



Women's Health Week Event

Wednesday 10 May 2023, 17:00 - 19:00
The Mailbox, Birmingham

WSP is delighted to be holding an in-person event for Women's Health Week in conjunction with Women in Rail

Women's Health Week is a national effort to raise awareness about the manageable steps women can take to improve their health.

The focus is on the importance of including simple preventive and positive health behaviours in everyday life.

From cervical cancer to reproductive rights, Women's Health Week is an important opportunity to raise valuable awareness through educational campaigns. The goal is to empower people to prioritise their health.

We are excited to welcome:



CLAIRE SALLIS
Professional
Head of Health, Alstom



AUSTIN THORNEYCROFT
Mental Fitness and
Emotional Intelligence Coach,
Qi Performance



SUZANNE THORNEYCROFT
Therapeutic Massage
Practitioner,
Neal's Yard Remedies



RACHEL COOK
Deputy Head of Rail –
People & Operations, WSP

Along with expert menopause advice from the Newson Health Clinic

Wednesday 10 May

17:00-19:00

WSP, The Mailbox, Birmingham

REGISTER HERE





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Agenda for the evening

- 17:00 - 17:15** Registration and welcome
- 17:15 - 18:15**
 - Rachel Cook** – Introduction to WSP and its People Plan
 - Austin Thorneycroft** – Mental Health and Resilience
 - Claire Sallis** – Women's Cancers and Major Health Concerns
- 18:15 - 19:00** Specialist areas for personal discussions in a separate area:
 - Hand/scalp massage and skin advice from **Suzanne Thorneycroft**
 - Expert menopause advice from the **Newson Health Clinic**
 - Women's cancers
 - Endometriosis
 - IVF
 - ADHD and anxiety
 - Healthy eating

Four fantastic speakers



CLAIRE SALLIS – Professional Head of Health, Alstom

Claire is a qualified nurse and Occupational Health Specialist. As the Professional Head of Health for Alstom Transport UK Ltd, she is continually striving to help improve the health and wellbeing within the Rail Industry. Claire is an active member of the RSSB's Health and Wellbeing working groups, enabling the sharing of good practice and industry benchmarking.



AUSTIN THORNEYCROFT – Mental Fitness and Emotional Intelligence Coach, Qi Performance

Austin is a highly experienced mental fitness and emotional intelligence coach, he specialises in working with female leaders who are impacted by the crippling effects of self doubt, low self-esteem and imposter syndrome. Integrating various world leading techniques into his coaching practice, working with Austin enables clients to identify and overcome their biggest challenges, strengthen their mental muscle, and bring about lasting meaningful change.



SUZANNE THORNEYCROFT – Therapeutic Massage Practitioner and Senior Independent Consultant, Neal's Yard Remedies

Suzanne is a therapeutic massage practitioner and senior independent consultant for Neal's Yard Remedies. Suzanne knows first-hand how challenging it can be for people to prioritise their own mental and physical health when things get busy at work. Her passion to address these needs drives her to deliver therapies that help employees at all levels to take time out for themselves, to recharge, ground and reframe.



RACHEL COOK – Deputy Head of Rail – People & Operations, WSP

Rachel is a Chartered Civil Engineer with over 20 years' experience across multiple industries including transportation and energy. She successfully delivers at senior levels in global organisations whilst ensuring the development of others, and is an active role model for women in engineering. Rachel was named in the 2015 Power Part Time awards as one of the top 50 men and women who work in senior business-critical roles on less than five days a week, debunking the myth that working flexibly in a top level job isn't possible.