

Oliver Henry

Inclusion, Wellbeing, Leadership and Culture Expert, Head of inclusion and Wellbeing at easyJet

How to Create a Wellbeing Strategy that Works It's becoming increasingly normal to see health and wellbeing as a strategic focus on people strategies and agendas. That said, for many it either turns into a side of the desk job for someone in HR, or ends up as a bit of a tick box exercise, led by globally recognised events and days, wasting time and resources. In this session, Oliver Henry talks through his tried and tested approach to get long lasting impact and value from Health and Wellbeing. He focuses on three key areas. The importance of a wellbeing philosophy; a wellbeing proposition that inspires and unites a business. Understanding the value of creating a common language around health and wellbeing to break down the complexities and nuances that often get in the way. The main ingredients to guarantee a successful wellbeing strategy that drives engagement and impact.

Creating a Winning Mindset Often, organisations have the right strategies, the right agendas and the right systems in place. That said, the thing stagnating or impacting growth is the ability to foster a winning mindset. In this session, Oliver Henry unlocks the key steps that he takes with organisations, to get everyone's mindset in the right place that allows wellbeing in the workplace to thrive. Thoughts Perception Emotion Values Behaviour

Stress, Wellbeing, and Performance In this workshop Oliver Henry takes a deep dive into the world of stress, helping audiences to identify the intricacies, break down barriers of communication and ultimately provides you with the tools and resources to better manage stress and improve your physical and emotional wellbeing.

Emotional Intelligence, Communication, and High-Performing Teams In today's fast-paced work environment, emotional intelligence (EQ) plays a pivotal role in fostering a sense of calm, collaboration, and productivity. In this workshop, Oliver Henry equips participants with the skills and knowledge needed to cultivate emotional intelligence and create better working relationships. Using the 5 pillars of EQ, Henry empowers participants with practical skills and knowledge to create a calm and emotionally intelligent workplace, fostering collaboration, well-being, and productivity.

Wellbeing Workshops Corporate wellbeing and culture expert and easyJet's head of health and wellbeing Oliver Henry leads customised workshops on that address the following: Wellbeing and culture Mental health Stress and wellbeing Culture and compliance Leading with wellbeing in mind The wellbeing wheel And more