

# IOPM

## Virtual conference

### 5th December



# IOPM

International Institute of Organisational Psychological Medicine

Organised by: Academic Centre, IOPM, Cheswold Park Hospital, Doncaster, UK

**2nd IOPM Virtual Conference Sat 5th December 2020**

10:00 - 15:45 GMT

Session 1 Chair: Professor Russell D'Souza, Director of Academic Centre & Professor of Organisational Psychological Medicine, IOPM

Session 1 Moderator: Professor Srikanth Nimmagadda

Session 2 Chair: Professor Mohandas Warriar, Consultant Psychiatrist, Sun Medical & Research Centre, Kerala, India

Session 2 Moderator: Professor Srikanth Nimmagadda

## 10:00 - 10:15 Session 1

Welcome & Introduction  
Professor Russell D'Souza

## 10:15 - 10:45

Returning to Work Post COVID-19 infection- Experience based Perspective

Dr Seshagiri Rao Nimmagadda, Consultant Forensic Psychiatrist & Medical Director, Thornford Park, Thatcham, Berkshire, UK

## 10:45 - 11:15

Stress and Relaxation in the Workplace

Professor Wassili Zafiris Author, developer, coach, and master NLP trainer; Professor of Social and Spiritual Entrepreneurship, Global school for Entrepreneurship, Amsterdam, Netherlands

## 11:15 - 11:45

Essentialism in the Workplace- Finding your Focus & Priorities

Dr Pratixa Patel Head of Analytical, Microbiology, Stability & Product Chemistry, GlaxoSmithKline Consumer HealthCare, Weybridge, Surrey, UK

## 11:45 - 12:30

Discussion

## 12.30 -13.00

Break

## 13:00 - 13:30 Session 2

Enhancing Emotional Wellbeing in Organisations

Pierre Mazeau Head of Corporate Social Responsibility, EDF, Paris, Île-de-France, France

## 13:30 - 14:00

Working from Home in the COVID-19 Crisis - Challenges and Solutions

Dr Avinash De Sousa, Consultant Psychiatrist & Psychotherapist, Mumbai, India

## 14:30 - 14:50

Does Psychological flexibility predict Psychological Wellbeing in staff working in Organisations?

Ms Debbie Hair, Forensic Psychologist Cheswold Park Hospital, Doncaster, UK

## 14:50 - 15:15

Honing Emotional Intelligence Skills at Workplace to face Post COVID 19 Era

Professor (Colonel) Derek Dsouza, National Head Training Courses at Indian Program UNESCO Chair in Bioethics Haifa

## 15:15 - 15:45

Discussion and Close