

**BHAVNA RAITHATHA
CONSULTANCY**

THE CORNWALL WELL-BEING IN BUSINESS CONFERENCE

**WELL-BEING IN
BUSINESS MATTERS:
NOTHING WORKS
UNLESS YOU DO**

- ✓ A powerful keynote on Wellness and Business
- ✓ Expert panels with local business leaders
- ✓ An interactive workshop to recharge your thinking
- ✓ 15-minute spotlight slots from inspiring sponsors
- ✓ Networking with like-minded Cornish entrepreneurs

SAVE THE DATE

11th September 2025

Chyvallah Hall, Threemilestone
Community Centre, Pengelly
Way, TR3 6DP



BUY NOW



To find out more, contact Bhavna on:



hello@justbeyourself.co.uk



www.justbeyourself.co.uk

Bhavna Raithatha Consultancy Providing Business Wellness Through-Out the UK

Psychotherapy | Coaching | Clinical Supervision | Workplace Consultancy & Training | Critical Incident Debriefing | Keynotes | Psychological Mindset Coaching to Consultants, Executives, Leadership and HR Teams | Specialised Affirmative Therapy and Support for Anyone Identifying As Part of the LGBTQ+ Community.

Welcome

We are *delighted* to share information about the upcoming **Cornwall Well-being in Business Conference** on the **11th of September 2025**.

This is a unique opportunity to work with Bhavna, an accomplished solopreneur and professional in her field who has worked with, informed, inspired, empowered and championed over 21,000 clients from every walk of the business world, - not to mention countless groups, businesses and organisations over a career spanning 30 years.

Bhavna has delivered keynotes for major institutions in retail and has consulted with the NHS, global banks, and was head-hunted to speak by Legrand, where her global Pride keynote reached staff in 110 countries and feedback included “her ability to connect with the audience, even in a virtual setting, was truly remarkable.” Clients describe her as “a powerful reset for our culture” and “her passion for wellbeing and mental health is a talk that every individual, whether an employer or employee should listen to.”

‘Nobody talks about the emptiness that sometimes follows external success. Or how achieving what you thought would make you feel safe can still leave you restless, anxious, or even ashamed to say you’re struggling’ says Bhavna.

‘We confuse thriving with performing’ she highlights ‘we confuse status with security. That’s why well-being in business **has** to include the emotional realities of success and failure, not just the metrics.’

At the conference, we’re talking openly about what **real** thriving looks like, how to embrace failure and of course smash imposter syndrome. ‘The change I’m advocating’ says Bhavna, ‘is the kind that includes meaning, rest, connection, and purpose - not burnout and an early grave.’

Success is only worth it if your nervous system can stay intact and remember – NOTHING works, unless YOU do.

I look forward to seeing you there.



What is it?

This dedicated **Cornwall Well-being in Business Conference** brings together business owners, leaders, and teams for a day focused on *YOUR well-being, performance, and meaningful leadership*.

Founded and led by Bhavna Raithatha – BACP Accredited Psychotherapist, Keynote Speaker, and Educator with over 30 years of experience in Workplace Mental Health, Trauma-Informed Care, and Self-Care Strategy. She has supported more than 21,000 clients and delivered transformative talks to over 40,000 professionals across the globe.

This conference will include a **panel** of inspiring and accomplished guests passionate about Well-being. This unique event offers real insight, inspiration, and action for growing resilient businesses.

The **guided workshop** will help attendees create a Personal Well-Being Plan to take away and implement in their businesses.

Why

Mental health and a distinct lack of well-being is impacting businesses and business owners at a rapid rate. Sickness absence, presenteeism and resignations are costing industry multi-billions in revenue.

Workplace mental health in the UK currently costs employers around £51 billion annually, with **£24 billion lost to presenteeism alone**, plus substantial costs from absenteeism, turnover, and caring responsibilities. Despite these pressures, over half of employees still rate their wellbeing as good, while many younger workers prioritise meaning, support, and financial security in their careers.

Organisations that invest in wellbeing see up to 20 % higher productivity, reduced absences, and better retention - yet mental health-related legal claims are rising sharply.

In Cornwall, a region with a GDP of ~£16 billion and high reliance on insecure, low-wage sectors, this suggests local economic losses of approximately **£250–300 million annually**, with mental health disproportionately impacting workforce stability and regional prosperity.

The Cornwall Well-being in Business Conference is timely: it offers employers, HR professionals, and community stakeholders a platform to tackle these issues collaboratively - before costs escalate further.

Who

Our ideal audience are:

- Employers across Cornwall (including SMEs and public sector), HR leaders, and line managers
- Organisational leaders responsible for health, HR, or business performance
Local policymakers, public health commissioners, and community mental health providers
- Sector leaders in hospitality, tourism, care, and education - major Cornwall industries with high staff turnover and precarious work patterns
- Entrepreneurs, solopreneurs, business owners and dreamers who want to change the world without burning out

Where

Chyvallah, Threemilestone Community Centre, Pengelly Way, Cornwall, TR6 6DG

When

Thursday, 11th September 2025. 9.30-3.30pm

Your involvement – exciting opportunities to partner with us

Sponsors:

Sponsor the Movement - Be Part of the Change Cornwall Needs

We are inviting purpose-driven, future-focused organisations to partner with us for the inaugural **Cornwall Well-being in Business Conference** - a significant regional event bringing together business leaders, entrepreneurs, and decision-makers to tackle one of the most pressing issues facing the workforce today: **mental health and well-being in business**.

This is more than a conference.

It is the beginning of a movement for better business.

Why Sponsor?

Because the future of sustainable business depends on the well-being of people.

By sponsoring this event, your organisation will be seen as a leader - not only in commercial excellence, but in integrity, social impact, and long-term thinking. This is your opportunity to publicly demonstrate your commitment to a healthier, more resilient workforce and a thriving regional economy.

As a sponsor, you will:

- Position your brand at the forefront of the workplace well-being movement
- Align with a cause that directly supports productivity, retention, and innovation
- Gain strategic exposure to a broad audience of decision-makers, influencers, and professionals across Cornwall
- Associate with a powerful, values-driven initiative that speaks to the challenges and aspirations of today's business environment
- Be recognised as a visible champion for change, inclusion, and responsible leadership

This is your opportunity to lead with purpose - and to be remembered for it.

Our Audience

The conference will bring together:

- Business owners from sole traders to large enterprises
- HR directors, people managers, and operations leads
- Entrepreneurs, founders, and social impact leaders
- Public sector representatives and community stakeholders
- Key sectors including tourism, hospitality, care, education, construction, and tech

Your sponsorship will position your organisation in front of those shaping the future of business across the region.

Sponsorship Opportunities (Four Available)

Sponsorships start at **£400** and include:

- A 10-15-minute platform slot to speak about your work and values
- Brand visibility across all event marketing, any printed collateral, and (bring) your own on-site signage
- Relationship-building opportunities with a regional network of employers, professionals, and well-being champions
- Inclusion in our post-event report and sponsor acknowledgement materials
- A chance to influence the narrative around well-being and work in Cornwall

This is More Than a Marketing Opportunity

Sponsoring the **Cornwall Business Well-being Conference** is about more than visibility - it is about legacy. As a sponsor, you are investing in the *long-term health and success of the business community*. You are sending a message: that people matter, and that business can and *should* be a force for good.

We are looking for four aligned, visionary partners to join us.

To express interest or request further details, please contact:

Bhavna at:

Email: hello@justbeyourself.co.uk

Let's lead the way - together.

Exhibitors:

Exhibit at the Cornwall Business Well-being Conference

11th September 2025 | 9.30am – 3.15pm | Cornwall

We are offering a limited number of exhibitor spaces at this landmark event focused on mental health, resilience, and workplace well-being.

The **Cornwall Business Well-being Conference** will bring together employers, HR leaders, public sector professionals, and entrepreneurs to explore how we create healthier, more sustainable businesses. With a curated audience of decision-makers and engaged attendees, this is a prime opportunity to showcase your services to those actively seeking well-being solutions.

Why Exhibit?

If your business supports employee health, wellbeing, or workplace culture - whether through products, services, training, or consultancy - this event offers direct access to an audience already invested in change.

As an exhibitor, you will:

- Present your offering to business leaders and HR professionals across Cornwall
- Build meaningful relationships with organisations prioritising people-first strategy
- Demonstrate your commitment to ethical, sustainable business practices
- Align with a respected, expert-led regional conference with strong media and local reach

Please Note:

To ensure quality and value for all exhibitors and attendees, we are **limiting participation to one business per specialist field**. This means no direct competitors and no dilution of your impact on the day.

We welcome applications from businesses and organisations offering services such as (but not limited to):

- Occupational health and wellness
- Nutrition, fitness, and healthy lifestyle services
- Financial wellbeing and coaching
- Mindfulness or creative therapeutic activities

- Team building or workplace culture support
- Technology solutions for employee wellbeing
- Ethical corporate gifting or employee engagement tools
- Eco-friendly or socially responsible business services

Spaces are £60 and include a table, chairs, and listing in our event materials. this is for ONE person. Additional tickets (£45/ 65) can be purchased for team members. A high-traffic location within the venue ensures quality engagement throughout the day.

Apply to Exhibit

We are curating a values-led exhibitor list and reviewing applications on a first-come, first-qualified basis. If you would like to be considered, please contact us:

Bhavna at:

Email: hello@justbeyourself.co.uk

Let's lead the way - together.

Join us in shaping a better business culture for Cornwall - one that puts its people and purpose at its core.

We look forward to welcoming you to the conference and to our Audacious Well-being Movement.

Please follow and consider signing up for *The Audacity to Thrive Newsletter* to be the first to hear about upcoming training, future conferences and interviews from Well-Being leaders.

Find the latest updates on our website:

<https://is.gd/CornwallWellbeingConferenceWeb>

About Bhavna:

Bhavna Raithatha is a BACP Accredited Psychotherapist, Keynote speaker, Coach and Educator with 30+ years' experience in Work-place Wellbeing, Mental Health, Trauma, and Self-Care. She has supported over 21,000 clients and spoken to more than 40,000 professionals globally.

Bhavna has delivered keynotes for major institutions in retail and global manufacturing. She has consulted with the NHS, global banks, and was head-hunted to speak by Legrand, where her global Pride keynote reached staff in 110 countries. Their feedback included "her ability to connect with the audience, even in a virtual setting, was truly remarkable." Clients describe her as "a powerful reset for our culture" and "the voice of calm, clarity and necessary challenge."

Her keynote work on **digital well-being** helps organisations and employees rethink their relationship with technology in an always-on culture. With a grounded clinical lens, Bhavna equips teams to reduce digital fatigue, restore boundaries, and embed human-centred habits that improve well-being, resilience, performance, clarity, and collaboration.

Bhavna is the founder of the *Cornwall Well-being in Business Conference* and author of ***Driven: The Audacity to Thrive in Entrepreneurship***, a bold and compassionate guide for professionals navigating mental health, self-care, and sustainable success in modern work.

Her sessions offer honesty, compassion, practical tools and inclusive insight to help organisations tackle well-being, digital burnout, reset workplace culture, and create environments where people truly thrive.