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Headtorch is delighted the Clydesdale Bank is hosting a very special event. Amy McDonald, Headtorch Founder and CEO and James Peirson (Group General Counsel, Clydesdale Bank) give insights and golden nuggets into creating a mentally healthy culture in the workplace.

40 St Vincent Place, Glasgow, G1 2HL

17:30 - 19:00

16<sup>th</sup> May 2019

Schedule:

- 17:30 Register, Network & Canapes at the First Floor Reception
- 17:45 Welcome & insights from **James Peirson, Clydesdale Bank**
- 1800 **Amy McDonald, Headtorch**  
*Who C.A.R.E.S? creating a mentally healthy culture*
- 18:30 Q&A with James & Amy, Delegate discussions
- 18:45 Networking
- 19:00 Close

Amy is dedicated to creating a mentally healthy culture within the workplace. With a background in drama, and coaching, these skills are fused to deliver interactive learning experiences. Amy has presented for leading blue-chip organisations including AIG, PepsiCo, Sky, RBS, CIPD and ENEI.

Headtorch creates positive workplace mental health and delivers solutions to all levels of staff, working with organisation such as PepsiCo, BAe Systems, Abellio, Police Scotland, News UK and the Scottish Government.

[www.headtorch.org](http://www.headtorch.org)