

Inspiring **Change** Bite-Size Virtual Conference:

“Wellbeing: Prevention is Better than Cure”

23 June 2021, 10.00am-2.30pm, online via Zoom

Speaker Biographies



Construction
Leadership
Council



Fairness, Inclusion
and Respect
in construction



Jane Abraham, British Safety Council

Jane Abraham is representing the British Safety Council as part of their technical advisory panel on their 'Being Well Together' programme. In previous roles she was a Policy Fellow working for the Joint Work and Health Unit's Employers Team advising Government and employers on a work, health and inclusion agenda. Jane has had a number of strategic roles in the previous Work, Health and Wellbeing Joint Directorate delivering the Black Report (2008). She currently works for the University of Exeter's Business School lecturing on work, wellbeing and health, and for the joint Medical and Business School initiative called the 'Inclusivity Project'. Jane is a Non-Executive Director for Cornwall Partnership Foundation Trust and she has her own private consultancy working with a number of organisations, charities, and academic institutes on work and health, with a specialism in engaging SMES.



Sarah Bolton, Lighthouse Charity

Sarah joined the Lighthouse Charity in 2019. She has over 12 years' experience in working to support people, including offenders, and people with disabilities. Sarah is a MHFA Instructor and a suicide counsellor, her role at the Lighthouse involves developing and improving charity services to meet the needs of the modern construction workforce. She has augmented the services delivered by the 24/7 Helpline, project manages the introduction of a supporting helpline App and launched a whole host of wellbeing training for the industry. Sarah is a highly qualified and innovative coach with strong influencing skills and excels in encouraging people to exceed their boundaries to go outside of their comfort zone to improve their mental resilience and management performance.



Geraldine Brammer, Balfour Beatty

Geraldine has 20 year's experience in Occupational Health and has a wide range of experience in the field, from NHS to Fire Service to private sector. Geraldine joined Balfour Beatty four years ago and has been continuing to raise the profile of health across the business. She places real value to developing relationships both internally and externally and the importance of positive behaviours on influencing change. Geraldine has a keen interest in supporting mental health at work and enjoys working with key stakeholders to increase understanding across the business and with partners. Geraldine is passionate about the clinical specialism of Occupational Health and the importance of employee and corporate health and how both Occupational Health professionals, managers and employees alike have important roles in maintaining a healthy, high performing organisation.



Madeleine Bridson, Arcadis

Madeleine is a chartered quantity surveyor. She joined Arcadis in 2003 as a Project Surveyor and is now a Senior Commercial Director, specialising in commercial leadership for major programmes for clients including Heathrow Airport (Terminals 5 and 2), Jaguar Land Rover and TfL. Madeleine has been married for 20 years and is mother to two daughters, aged 11 and 13. On a Friday afternoon in her client's offices in November 2017, Madeleine received a call from her GP to advise that routine blood results indicated that she probably had cancer. Stage 3 bowel cancer was subsequently diagnosed, followed by major surgery and chemotherapy. Madeleine returned to work part-time at Arcadis in March 2020 and now leads the London region of the Rail Consultancy business unit. She is also the Cost & Commercial Management Service Lead for UK Mobility.



Peter Crosland, Civil Engineering Contractors Association

Peter is a Chartered Civil Engineer and is the National Civil Engineering Director for CECA. He provides the Secretariat for the CECA Health Safety & Wellbeing Group, he is Chair of the CONIAC Tackling Ill Health Working Group, and Vice-Chair of the ICE Health & Safety expert Panel. He is a member of the CONIAC Keeping Pace With Change WG and a member of the Health in Construction Leadership Group. Peter was also a board member with Constructing Better health.



Ashley Glover, BAM Nuttall

Ashley Glover is BAM Nuttall's Operational Excellence Manager (Highways Division). He drives and supports the continuous improvement of people and processes to ensure lean and efficient performance. A month after his 54th birthday in 2019, he was diagnosed with Stage 4 Prostate Cancer. Today he shares his approach to managing the mental and physical challenges he faces.



Dr Laura Hague, Mott MacDonald

Dr Laura Hague is the Group Safety Manager for Mott MacDonald, a global multidisciplinary consultancy. Originally an environmental scientist, Laura has been with the Group for 25 years, and was appointed as the Group Safety Manager in 2000. Laura leads the health and safety team at Mott MacDonald and is responsible for setting the vision and strategy as well as providing assurance and reporting to Group on health and wellbeing, safety and security performance. The key focus is on achieving a consistent positive culture across the Group, taking into account local practices and legislation. Laura is actively involved working with industry and is currently Chair of the Association of Consulting Engineers health and safety panel and represents the Consultants Health and Safety Forum at the Construction Industry Council health and safety committee and CONIAC.



Fiona King, HS2

Fiona qualified as a registered general nurse in 1995. Fiona spent her earlier nursing career working in cancer and palliative health before specialising in Health & Safety and Occupational Health. Fiona has worked since 2003 in a variety of different industries such as car manufacturing, utilities and beverages as an Occupational Health Nurse in senior roles and spent 4 years working for a large Insurance provider as Head of Rehabilitation overseeing the delivery of vocational rehabilitation for Group Income Protection customers. Fiona current position is working at HS2 as Head of Occupational Health & wellbeing leading the occupational health & wellbeing strategy since October 2016.



Jo Lewis, British Dietetic Association

Jo Lewis is Partnership Manager for the British Dietetic Association and Project Lead for their workplace health initiative 'BDA Work Ready.' Jo launched Work Ready in 2015 at TUC and CIPD national conferences and has built a national network of specialist, registered nutrition experts who offer tailored support to a wide range of organisations. From the tea party to celebrate the NHS anniversary celebrations, to mindful eating for university staff, to good mood food for van drivers and hydration posters for healthcare workers on COVID wards, Work Ready improves people's knowledge of and access to better food and drink choices.



Edward Murphy, Ollio

Edward is the founder of Ollio, a leading building performance management and sustainability consultancy created to help clients make their new or existing building be the very best it can be from systems performance, user experience, and business efficiency perspectives. A Chartered Building Services Engineer and WELL AP, his background is in the design, performance and comfort of high performing sustainable property in use. He was the lead design engineer for a number of innovative low carbon buildings over his three decades of commercial consultancy practice. Over this time he became accomplished sustainability champion having worked on a number of ground breaking and award winning projects over the last decade, particularly for government funded organisations.



Alasdair Reisner, Civil Engineering Contractors Association

Alasdair Reisner is the Chief Executive of the Civil Engineering Contractors Association (CECA). CECA is the representative body for the UK's civil engineering contractors, who build and maintain the nation's critical infrastructure networks in the key sectors of transport, energy, water, waste, and communications. CECA represents over 300 contractors of all sizes, covering approximately 80% of the civil engineering market in Great Britain. CECA members employ close to 200,000 people, deliver work worth around £15 billion every year, and build or maintain infrastructure that provides the basis for economic sustainability and quality of life in communities across the country.



Glen Ridgway, Workplace Mental Health

Glen is a Chartered Civil Engineer and Health and Safety professional. He recovered from a major depressive episode in 2008 to develop his previous employer's Award-winning mental health matters strategy. Now an independent consultant Glen is helping other organisations to establish their own mental health & wellbeing strategies. Working for the likes of Guide Dogs for the Blind and the Houses of Parliament Renewal and Refurbishment project he is an advocate of taking a truly holistic approach to creating working environments where everyone can thrive. Environments that nurture rather than manage wellbeing, knowing that this is the route to improving business performance, success and value.



Matt Stafford-Clack, Mercer Marsh Benefits Workplace Education

Matt is digital and retirement education leader for MMB Workplace Education. With a background in small business and technology, Matt has been managing pre-retirement lifestyle and financial education programmes for more than a decade, and e-learning and digital solutions development in the area of financial wellbeing for more than five years.



Rachel Suff, CIPD

Rachel Suff joined the CIPD as a senior policy adviser in 2014 to help shape the public policy debate to champion better work and working lives. Rachel is a policy and research professional with over 20 years' experience in the employment and HR arena. She has recently led a range of policy and research studies about health and well-being at work, and represents the CIPD on key advisory groups, such as the Royal Foundation's Heads Together Workplace Wellbeing programme. Rachel is a qualified HR practitioner and researcher with a master's in Human Resource Management from Portsmouth University and a post-graduate diploma in social research methods from Sussex University; her prior roles include working as a researcher for XpertHR and as a senior policy adviser at Acas.



Kate Walker, Diabetes Safety Organisation

Kate Walker, who is CEO of the Diabetes Safety Organisation, has been working in the health and wellbeing industry for the past twenty-five years. She has transferred her expertise and knowledge of behaviour change into education and support for people with diabetes and obesity. Kate is passionate about helping people manage their condition and provide support for companies to create a safe environment for people to work in.