

ISMA NW Region Meeting
Friday 16 March 2012
PROGRAMME

- 09.30 Registration and coffee
- 10.00 Welcome and programme for the day
- 10.05 Introductions round the table and members' top tips
(Please be ready give your name and a very brief overview of what you do plus a top tip: something of interest to the group e.g. a useful website, a marketing hint, a book you'd like to recommend.)
- 10.40 News and announcements: from the ISMA Board and group members
(Please feel free to use this time to advertise courses, raise questions or any other news)
- 11.00 How to approach organisations and win contracts: Mike Hannon, Senior Occupational Safety & Health Adviser, Stockport Council and Liz Sharrocks, Employee Engagement Advisor, Places for People, present a practical session based on their experiences of working with private service providers.
- 12.00 Refreshment break
- 12.20 Carol Johnson, Director of Services, HealthCV, describes how health checks, such as measuring body composition and metabolic age, can support employee wellbeing. In the lunch break there will be an opportunity to try the equipment and get your own individual mini health check.
- 12.40 Buffet lunch
- 13.40 Physiology of stress: Joan Corcoran, stress management practitioner, occupational therapist and person centred counsellor will share her understanding of this fascinating topic.
- 14.10 Networking activity: a chance to get to know new group members and build your professional network *and* mini health checks continued.
- 14.50 Refreshment break
- 15.10 Planning for next meeting
- 15:30 Final comments followed by a guided relaxation (please bring a yoga type mat if you'd prefer to lie down).
- 16:00 Close