



Reducing Stress and Anxiety as

Start Date: Sep 4, 2020 11:00 AM

End Date: Sep 4, 2020 12:00 PM

Reducing Stress and Anxiety as Travelers Return to the Road

Friday, September 4 | 11:00 AM– 12:00 PM ET

Increased stress, depression, and anxiety are the realities of employees returning to the office and considering traveling during and post this ongoing, pandemic crisis. Travel managers, in partnership, with their internal stakeholders - human resources, risk management, IT - need to have a strategy to address the overall health and wellness of their most prized asset, their people. This session will feature wellness professionals and mental health experts that can offer practical tips and resources that decrease employee’s tensions of returning to the travel.

Moderator:

Catherine Logan, Regional Vice President – EMEA, GBTA

Speakers:

Dr. Lucy Rattrie, CPsychol

Professor Robert L. Quigley, MD, D.Phil, Senior Vice President and Regional Medical Director, Americas Region, International SOS Assistance, Inc., and MedAire

Code of Conduct Policy for Live and Virtual Programs

Location(s)

North America