

SEVEN Themes **FIVE** Programmes **TWO** Days **ONE** Industry changing event
 Over 50 sessions and more than 100 speakers – choose as few or as many as you wish!

INSPIRATION STAGE – DAY 1



Dr Rangan Chatterjee



Carole Spiers



Dame Carol Black



Ben Goldacre



Dr Dawn Harper

4 November

INSPIRATION STAGE – DAY 2



Andy Cope



Dr Sophie Bostock



Ruby Wax



Nicki Williams



Lorimer Mosley

5 November

HEALTHY LIVES STAGE

Louise Claire Yates
Laughing Yoga

Jo Tuffrey
Pilates

Helena Clayton
Leading with Love

Rachel Kelly
52 Practical steps to happiness

Angela Steel
Superwellness

Vicki Dawson
The science of sleep and shift work

+MANY MORE

PROGRAMMES



Inspiration Programme
Keynote talks and panel sessions



Rail Wellbeing Programme
Health and wellbeing in the rail industry



Healthy Lives Programme
An interactive and practical programme giving you the chance to try out new things



Workshop Programme
Gain greater understanding in wellbeing topics relevant to the rail industry



Wellbeing Innovations
Learn about products and services from suppliers

REGISTER NOW

4 & 5 November 2020

www.railwellbeinglive.co.uk



Rail Wellbeing LIVE

Inspiring healthy lives across the railway