#BI20.2

BUSINESS INSIGHTS

An Online Festival of Business & Innovation

LIVE*forum*

#BI20.2 Remote Working for Better or Worse

Wednesday 18 November, 9:00am

Book your tickets

http://bit.ly/BI20-2_Gloucestershire-Focus

If you have any questions for the panel prior to the event, you can email them to **BI20.2@business-shows.co.uk** (please quote the event title in your email).

THE GLOUCESTERSHIRE BUSINESS SHOW
Gloucestershire's Festival of Business & Innovation

nettl

Sam Stevens Media
Creating video content that works

Taylormade
Business Services

the Business KITCHEN

Neil Morgan Design

Russell Jones-Walker – The Pilates Guy

Wednesday 18 November, 9:00am

#BI20.2 Remote Working for Better or Worse

Physical wellbeing for anyone involved in business has to be an important part of managing business risk and vulnerabilities. The business owner(s), the directors, the staff team are all crucial ambassadors for a business as well as being the core delivery mechanism for the vision and the business plan. So how do we review, manage, and protect health in the workplace? Home working, mental health, nutrition, office equipment, company policy, mental health, and stress. Russell leads a discussion in our video conference platform with those involved in any scale of business around the right and wrong ways to manage these vulnerabilities, how far can or should we direct personal fitness and health awareness and where does this fit into HSE guidance when it comes to looking after health in the workplace?

Russell Jones-Walker

After years of back problems to the point where Russell would struggle to get dressed in the mornings at age 29, weekly Pilates practice enabled him to get back to playing rugby, doing squats and deadlifts in the gym and even improved his mobility and performance. Russell speaks widely outlining the dangers of the "Sitting Disease" to businesses and organisations and combating the adverse effects of sitting for long periods. He provides quality instructors of functional fitness sessions to businesses and organisations with a view to improving employee health, wellbeing and happiness.

Book your tickets for this event

http://bit.ly/BI20-2_Gloucestershire-Focus

Neil Morgan Design