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**NWLC Annual Training Event Programme**

**3rd October 2023**

**Aintree Racecourse, Liverpool**

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| **Time** | **Title** | **Speaker** |
| 09:30 – 10:00 | Registration and networking |  |
| 10:00 – 10:05 | Welcome address | **Anne Greenwood**, Chair, NWLC Management Board |
| 10.05 – 10.55 | **Blurring work-home boundaries and the burnout epidemic. The up- and down-sides of a digital hybrid workplace** | **Carolyn Freeman**  CyberPsychologist |
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|  | **Refreshments and networking** |  |
| 11.15 – 12.00 | **Unravel and rewire your business brain** | **Amanda Daly**  Mindset and business coach |
| 12.00 – 13.00 | **Workshop Sessions 1** |  |
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| 13.00 – 14.00 | **Lunch and networking** |  |
| 14.00 – 15.00 | **“Organisational Health – the Doctor will see you now” …** | **Sarah Hardy-Pickering**  Weightmans |
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|  | **Refreshments and networking** |  |
| 15:25 – 16:30 | **Workshop sessions 2** |  |
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| 16:30 | **Close** |  |

**PLEASE NOTE THAT the NWLC AGM will take place at the close of the event at 16.30pm**

**All are welcome to attend.**