andy Holmes
5.30pm		Support network - The Power of We	Andy Holmes Jonathan Hook Phil Hopley Jaz Ampaw-Farr
7.00pm		Drinks	
7.45pm		Dinner	
		'Our greatest challenge - the balance of life.'	Alexander Gregory

Friday 20th May

From 7.30am		Breakfast	
8.15am		Meditation session	Nick Stolerman
9.00am	Focusing and integrating health and mental health	The Flock culture in reflection	Andy Holmes and Jonathan Hook
09.30am		Creating the capacity for being human in your organisation	Andy Holmes
10.00am		Building out the strategic pillars	Gabby Austen-Browne in conversation with Spencer George
10.30am		Break	
11.15am	Future proofing your provision	What questions should we be asking? Resourcing & solutions	Harry Bliss and Jack Green
11.45am		Health and wellbeing of the future: Tech	Harry Bliss and Jack Green
12.15am		Health and wellbeing of the future: In person	Jonathan Hook
12.45pm		Lunch	
2.00pm	Be inspired	10% Braver	Jaz Ampaw-Farr
2.40pm		Reflections and next steps	Andy Holmes
2.50pm		Conclusion	Stephanie Hall

## Wellbeing programme

Thursday 6.15pm	Group trail run
Thursday 6.15pm	Yoga class
Friday 6.45am	Outdoor warrior class
Friday 3.00pm	'Go the distance' social cycle

## Speakers and contributors:

Ed Ampaw-Farr  
Predictive Leadership Consultant  
GiANT London

Jaz Ampaw-Farr  
Resilience Ninja

Harry Bliss  
CEO and Co-founder  
Champion Health

Andrew Brown  
Director of Business Development  
Calm

Gabrielle Austen-Browne  
Co-founder and Director  
Diversity Ally and Diverse Speaker Bureau

Claire Danson  
Elite Athlete and Wings for Life Ambassador

Spencer George  
Director, Head of People and Culture (Europe and Asia)  
Ontario Teachers' Pension Plan

Jack Green  
Head of Performance  
Champion Health

Alexander Gregory  
Author, father, olympian and world record holder

Emma Hind  
Chief Executive Officer  
Wings for Life

Andy Holmes  
Founder  
C4Human

Jonathan Hook  
Director of Learning & Programmes  
CHX Performance

Dr. Phil Hopley  
Consultant Psychiatrist and Managing Director  
Cognacity

Professor Damian Hughes  
Organisational Psychologist

Jake Humphrey  
TV personality and host  
BT Sport

Steve Lewis  
General Manager  
Lainston House

Mike McCarthy  
Freelance Journalist

Nick Stolerman  
Wellbeing Consultant

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