



VIRTUAL CONFERENCE

21st SEPTEMBER 2022



Time	Title
10.00 – 10:15	President's Welcome
10:15 – 11:00	<p>Chris Naylor & Chris Twigg, Inner Circle Consulting & Julie Towers, Penna</p> <p>When the going gets tough.... How can councils compete in the short term in a challenging talent market? What can Councils do now to help them evolve to become an employer of choice?</p>
11:00 – 11:15	Break
11:15 – 12:00	<p>Sarina Mann, Breakthrough Public Speaking</p> <p>Authentic Confidence at Work What is authentic confidence? What difference could it make in the workplace? In this session, Sarina will talk about what it truly means to be confident, how confidence relates to inner peace and why authentic confidence in the workplace matters. She will share some simple techniques that will educate, motivate and inspire you to ignite authentic confidence in you.</p>
12:00 – 12:45	<p>Rob Baker, Tailored Thinking</p> <p>Positive Psychology at Work - the Science & Art of Thriving This session will be exploring how we can apply the science and thinking from the fields of positive psychology and behaviour science to make work happier, healthier and more productive. Participants will learn actions they can take to influence their own flourishing, energy and performance at work and how to support and encourage the wellbeing of others.</p>
12:45 – 2:00	Lunch & virtual networking
2:00 – 2:45	<p>Ian Davidson, Chief Executive, Tendring District Council</p> <p>Ian will share a District's perspective on change & transformation This will include an overview of the Tendring journey, the barriers and opportunities and the importance of Community Leadership. Ian will also be sharing insights into the Anchors movement across Greater Essex and current priorities.</p>
2:45 – 3:30	<p>Kevin Monroe, Gratitude Consulting</p> <p>How are you and your team persevering through the tough times we find ourselves in now? What do you do to better cope and continue to hope?</p> <p>Since this year's PPMA Virtual Conference coincides with World Gratitude Day and the International Day of Peace, we're going to close out the conference by exploring and experiencing gratitude. Gratitude is a powerful way to increase hope and help you (and your colleagues) cope with the challenges that linger in your councils and communities.</p> <p>Kevin will guide us through some simple ways to express and experience gratitude. You will leave inspired, encouraged, and equipped to know, grow, and show gratitude. Growing and showing gratitude that will increase your hope and help you cope!</p>
3:30 – 3:35	Close

