

The-Women's-Insurance-Net-Work

20th & 21st September 2018

Pendley Manor, Cow Lane, Tring, Hertfordshire, HP23 5QY

Thursday

Tea/Coffee 17:00

Meeting Starts 17:30



Alexandra Anderson
Partner
RPC

Your Chair for the September meeting is Alexandra Anderson. Alexandra has been attending TWIN meetings since 2009, first as an Individual Member and then, as the representative for RPC when they became a Sponsor in May 2014, she joined the TWIN's Advisory Board.

Head of the construction insurance group at RPC, Alexandra is an insurance lawyer with particular expertise in defending claims acting for architects, engineers, surveyors and design and build contractors. Recommended by both Chambers and the Legal 500, she has been involved in many complex and high-value disputes involving projects in the UK and worldwide. She acts for a number of the largest UK construction and surveying practices, as well as working with RICS on various risk management and education issues. Alexandra is a regular speaker and author on a wide range of topics affecting both construction professionals and surveyors and co-edits Hogarth's 'Insurance for the Construction Industry'.

17.40 - 19.00



Dr Bill Mitchell
Clinical Psychologist
The Mitchell Practice

"Resilience for Optimal Wellbeing"

Our first speaker, Dr Bill Mitchell spoke to us back in 2009. The feedback we received then was excellent, so we are very happy to have him come and talk to us again.

Bill is a clinical psychologist who graduated from the University of Aberdeen. He works with contemporary cognitively based psychological approaches to treat anxiety states, depression, stress reactions and chronic fatigue states. He has a particular interest in treating work related psychological difficulties recognizing that many people work in circumstances that can easily lead to the loss of any balance to life which increases the potential for them becoming exhausted or ill.

He also works as a consultant to a number of companies and professional service firms; he leads workshops on such areas as Managing Yourself, Resilience, Managing Personal Change. He lectures on the Kings College London MSc programme on Mental Health Studies and he is a visiting lecturer at the London Business School.

Drinks 19:00

Dinner 19:30

Friday

Tea/Coffee 08:15

Meeting Starts 08:30

08.35 - 09.40



Catherine Grant
Head of Business
TougherMinds

"Understanding Resilience"

Catherine has worked in the City of London for over 20 years, in a number of senior positions in FTSE and NYSE listed companies. Catherine has extensive experience in the financial services sector and has successfully managed complex and demanding relationships with directors and other senior personnel within a range of large institutions.

These include major banks, insurance companies, private equity firms and investment companies. Her work included developing and directing the delivery of a package of services to meet the varying needs of these clients.

She is a mother of two boys and has a highly developed understanding of the challenges faced by people seeking to maximise their personal, professional performance and manage a family life, in the challenging modern work and societal context.



Helen Crofts
Consultant
Acton Burrell Consultants

"Shelf Help"

Helen Crofts will be no stranger to most of you as she is TWIN's Co-Founder and past Chairman. We're delighted to have Helen back.

There's no shortage of self-help books – in fact the granddaddy that gave its name to the genre was penned in 1859, believe it or not! But will any of them help you in your day job? sort out your work/life balance dilemmas? or otherwise change your life? Helen Crofts revisits her "book review" project, this time with a health and well-being focus to find out."

11.15 - 12.20



Yvonne Braun
Director of Policy, Long-Term
Savings and Protection
ABI

"Vulnerable customers and the Insurance Industry's approach to protecting them!"

Yvonne has over 20 years' experience in financial services and leads the ABI's work on pensions, social care and income protection. She is a member of the ABI's Executive Team and its Executive Sponsor for LGBT+ inclusion

Yvonne has a great commitment to diversity, in all its dimensions, and has built relationships across the sector with organisations similarly committed to change.

12.20 – 13.25



Jane Portas
Partner
PWC

"Financial health report"

Jane Portas is a Partner at PwC with 29 years' experience of advising international insurance businesses on prudential and conduct regulation, risk management, related strategic business change and group structure optimisation.

Jane has developed a report which identifies the key life events which have an impact on our financial situation. It draws attention to the additional challenges faced by women and puts forward suggestions as to how these challenges might be faced.

Meeting Ends 13:30

Lunch 13:35

Depart



Patricia McSherry
Director
TWIN

With the overall theme of this meeting being Health & Wellbeing and our great speaker line-up, I'm sure you'll agree this looks to be another very interesting and thought-provoking meeting.

My thanks to TWIN's Advisory Board for helping to bring this agenda together.

Please complete and return your booking form as soon as you can to secure your place/s.

Kind regards,

Patricia

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