fashion, or the future for Organisation and Individual Effectiveness?”  
(Plus our AGM)

Speakers – Jessica Pryce-Jones and Anthony Phillips

Wednesday 13th February 2013  
The Naval Club,  
Mayfair, London

Wellness has been forecast as one of the biggest growth sectors in the period 2000 to 2025 and despite a slow start over the last decade there are signs all over the world that this will become true. Wellness is the largest untapped area of performance improvement. The classic British approach – based on HSE Stress Standards – of employers having to reduce the "stressors" no longer matches commercial reality and is too limited given many are outside the control of the employer. Therefore a fundamentally different approach is required (WellKom). In this meeting we have two experts in the field of ‘well being’ that will share some of these different approaches with us.

In the morning session Jessica will outline a seven year research program which has found that the Science of Happiness at Work is closely associated with performance, productivity
and potential. It will describe a new and powerful audit tool (ecometric rather than psychometric) based on international research done by the iOpener Institute for People and Performance. Jessica will outline the science that the research reveals and demonstrate how to use this knowledge when working with organisations, teams and individuals. Most importantly she will show how happiness at work is tied to the bottom line and can be used to demonstrate ROI. This will be a highly interactive session.

In the afternoon Anthony will share the WellKom Wellness Profiling, Development and Reporting software with us and how it can be used with other psychometric tools. The Personal Wellness Profile™ (PWP) is a new psychometric tool that provides a detailed measure of personal health and wellbeing. The results are plotted across nine dimensions, including emotional wellbeing, stress, pressure-coping strategies and satisfaction with lifestyle (work and homelife). The PWP can be used as a stand-alone self-development tool or as a powerful aid in coaching to help people manage their health and wellbeing. In long-term studies, the PWP has been shown to promote adoption of healthy habits, to reduce sickness, absence and build greater capacity for sustaining higher levels of productivity in the workplace. The PWP can be used with other psychometric instruments covering personality and leadership styles to provide deeper insights as well as having the additional benefit of accelerating the trust between the Coach and Coachee. The Team Wellness Profile™ can be used to identify and facilitate behavioural change at a group level. A wide range of Wellness Management information is available for organisations to understand the links and opportunities between organisational performance and wellness.

All of the above are available in a wide range of languages. The same holistic approach to wellness behavioural change has been adapted to enable Wellness Profiling to be available for other citizens as well including pupils; students and retired persons. Anthony will share some of these studies with us and Matthew Critchlow will share a practitioner’s perspective on the use of this instrument.

Note: Attendees are giving the opportunity to try both the instruments out before the day in what will be a very interactive session.

The event will be co-chaired by Xanthy Kallis, Chair of The Psychometrics Forum and Zorica Patel

10.00 Reception, Coffee & Conversation
10.30 Welcome and Introductions Xanthy Kallis
10.45 The Science of Happiness at Work Jessica Pryce-Jones CEO

Jessica Pryce-Jones is CEO of the iOpener Institute for People and Performance, an international organization which provides practical solutions to common and complex workforce issues by leveraging the Science of Happiness at Work. Its specific purpose is to assess, analyse and act upon the factors that create high-performing workplaces.

Jessica strongly believes in data-driven and metrics-led results. Numbers help everyone understand what helps and hinders their performance and what drives happiness at work. Her book, ‘Happiness at Work: Maximizing Your Psychological Capital For Success’ was published in 2010 both in the UK and in the USA. She’s currently working on her second, which is looking at how leaders create high performing and happy organizations; she has been given a fellowship by Keble College, Oxford to write this. As well as being a frequent media commentator, she lectures and teaches senior executives at London Business School, Chicago Booth, Oxford (Said) and Judge
Business School in Cambridge. She works with senior executive teams and leads consulting interventions. Clients include multinationals in banking, IT, health, publishing and engineering as well as the public and not-for-profit sectors.

12.30   AGM
12.45   Lunch

14.00   The Personal Wellness Profiling   Anthony Phillips MD

Anthony has over 30 years of international business experience with brands in roles of HR; change management; business acquisition / integration; business improvement and development. Anthony is Managing Director and founder of WellKom International a pioneer in both wellness and business transformation - through fusing the 3 Disciplines (3D) of Health, Business and HR Management into 3D Leadership. Under his leadership WellKom, now in its 12th year of operation, is expanding rapidly around the world, to meet the demand for commercially driven wellness services and provide the next generation of business transformation to both brands; public sector organisations and even governments seeking a step change in performance. Having lived in 6 countries he is interested personally and professionally in cultures as well as wellness.

16.30 Close

**BOOK NOW TO ENSURE YOUR PLACE**

The cost of the meeting, including lunch will be £65 (for members) and £85 for non-members including LinkedIn Affiliates ***.

Please reserve your place by completing the enclosed form and emailing it to: admin@psychometricsforum.org. Cheques should be made out to and posted to The Psychometrics Forum c/o Ms Caro Leitzell, 16, The Hall Way, Littleton, Winchester, Hampshire. SO22 6QL

To make a BACS payment, contact the Administrator at admin@psychometricsforum.org.

Please note that we will only accept a booking once the attendance fee is paid. Receipts will be emailed to you.

*** Note re membership: you can take out membership of The Psychometrics Forum at any time. If you sign up for membership at the time of booking and pay by direct debit, you will be able to take advantage of the members’ reduced booking fee. Please contact our Administrator at admin@psychometricsforum.org for a membership form. Details of membership are also available on the Forum website: www.psychometricsforum.org