

# The Second Sight Wellbeing Forum

## Exploring the link between financial and mental wellbeing

Thursday 26<sup>th</sup> September 2019, 1.00pm - 4.00pm

Foster Denovo, 8 Eastcheap, London, EC3M 1AE

## Why you should attend

More people than ever are struggling with their finances and suffering with some form of financial worry or stress. According to a recent survey, 67% of employees who had financial difficulties reported at least one sign of mental health<sup>1</sup> with 1 in 5 people losing sleep over their finances<sup>2</sup>. So, as an employer, how can you make sure you're supporting your employees' mental and financial wellbeing?

This event offers you the opportunity to network with your peers and gain some practical tips from our speakers on mental and financial wellbeing in the workplace. And, we are running a special focus on stress in the workplace, as well as:

- how mental and financial wellbeing are linked;
- practical solutions to improving employees' financial and mental wellbeing; and
- interactive workshop and Q & A session where you can discuss your company's challenges and use your learning from the day to make some immediate breakthroughs.

## Introduction to financial wellbeing

What does financial wellbeing mean in a modern workplace?

How mental and financial wellbeing are linked.

**Matthew Mitten, Partner, Second Sight**

## How to turn the pressure cooker down

In the pressurised world we live in it is easy to get run down and 'stressed.' This session will help identify your triggers and give you ideas for coping mechanisms. The following will be looked at:

- what stress is ("good" stress and "bad" stress);
- how stress can affect us and those around us;
- focusing on the CBT cycle of stress – the four areas of stress and the points of intervention;
- warning signs of a build up of stress;
- cognitive signs of stress – focusing on common thinking errors and helpful ways of thinking;
- unhelpful vs helpful behaviours to engage with when stressed;
- the importance of a balanced lifestyle; and
- what to do when the stress isn't subsiding - ways of accessing professional help.

**Rebecca Galustian, Cognitive Behavioural Psychotherapist, Public Speaker, Trainer & Supervisor**



### Wellness workshop session

It is very easy to go back to the office after a meeting like this and not get the chance to think more about your learning. The workshop will help you decide on the progress you want to make in this area, the dangers that could be eliminated and some quick wins that will propel you forward.

Mark Bingham, Partner, Second Sight

## About our speakers



### Matthew Mitten, Partner, Second Sight

Matthew has 20 year's experience working in financial services and employee benefits. He has been instrumental in the successful implementation of numerous employee benefits and pension schemes. Matthew's knowledge of pension and benefits sector is extensive and he's been involved in all aspects including; auto-enrolment, pension scheme launches, financial education, communication and flexible benefits.



### Rebecca Galustian, Cognitive Behavioural Psychotherapist, Public Speaker, Trainer & Supervisor

Rebecca has fifteen years' experience, working as an individual and group therapist within a range of settings including the private sector in a psychiatric hospital in Central London, The NHS, forensic services, addiction recovery programmes and within schools with adolescents



### Mark Bingham, Partner, Second Sight

Mark Bingham has worked in Financial Services for 31 years and in Employee Benefits since 1999. He regularly speaks at leading benefits and pension conferences, sharing platforms with key opinion generators and even Government ministers. Mark has gained a reputation for making the complex easy to understand; and fun too!

## Interested in attending?

### Contact

0330 3327 143 or [info@second-sight.com](mailto:info@second-sight.com)

More information can be found at: [www.second-sight.com/events](http://www.second-sight.com/events)



1. <http://www.moneyandmentalhealth.org/wp-content/uploads/2017/05/MMHPIOverstretched-Overdrawn-Underserved.pdf>
2. <https://wealth.barclays.com/content/dam/bwpublic/global/documents/global-stockrewards/financial-well-being-report.pdf>