

RESILIENCE EVENT SCHEDULE



TIMING	TITLE	CONTENT	PRESENTER (where applicable)
12.30 (45 mins)	Buffet Lunch and Networking	An opportunity to connect with wide range of attendees across sectors and disciplines	
1.15 pm (15 mins)	Welcome to Event - Rationale and Overview	An introduction to the greater research and understanding of resilience in 21st Century life both in sport and work. The implications to individuals, teams and organisations.	Will Mitchell (JLT) & Austin Swain (Lane4)
1.30 pm (1 hour)	Individual Resilience and GRIT - How to Keep Winning	A detailed story of the journey which Lizzy Yarnold experienced through the last two Olympics, 2014 and 2018, with distractions and challenges around the Team GB in British Skeleton, health and injury problems, and maintaining the motivation and passion for elite competition. This is supported by commentary and exploration by her psychological coach - Charlie Unwin.	Lizzy Yarnold and Charlie Unwin
2.15 pm (15 mins)	How to Keep Winning in Business and the Corporate world	Table discussions around managing high performers and potentials to sustain motivation and growth in performance	All
2.30 pm (15 mins)	Q&A with Lizzy and Charlie	Lessons that can be drawn from Olympic stage in supporting and developing high performers	Lizzy Yarnold and Charlie Unwin
2.45 pm (15 mins)	Tea/Coffee	Opportunity to reflect on previous sessions and networking	
3.00 pm (30 mins)	Translating Individual Resilience to Team Resilience	Outline of the journey and reflections from a Gold medal in rowing at a young age in a coxed pair through to returning to the sport almost 20 years later in a rowing eight requiring a team ethos over individual excellence. Observations from experiences with clients around long term outstanding performance around key ingredients and support networks needed.	Greg Searle
3.30 pm (15 mins)	Translating Individual Resilience to Team Resilience	Table discussions around supporting teams through transition and maintaining high performance Exploration of key ingredients for top team performance and how to build a balanced team without individual "star" focus	All
3.45 pm (15 mins)	Q&A with Greg	Lessons that can be drawn from the elite Olympic stage in supporting and developing high performers in the team context with strong egos and personalities to ensure optimised performance.	Greg Searle
4.00 pm (15 mins)	Tea/Coffee	Opportunity to reflect on previous sessions and networking	
4.15 pm	Burnout and Organisational Resilience	A reflection on the pressures and shocks that can test the culture from burnout at individual level to the resilience of a whole organisation from a traumatic series of events and learning applied to organisations.	Jon Sutherland (Met Police)
4.45 pm	Replenishing our Resilience - Implications for Organisational and Personal Health	An outline of recent research and evidence in managing and optimising physical and emotional energy and factors which drain our batteries and charge them. What we can do at individual, team and organisational level.	Alan Watkins (Complete Coherence)
5.15 pm	Sum-up - Q&A - Panel	Invitation from all presenters to answer questions from the audience around resilience and implications for the future.	Will Mitchell (JLT) & Austin Swain (Lane4)
5.45 pm	Thankyou and Close	Summary of the work done by donations to DMD research and importance of maintaining long-term support for charity	Alasdair Robertson (DashMax Founder)
6.00 pm	Reception	Drinks and canapes with presenters and further networking	Will Mitchell (JLT) & Austin Swain (Lane4)