



# BUSINESS INSIGHTS

An Online Festival of Business & Innovation

## #BI21.4 – International

# LIVEtalk

## #BI21.4 Mental Health – An international Problem?

Wednesday 9 June, 10:30am

Book your tickets

<https://mental-health-an-international-problem.eventbrite.co.uk>

If you have any questions for the panel prior to the event, you can email them to [BI21.4@business-shows.co.uk](mailto:BI21.4@business-shows.co.uk) (please quote the event title in your email).

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## #BI21.4 Mental Health – An international Problem?

Mental health, well-being, values and ethics are all major business discussions, but how do they Translate across different nations and cultures? Ethical workplaces go beyond compliance to create a healthy, happy workforce, but it needs to be more than a few nice 'extras' like fresh fruit and yoga. What are the fundamentals you need to address to ensure your people are positive and engaged? How do the values and culture of different businesses and on different continents impact on the well-being of staff teams? Where do the responsibilities of an employer end, what about the impact of the Covid-19 pandemic? And What how can Micro businesses and sole traders promote with mental health? An international discussion amongst those looking at understanding the challenges going forward



### Kay Hamblin

Kay developed a fascination with people dynamics during her years as a practicing vet. As part of Eight Legal, she has been supporting businesses with HR & people development for about ten years. She received her Master's in Business & Organisational Psychology from the University of Liverpool in 2019, and combines

this expertise with HR experience to help businesses get the best out of their people. She has a particular interest in resilience, self-efficacy and Mindsets and how these relate to workplace well-being and engagement.



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