



Wednesday 10th October 2012 - 2.00pm – 4.00pm

Main Lecture Theatre, Ground Floor, School of Electronic Engineering, Dean Street, Bangor LL57 1UT

**“Effective employee health and wellbeing programmes –
that reduce absence, whilst saving money and engaging staff”**

Maria Bourke, Managing Director, Let's Get Healthy

THE TALK

Let's Get Healthy get to the heart of employee performance, activating lasting improvements in employee health, motivation and focus. They help organisations save money, reduce absence and get staff truly engaged into health and wellbeing.

The presentation is packed with helpful hints and tips with case studies from the public and private sector.

This will include:

- * Pitfalls to avoid when launching a health and wellbeing programme.
- * How to evaluate and determine a return on your investment.
- * Up to date UK statistics of health and wellbeing data.
- * How to reduce stress within a workplace successfully.
- * Impact of technology such as Blackberry and iPhone on work life balance.

Maria will also update the progress on the 'Health at Work' sub group of the Responsibility Deal and share case studies of companies large and small that have pledged to support their employee health and wellbeing.

Further Information: www.letsgethealthy.co.uk

Refreshments will be provided from 2.00pm.
Talk starts at 2.15pm.

THE SPEAKER

Maria Bourke is the founder of Let's Get Healthy, a company she set up in 2007. Her team works across the UK with schools, communities and employers, helping those they meet to take the first steps to a healthier lifestyle.

Maria's extensive experience within the financial services spans throughout Europe, India and America where she worked for companies such as Citi Group (Chief Operating Officer for Europe), Marks and Spencer Money (Customer Services Director) and Privilege Insurance (Operations Director).

Her apprenticeship was notably served working for Peter Wood (OBE), the founder of ESure and Direct Line.

Let's Get Healthy's clients include companies such as NIKE, RSA, Philips, North and South Yorkshire Fire and Rescue plus many NHS and local authorities in the North of England. The company launched internationally in 2011 running programmes in Moscow, Cape Town and Cyprus.

Maria is an advisor to Dame Carol Black (National Director for Health and Work) and leads the work group "Engaging SMEs into workplace health" as part of the Responsibility Deal.



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VENUE

The Main Lecture Theatre is on the ground floor of Bangor University's School of Electronic Engineering Building (*this building may also be referred to as 'Informatics'*), which is located on Dean Street in Bangor LL57 1UT. The Lecture room is accessible via the main entrance and then follow the directional signs on display.

The University is signposted from the A5/55 Expressway. A location map for the School of Electronic Engineering building can be found at: <http://www.bangor.ac.uk/tour/LocationMap.pdf> position 74.

CAR PARKING

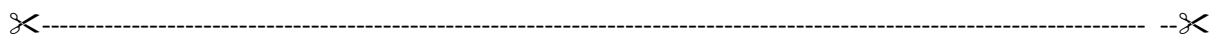
Please be aware that you can access the University Dean Street Car Park by entering the following PIN number: **5691** at the Barrier. This **PIN number** will only work for this Car Park and only on the afternoon of the Talk and should not be disclosed / displayed to other people.

Coming from Garth Road onto Dean Street, the entrance to the Car park is the second access road (unmarked – enters into University premises) on the left opposite the new NCP car park.

Please ensure you park within designated car parking spaces and display your Permit. The Car Parking Permit is printed at the bottom of this Flyer and must be displayed in the front windscreen. The University operates strict *Parking Regulations* and your vehicle may be towed-away immediately if blocking access or pedestrian routes or otherwise causing a health and safety hazard. Vehicles parked without a valid Permit may be immobilized and a cost is associated with its release.

FURTHER INFORMATION

For further Information on the Group please contact 'Health and Safety Services', Bangor University, Penbre, College Road, Bangor, LL572DG Tel 01248 383847, email: l.fowlie@bangor.ac.uk or gareth.w.jones@bangor.ac.uk or visit the Website at <http://hsgroup.bangor.ac.uk>



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A warm welcome is extended to all Members and non-members with an interest in this subject.