



The Insurance
Institute of
Ipswich, Suffolk
and North Essex
Chartered Insurance Institute



Mental Wellbeing Breakfast Briefing

Feeding the brain and body with insights and breakfast

7.40 for an 8am - 9.45am Tuesday 17 July

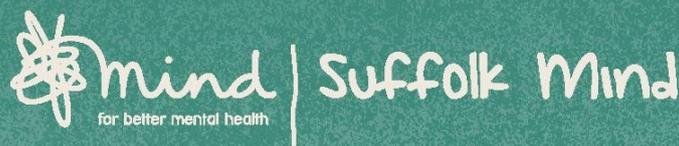
Quay Place, Key Street, Ipswich, IP4 1BZ



Join us for our first Workplace Wellbeing Breakfast Briefing with CII and Suffolk Mind.

How great would it be if your workplace was one of the best in the world for talking about and taking care of mental health and wellbeing? The CII and Suffolk Mind have teamed up to provide an exclusive breakfast briefing to look at the link between wellbeing and performance and to explore how you can make your team or your business the best it can be for mental health.

Learn how to reduce sickness absence rates and increase performance and efficiency by ensuring the people in your team or business are able to get key emotional needs met.



Suffolk Mind is a registered charity (1003061) and a company limited by guarantee (2611510)



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Breakfast Menu

Tea , coffee and orange juice

Hot Farmhouse Suffolk Sausage & Caramelised Onion Wraps
'Bacon Rolls' -Smoked Bacon In Maize Dusted Rolls

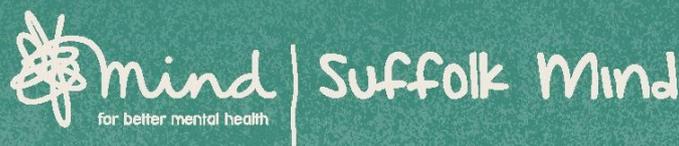
Fresh Fruit Skewers
Sunshine Granola Bar
Mini Pastries & Croissant



Deloitte estimates return on investment of 8:1 for organisations that create a workplace culture that's outstanding for looking after mental health and wellbeing. By making your workplace an environment that enables people to get their emotional needs met, you can reduce sickness absence rates, cut 'presenteeism' and prevent mental ill health from occurring in the first place.

To find out more about how you can help yourself and those around you, come to this FREE breakfast briefing with Suffolk Mind.

Let us know you're coming by email: marketing@suffolkmind.org.uk



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