

The Expat Academy Conference 2019

Fit for Future (#fit4future)

- 8.30 am **Registration and Breakfast**
Register, enjoy coffee and pastries and get ready to learn, connect and share.
- 9.00 am **Welcome**
The Expat Academy Team will set the scene for the day and explain how the day will work. We will go through the topics for discussion in the Huddle sessions and what you can expect to achieve by the end of the day.
- 9.15 am **Playing to your strengths - A session on positive psychology.**
We will start the day with a session led by **Bridget Grenville-Cleave** (MSc MAPP, MBA, FCCA, Assoc CIPD), one of the UK's leading **Positive Psychology** experts.
Enjoy learning about how you can play to your strengths to feel good, function well and flourish, enabling you to perform more productively and be more effective at work, and at the same time promote your well-being and inner confidence.
- 10.30 am **Morning Break**
- 11.00 am **Inspirational Innovators**
Next up are a selection of avant-garde in-house Global Mobility professionals ready to share their progressive initiatives with you.
Andrea David, Head of International Mobility at Chanel,
Myrna Delacruz-Barthel, Head of Global Mobility, Equinor
- 12.30 pm **Lunch**
- 1.30 pm **Working Smarter not harder – improving personal productivity and time management in the digital age.**
This highly engaging session will look at practical ways that we can become more productive in the workplace and help to improve the work/life balance. It will provide tips, tools and techniques that can deliver immediate results.
- 3.00 pm **Afternoon Break**
- 3.30 pm **Lean on me**
This interactive panel session will discuss great examples of partnership as well as how organisations and the industry more broadly can collaborate effectively. Our panellists collectively have wide industry and in-house experience and will offer their thoughts on when to ask for help. Our panellists include:
Kate Fitzpatrick, Mercer
Jo Wakeham, AIRINC
Barry Potter, Altair
Peter Sewell, Sterling
Gareth Davies, Equus
- 4.30 pm **2019 Key Contributors**
We will wrap up the day learning who has really shone throughout the year and earned the prestigious title of Expat Academy Key Contributors for 2019 and who you have voted for Player's Player 2019.
- 4.45pm **Post conference drinks**