

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