

# PROGRAMME

## **IDA Private Sector Annual Conference, Friday 8 October and Saturday 9 October 2021**

*Focus on mental health and well-being*

### **Friday 8 October 2021**

- 15.30 – 16.00 **Arrival and registration**  
Sandwiches will be served
- 16.00 – 16.15 **Welcome by Troels Richter, acting chairperson**
- 16.15 – 17.15 **Mental green transition by Imran Rashid, MD, author and lecturer**
- 17.15 – 17.45 **Break – Meet IDA's business consultant (IDA in the workplace), employee well-being consultant and career consultant**
- 17.45 – 18.45 **Mental green transition by Imran Rashid, MD, author and lecturer**
- 18.45 – 19.15 **Walk'n'talk**  
Discussions about today's experiences and possible preparation for tomorrow
- 19.15 – 19.45 **Feedback and rounding off in the afternoon**
- 20.00 **Dinner and networking**

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## **Saturday 9 October 2021**

08.00 - 09.00    **Breakfast**

09.00 - 09.30    **Good morning**

09.30 – 11.00    **Train your sense of the future by Liselotte Lyngsø, futurist**

11.00 – 11.30    **Break**

11.30 – 12.45    **Train your sense of the future by Liselotte Lyngsø, futurist**

12.45 – 13.00    **Rounding off and close**

13.00 -            **Lunch and departure**