

	Day 1 Sept 21st	Day 2 Sept 22nd	Day 3 Sept 23rd	Day 4 Sept 24th	Day 5 Sept 25th
<b>Time</b>	<b>Morning</b>				
8.30		Catherine Morgan  Coaches and croissants.			
10	Chris Budd  Welcome & Introduction (live).	Chris Budd  Welcome & Introduction (rec).	Chris Budd  Welcome & Introduction (rec).	Chris Budd  Welcome & Introduction (rec).	Chris Budd  Welcome & Introduction (rec).
11-12.15	<i>Keynote:</i> Henry Stewart  The importance of creating client delight.	<i>Keynote:</i> Thoughts on wellbeing with Aegon, our IFW main partner.  Social Wellbeing Meet	TBC  <i>Virtual coffee with IFW team:</i>	Martha Lawton & Alex Lemon  Cognitive distortions and money – spotting and responding to clients' irrational and exaggerated mental habits.	Chris Budd  The IFW and YOU.
12.30	Virtual lunch with IFW team.	Jan Bowen-Nielson  Coaching at the heart of financial wellbeing.	David Scarlett  Stop chasing the money.	Nick Elston  Mental health.	TBC
	<b>Afternoon</b>				
2-3.15	Liz Zeidler  Measure, Understand and Improve Financial Wellbeing.	Neil Bage  Getting to the heart of financial wellbeing.	Emma Beaston  Philanthropy	Breakout discussion:  Chris Budd, Catherine Morgan, Tom Morris & Benjamin X. <i>“How can Financial Wellbeing be used in a Financial Planning business? “</i>	<i>Keynote:</i> Sharon Critchlow & Nicky Marshall  The four elements of wellbeing for personal and team performance.

4-5	Erik Porter  Workplace wellbeing.	Members huddle  (Hosted Panel) Pat Ingram and Chris Budd <i>Can we change the way we give financial advice?</i>	Emma Catherine  Art and Wellbeing.	Ophelia Hogan  Fitness & Nutrition; looking after your back health.	Panel Discussion:  What have we learned this week about wellbeing?
6-7		Wellbeing Cocktail Hour.			

The screenshot shows a web browser window with the following content:

- Browser Tabs:** Multiple instances of 'windows spotlight quiz - Bir', 'LifeAfterLockdown.pdf', and 'New York sour mocktail'.
- Address Bar:** <https://www.bbcgoodfood.com/recipes/new-york-sour-mocktail>
- Recipe Page:**
  - Ingredients:** 1 tsp assam tea leaves (50ml tea), few drops of vanilla extract, 25ml lemon juice, 3 tsp maple syrup, 1 tbsp egg white, ice, 10ml pomegranate juice.
  - Method:**
    - Pour 150ml boiling water over the tea leaves, stir, then strain straight away. You want a strong, but not stewed tea. Mix in the vanilla extract and leave to cool.
    - Pour the lemon juice, maple syrup and 50ml of the tea into a cocktail shaker. Stir the egg white with a fork to loosen it, then add 1 tbsp to the shaker. Shake well until the mixture is frothy. Add a good handful of ice and shake again.
    - Double strain into a glass filled with ice. Top up the pomegranate juice with water to make 20ml, then slowly pour into the glass. Let it settle for a moment – the juice will float just underneath the egg white foam.
- Advertisement:** 'UNBELIEVABLE iPhone 11. Best ever price on a 10GB plan, buy online until 29th June. Buy Now >'
- Footer:** Recipe from bbcgoodfood.com, May 2020