



## Shaping Tomorrow, Together

No one knows what's coming next but we know we can get through it together. For Kaleidoscope '22 we explore how to manage team wellbeing through a crisis, and offer tips and tools for living and working through times of change.

Tuesday 4<sup>th</sup> October 2022

🕒 4:00–4:20pm

NETWORKING

Say hello, settle in and grab a drink.

🕒 4:20–4:30pm

INTRODUCTION

**Shaping Tomorrow, Together**

Dr Nick Taylor, Co-Founder & CEO, Unmind

A welcome and intro to the event from Nick. As workplace wellbeing champions, what we do is now more important than ever. Together we can change how people feel about work. This is a call to arms for building a better working world.



🕒 4:30–4:50pm

PRODUCT SHOWCASE

Gavin Wade, VP Product, Unmind

A sneak peek into where Unmind is going, and the exciting new features the team have been developing.



🕒 4:50–5:00pm

BREAK & WELLBEING EXERCISE

Steve Peralta, Co-Founder & Chief Wellbeing Officer, Unmind

Take a few minutes to unwind and refocus with our Co-Founder, Steve, in a guided wellbeing session.



🕒 5:00–5:45pm

PANEL DISCUSSION

**Creating psychologically safe cultures in a crisis**

Steve Peralta, Co-Founder & Chief Wellbeing Officer, Unmind  
Arti Kashyap-Aynsley, Global Head of Health & Wellbeing, Ocado Group  
Rebecca Hemsley, Head of Wellbeing, John Lewis Partnership  
Nick Matthews, Vice President & General Manager EMEA, Culture Amp

During these turbulent times, teams are feeling attacked from all sides. Only with psychologically safe cultures can businesses and employees survive and flourish.

This interactive Q&A panel discussion will explore how leaders can weave healthy working practices into the fabric of organisations in the face of adversity.



🕒 5:45–6:00pm

BREAK

🕒 6:00–6:45pm

KEYNOTE

Bruce Daisley, author and technology leader ex-Google, ex-Twitter

Bruce Daisley the best-selling author of *The Joy of Work* and *Fortitude*, and presenter of the podcast *Eat Sleep Work Repeat*. He's on a mission to change the world of work by helping people find their professional mojo. In this keynote session, learn how there is a better answer to adversity than resilience, and how we can draw on those around us to empower ourselves and build our inner-strength.



🕒 6:45–6:55pm

CLOSING THOUGHTS

Dr Nick Taylor, Co-Founder & CEO, Unmind



🕒 6:55–8:00pm

NETWORKING