



**Eastern Division – StartWell Event**  
Tues 17 October 2017 | 12:30–16:45  
Pavilion Room, Hughes Hall, Cambridge, CB1 2EW

**Professor Geraldine Strathdee**

Consultant Psychiatrist, Oxleas NHS Foundation Trust  
National Clinical Director for Mental health (2012-16)  
Visiting Professor, UCLP, Strategic Mental Health Adviser  
NHS Improvement and PHE Clinical lead for the National mental health intelligence network

# StartWell: Think Big, Dream Big

**12:30 – 13:30 Lunch & Registration**

**13:30 – 13:45 Introduction to StartWell**

Dr Abu Abraham, Startwell Lead, Eastern Division  
Essex Partnership University NHS Foundation Trust

**13:45 – 14:30 Session 1: Climbing the Ivory Tower; My journey**

Prof. Geraldine Strathdee

**14:30 – 14:40 Comfort Break**

**14:40 – 15:30 Session 2: Understanding yourself: Having Values to being valued**

Prof. Geraldine Strathdee

**15:30 – 15:45 Coffee break**

**15:45 – 16:30 Session 3: Delivering outcomes: Working smart, having fun and Flourishing**

Prof. Geraldine Strathdee

**16:30 – 16:45 Feedback & Close**

**16:45 Close**

The Conference Committee reserves the right to change the Programme without prior notice

