



WORLD ATHLETICS
INDOOR CHAMPIONSHIPS
GLASGOW 24

WICGlasgow24

Removing Hurdles

Panel Event

World Athletics Indoor Championships Glasgow 24 - Removing Hurdles

Date: Monday 19 February 2024

Location: Music Studio, Glasgow Royal Concert Hall, 2 Sauchiehall Street, Glasgow, G2 3NY

START TIME	SESSION
14:30	Arrivals
15:00	Panel 1 – Sustainability in Major Events
15:55	Networking & Refreshments
16:30	Panel 2 – Wellbeing in the Workplace
17:25	Networking & Refreshments
18:00	Panel 3 – Mental Health & Wellbeing in Sport
18:55	Networking & Refreshments
19:15	Panel 4 – Athletes for a Better World
20:10	Final Networking

Panel 1 – Sustainability in Major Events

Industry focussed discussion looking at the shared learnings from major events, and innovations to ensure future events can continue to promote environmental sustainability. Panel members will explore a range of sustainability initiatives from a variety of industries and viewpoints.

Panel 2 – Wellbeing in the Workplace

Addressing the impact that working demands can have on an individual's wellbeing, and the effect this can have on businesses and professions. Panel members will explore measures and initiatives that organisations may adopt to support the mental health and wellbeing of their employees, along with how we can continue to promote healthy lifestyles within the wider community.

Panel 3 – Mental Health & Wellbeing in Sport

Discussions will explore topics that can lead to mental health struggles within athletes such as coping with injuries, performance pressure, and other external factors at an elite level. Considering a range of different sports, from club level right up to elite level, panel members will provide insight from their own learnings to explore how athletes can look after their own mental health as well as supporting others.

Panel 4 – Athletes for a Better World

A conversation from athletes and other sport industry leaders to discuss how we can all work together to create a cleaner and more sustainable world in sport and beyond.