

Agenda



08:30 - 09:00

Welcome coffee
Intentions and Challenges Moment



Alina Grozescu

Founder & CEO of
Wellington Consulting & Max Relax

09:00 - 09:15

Welcome speech



Laura Putnam

CEO & Founder of Motion Infusion,
Author of the award-winning "Workplace
Wellness that Works", Speaker & Author

09:15 - 09:55

Managers as Multipliers of Well-Being
Why Managers Are Key to Getting
Workplace Wellness to Work



John Toomey

Global Chair of the Global Wellness Institute's
Wellness at Work Initiative, Speaker and Author,
Wellbeing Thought Leader

09:55 - 10:35

Not all that Glitters is Gold



Alina Grozescu

Founder & CEO of
Wellington Consulting & Max Relax

10:35 - 11:00

Metamorphosis Moment



Lia Ecaterina Gaman

Senior Brand Consultant,
Senior Customer Experience Designer,
Innovation Lead Designer

11:00 - 11:30

Break
Flapping Wings Moment



Dragoș Iliescu

Chair of the Doctoral School in Psychology and
Education, University of Bucharest
CEO, Founder and Chief Scientist at BRIO /
Facilitator at TalentDevelopment

11:30 - 12:10

**The Path to Psychological Wellbeing -
Navigating Through Stressors and
Contextual Resources**



Larisa Petrini

Age Reversal Expert & Epigenetic Specialist
Founder of BODYOLOGY, Corporate Wellbeing
Strategist, Health Coach

12:10 - 12:50

Information vs. Transformation

Agenda



Cristina Man

Senior Consultant at Gallup

12:50 - 13:30

The Power of Engagement and Strengths-Based Approaches

13:30 - 14:40

Break
Energy Break Moment



Talya Landau

Wellbeing Strategist, Lecturer, Consultant and Mentor for Positive Psychology and Optimal Health

14:40 - 15:20

Creating your Strategic Wellbeing Plan



Elizabeth Bachrad

Population Health Strategist & Head of Programme Strategy with Business for Health in UK Co-Founder of Sable Advisory Services, ESG for SMEs

15:20 - 16:00

A metamorphosis approach to data-driven decision-making

16:00 - 16:30

Break
Max Relax Moment

John Toomey, Laura Putnam, Dragos Iliescu, Larisa Petrini, Cristina Man, Talya Landau, Elizabeth Bachrad

16:30 - 17:40

Discussion Panel

17:40 - 18:00

18 Anniversary Moment
Make a wish!

The first corporate wellbeing conference
in Romania showcasing experts
across 4 continents



By

