

Better travel – Better safety and wellbeing for women

22 APRIL 2016 – GRANGE CITY HOTEL, LONDON

EARLY BIRD
REGISTRATION
DISCOUNT
10% GROUP
BOOKING
DISCOUNT



REGISTRATION: 9.30 am includes refreshments and exhibition

COMPLETION TIME: 5.00 pm

COST: £325.00 + VAT (*includes complimentary travel massage, exhibition, nutritious buffet lunch, healthy travel snacks, workshop session material and complimentary travel packs*).

*Early bird booking £275 + VAT *10% discount for group booking

*£175 + VAT for half day

Key workshop objectives:

Learn how to:

- Enhance your personal safety and protect yourself from theft when travelling on business
- Create and manage a friendlier travel environment when travelling alone
- Develop strategies which enhance work productivity and self confidence
- Incorporate better lifestyle choices when travelling to become healthier, fitter and more mentally alert
- Recover quicker from jet-lag and enhance your sleep routine
- Manage business and personal relationships more effectively when travelling
- Get the most out of transport and hotel facilities while preventing injury and strain
- Become more travel savvy with tried and tested techniques from the travel health experts

BETTER TRAVEL – BETTER SAFETY AND WELLBEING FOR WOMEN workshop will be facilitated by management consultants and travel health specialists, including Densign White, Professor Jason Ellis, Dr Carol Sadler, Julie Dennis, Ruth Cohen and Kathy Lewis.



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Our **Better travel – Better safety and wellbeing for women** workshops have been specifically designed to support women who travel on business, and enable them to travel safely, healthily and productively.

As women move forward in their careers they are travelling more frequently and are now the fastest growing segment of business travellers. Overall, business travel is predicted to increase by 7% per annum for the next five years, and compared to 40 years ago when only 5% were women, women now make up nearly half of all business travellers, a proportion which is projected to rise further.

Yet there remains huge differences between the needs of travelling businessmen and businesswomen. Women not only face greater obstacles when they travel on business, both culturally and religiously, but are also at an increased risk of poorer long term mental and physical health, along with experiencing greater safety and security issues.

Three out of four (78%) women travelling on business travel alone. Unfortunately, solo business women travellers not only report unwanted attention but are also more vulnerable to theft and loss of personal data. In addition, the reported cases of serious assaults for women travelling alone are increasing. Knowing how to protect yourself and your belongings is vital if your job involves travelling on business.

Research also reveals women suffer more from the strains associated with travelling. Stress associated with work projects, loneliness and the anonymity of business travel can lead to unhealthy behaviours such as decreased exercise, poorer eating habits and increased alcohol consumption.

Notably, travelling business women suffer more from the high stress factors, resulting in lower wellbeing, reduced confidence, poorer work relationships and lower perceived flexibility in work commitments. Consequently, frequent business travel is associated with poorer mental health, as well as higher body mass index, high blood pressure, cholesterol and greater risk of diabetes.

In addition to the stresses of travel, jet lag and lack of sleep can further reduce a business person's immunity, increasing their risk of ill health and lower work performance. Up to 60% of those travelling also experience 'traveller's tummy'. The last thing a business person needs is to become ill just before an important business meeting. Knowing how to cope with long haul travel, poor food hygiene and less sleep is essential if you want to be at the top of your game.

Our **Better travel – Better safety and wellbeing for women** workshops recognise and acknowledge concerns which women travelling on business are facing, such as safety, stress and empowerment. These highly interactive workshops have been specifically designed to enable women to assess the risks of business travel and act accordingly to improve the chances of an illness free business trip, enhancing their confidence, safety and long-term health.

All our workshops are facilitated by experts in their field. Our travel health facilitators are registered/chartered health professionals who regularly travel and our safety facilitators are highly trained experts in travel safety and self-defence. Each travel health consultant's advice is underpinned by their professional registration, based on scientific evidence, and in line with government advice. They have prudently tried and tested travel providers, products and company business routes and are able to provide participants with tools and techniques on how to improve their travel experience, gain confidence and reduce undesirable side-effects of business travel.



PROGRAMME

- 9.30 Registration and refreshments
- 10.30 Welcome and introduction to the morning session
- 10.45 Safety and security for travelling business women
- 11.15 Female friendly choices when travelling
- 11.45 Self-defence when travelling alone
- 12.30 Buffet lunch and beverages
- 1.15 Welcome and introduction for afternoon session
- 1.30 Long haul effects and sleep disruptions
- 2.00 Stress and dealing with relationships
- 2.30 Catering for travel health
- 3.15 Healthy afternoon tea break
- 3.30 Reducing strain and injury to reduce long term ill health
- 4.15 Incorporating fitness into the schedule for travelling business women
- 5.00 Round up and finish

VISIT OUR WEBSITE

www.extravitality.co/bettertravelbettersafety

or telephone 020 8 536 4100

or email amy.collins@extravitality.co



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OUR WORKSHOP FACILITATORS ARE

Densign White, is the Chief Executive Officer for International Mixed Martial Arts Federation (IMMAF). His career started as a three time Olympian for Judo, representing Great Britain. At the end of his competitive career he served as the Chairman for British Judo Association from 2001 to 2012. In total, Densign has four decades of experience in judo under his belt, as athlete and coach, and he continues to coach today.

Densign's career has involved a lot of travel. He also served internationally as the European Judo Union Head Sports Director retiring from this post after ten years in 2012 and also as an executive member of the British Olympic Association for 2 years. Densign will be facilitating the 'self-defence when travelling alone' session in the morning.

Dr Carol Sadler, PhD, R.Nutr., is a Registered Consultant Nutritionist with the Association for Nutrition. In between travelling long and short haul to find the healthiest options, she counsels in diet and lifestyle at the Surrey Cardiovascular Clinic with clients referred by the clinic's cardiologists. Carol has also worked in private practice in Middle East and was a regular guest speaker on radio. She has written for a number of international publications and also now writes for HASTE academy, a heart health charity and provides talks on diet and lifestyle.

Professor Jason Ellis PhD; C.Psychol; EBSM
Jason is a practicing Health Psychologist (HCPC), Chartered Health Psychologist (BPS) and Somnologist: He is the Director of the Northumbria Centre for Sleep Research and holds several posts as Professor at Northumbria University, University of Pennsylvania and Newcastle University. He travels regularly between them and understands first-hand the challenges of travelling for work.

He splits his time between his research interests: the pathophysiology of sleep disorders (Insomnia, Restless Legs Syndrome, and Circadian Rhythm Disorders) and his applied work on Cognitive Behavioural Therapy for Insomnia.

He works within the National Health Service and currently serves on the editorial board of Behavioural Sleep Medicine. His consultancy work has included; Transport for London, Cussons Pearl, UCB Pharma, Slumberland, and the BBC. He will be facilitating the session on the effects of long haul travel.

Kathy Lewis, BCapSc, MSc, MBA, R.Nutr., Kathy has over twenty years' experience as a Consultant Nutritionist. She is registered with the Association for Nutrition and a member of the World Public Health Nutrition Association. Her specialities include travel nutrition and executive wellbeing. She has a Bachelor's degree in Human Nutrition and Food Science, Master's degrees in Business Administration (MBA) on healthy options in catering establishments, and Applied Psychology with Health Promotion (MSc) with distinction for research in executive coping behaviours and workplace clinical stress.

Kathy is a former consulting editor for Reader's Digest, and has written for a number of publications, both consumer and professional bodies. She has worked in a variety of settings, including health/diet centres, NHS, workplace settings, NGO's, local authorities, catering establishments, professional organisations and health charities. Kathy has also served as a board member for various entities, including the Institute of Health Promotion & Education, Tessa Sanderson's Foundation & Academy, Association for Nutrition, British Nutrition Society's Professional Affairs Committee, Association for MBA's and Chartered Institute of Marketing (Finance Committee).

Julie Dennis is a fully qualified Fitness Coach specialising in weight loss and body transformation results. She is a level 4 skilled personal trainer and a qualified member of the Register of Exercise Professionals. Prior to joining Extravitality's team, she worked in a global team at Rio Tinto where she experienced first hand the challenges of travel policies and incorporating a healthy lifestyle into an international travel schedule.

Ruth Cohen
Ruth is a Chartered and State Registered Physiotherapist. She runs a practice called First Physio in the Essex / London area, which has been established for 25 years.

She specialises in treating musculoskeletal injuries, (soft tissue injuries), as well as back and neck problems, postural conditions and advice on ergonomics. She also provides work station assessments.

Ruth will facilitate the session minimising the potential on the strain of injury whilst travelling on business.

VISIT OUR WEBSITE

www.extravitality.co/bettertravelbettersafety

or telephone 020 8 536 4100

or email amy.collins@extravitality.co



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REGISTRATION FORM

How to book

Book online at
www.extravitality.co/bettertravelbettersafety

Fax the registration form to
0208 536 4100

Email this registration form to
amy.collins@extravitality.co

Please complete the following as you would like them to appear on your registration records

REGISTRATION Date of attendance Please indicate which workshop date you would like to attend <input type="checkbox"/> 22 April 2016, Grange City Hotel, London Number of attendees	PAYMENT <input type="checkbox"/> Standard rate £325 + VAT (£390) (within 6 weeks prior to the event) <input type="checkbox"/> Early bird discount £275 + VAT (£330) (at least 6 weeks in advance)* <input type="checkbox"/> Group discount 10% (minimum of two places must be booked) ** <input type="checkbox"/> 1/2 day £175 + VAT (£210) - morning session plus lunch <input type="checkbox"/> 1/2 day £175 + VAT (£210) - afternoon session plus lunch The full workshop fees includes registration for the full day session, session materials, complimentary travellers' massage, nutritious lunch, healthy afternoon tea, refreshments, sessions materials and complimentary travel pack. We regret that we cannot hold places provisionally for this event. Places are only confirmed when payment has been received.
Your details Title: Dr Mr Mrs Ms Miss (please circle) First Name: Surname: Job Title: Department: Company/Organisation/Institute: Address: Postcode: Country: Contact daytime number: Mobile number: Fax: Email: <i>Please write clearly as the confirmation will be sent by email. If you prefer confirmation by post please tick this box <input type="checkbox"/> Please also ensure you complete your full postal address for our records</i>	On Line – Registration and online payment is available at www.extravitality.co/bettertravelbettersafety Payment can be made by either credit card or Pay Pal <input type="checkbox"/> Paid by credit card online <input type="checkbox"/> Paid by Pay Pal
Special requirements Are you vegetarian? <input type="checkbox"/> Yes <input type="checkbox"/> No Do you have any other special medical dietary needs? <input type="checkbox"/> Yes <input type="checkbox"/> No If yes please specify Do you have any other special requirements? (e.g. accessibility) <input type="checkbox"/> Yes <input type="checkbox"/> No If yes please specify	By BACS or Electronic Transfer For payments in £'s Sort Code: 60-13-12 Account No 64231593 Please send your BACS remittance form with your completed registration form as proof of payment. Your BACS reference:
This form needs to be signed by the delegate or an authorised person before we can accept the booking (by signing this form you are accepting the terms and conditions below) Name: Signature: Date:	By invoice – Please send an invoice to Name: Organisation: Address: Postcode: Purchase order Number: (if applicable) Please note if you are requesting an invoice, many organisations now require a Purchase Order Number to be provided. If you do not provide this number this may slow down the processing of this delegate place
	By Post – By Cheque A cheque for is enclosed Please make cheques payable to Lynk Management Consultants Ltd and post to Amy Collins, Administrator, Lynk Management Consultants, 83 Woodford Road, London E18 2EA

Venues
Grange City Hotel, 8 - 14 Cooper's Row, London EC3N 2BQ

Discounts
* **Early Bird discount**
Register on to one of the above course dates, 6 weeks in advance and you will be entitled to receive a £50 discount.
Promotional code EBD10

** **Group bookings**
A discount of 10% is available to bookings when more than one delegate from the same organisation, is booked at the same time, for the same event date. **Promotional code GB10**

Confirmation of booking
All bookings will be confirmed by email (or by post if you prefer), and nearer to the workshop you will receive delegate information, including directions and what to bring with you to the venue. Please contact us if you have not received confirmation within 14 days after submitting your booking.

Booking terms and conditions
Cancellations
A cancellation should be made in writing. Cancellations received at least four weeks (28 days) before the start of the workshop will be refunded, minus a 25% administration fee. No refunds can be processed after this date.

Any cancellation within 4 weeks prior to the chosen workshop date or non-attendance at the event carries a 100% cancellation fee. Extravitality cannot refund delegates who fail to attend the workshop due to reasons outside their control, if the workshop takes place as planned.

Places can be substituted with prior knowledge and agreement with Extravitality.
It may be necessary for reasons beyond the control of the organisers to alter the content and timing of the programme or the occasional identity of the speakers.

Extravitality will not be held responsible for any reason outside their control should the workshop not be able to commence or be curtailed early.

Extravitality will not be responsible for any loss or damage of personal items of the delegates or injury caused to a workshop delegate or exhibitor at Grange City Hotel, London, or any other

venue used in connection with this event. Participants are advised to organise their own personal travel, accommodation and health insurance.

Extravitality takes no responsibility for non-refundable travel/accommodation in the case of a changed programme or cancelled event.

Data Protection
Your personal details will be held on our database where it will remain confidential. We do not give personal information to third parties.

We would like to keep you informed about services, events, publications, and new initiatives. It may also be important for us to find out your views on a range of travel issues for future travel enhancements.

Please tick this box, if you do not wish us to contact you after this workshop.

We do not store credit card details nor do we share customer details with any third parties.

For more information contact extravitality on **020 8 536 4100** or email **amy.collins@extravitality.co**

www.extravitality.co/bettertravelbettersafety



Extravitality is a specialist travel health initiative run by Lynk Management Consultants Limited.
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