



Diversity & Inclusion Week 2018: Building a Smarter Future						
Day	Event	Description	Location	Time	CBRE Diversity Network host	Contact(s)
Monday, 24 September	Leadership panel - Unconscious Bias	Engage in the panel session challenging unconscious bias to futureproof our business, people and client agenda.	Henrietta House, London. Presentation Room 2	8.30 - 10am	Central D&I team	Laura Fordham/Funmi Akinyemi
	Mindfulness & Relaxation Workshop with Gayatri	Mindfulness can literally change your brain. Learn about the 6 myths of meditation and how your breathing can affect your brain.	55 Temple Row, Birmingham. Room 1	11am - 12pm	Wellbeing	Leigh Jenner
	Money Matters drop-in session with Farrell Financial Planning	FFP will be holding an open clinic to offer financial advice, covering topics such as Life & Critical illness cover advice, Mortgage advice, Investment advice, Retirement planning and Inheritance tax planning.	Pacific House, Glasgow. GF MR 3	12pm - 2pm	Wellbeing	Vicki Howe
	Mind video screening	Pop in to watch a short video from Mind, these are real people telling their own stories. The	Pacific House, Glasgow. FF MR 3	12pm - 2pm	Wellbeing	Vicki Howe

		video lasts 6 mins and will be on repeat. It is highly emotive but very honest.				
	What it means to be Proud with Stonewall charity: The importance of Allies and how to be one	People who can be themselves at work are more likely to enjoy going to work and there is strong evidence that LGBT+ inclusive workplaces create better outcomes for their organisations. Join us to find out how <i>you</i> can support from the UK's leading LGBTQ charity, Stonewall.	Henrietta House, London. Presentation Room 2	12.30pm - 1.30pm	Proud Network	Kevin McLean
	Christian Network Meet & Greet	Visit our stand in the Cbar to hear more about the Christian Network and how you can get involved.	Henrietta House, London. CBar	1pm - 2pm	Christian Network	Amy-Louise Davies
	Celebrating LGBTQ History & Legacy with the Alan Turing Institute	Learn about the impact of data science, Artificial Intelligence and the importance of working in diverse and inclusive teams, including how these will increasingly impact our daily lives and business prerogatives.	St Martin's Court, London. Rooms 6.10 & 6.11	5.30pm – 6.30pm	Proud Network	Kevin McLean
	Diversity week launch reception	Come and join us for networking drinks to launch D&I week. Book to confirm your place.	St Martin's Court, London. Roof Terrace	6.30pm - 8pm	Central D&I team	Laura Fordham/Funmi Akinyemi
Tuesday, 25 September	Why bother with Christianity?	Join our workshop, where we will look at whether there is a case for Christianity today, followed by lively discussions.	Henrietta House, London. Presentation Room 2	8am - 9am	Christian Network	Amy-Louise Davies
	Women in Property	Join our Women in Property talk and hear from Emma Buckland, COO, Asset Services UK.	Toronto Square, Leeds.	10.00am - 10.30am	Women's Network	Amy Colbourne
	Mindfulness workshop	Join our workshop where we will provide a general understanding of mindfulness and stress management techniques.	Clifton Heights Triangle West, Bristol. Room 1	12.00pm - 1.30pm	Wellbeing	Nikita Dheir/Katy Howes
	Taking care of others	Norma Norris from Carers Trust Scotland, will deliver a short presentation about the support that is available to carers generally and more	Pacific House, Glasgow. GF MR 3	12pm - 2pm	Wellbeing	Vicki Howe

		<p>locally through our support services located in Glasgow.</p> <p>In return, we would love to get some volunteer names to support some of the amazing work Carers Trust do.</p>				
	Time to breath	Pop in to watch a short video demonstrating how just 5 minutes of breathing can help relaxation and stress relief. This short but effective video will be playing on a loop.	Pacific House, Glasgow. FF MR 3	12pm - 2pm	Wellbeing	Vicki Howe
	Generation Apprentices	<p>Come along to listen to our panel of apprentices from across different service lines, talk about their pathways, experiences and roles.</p> <p>It will be an opportunity to ask questions about our apprenticeship scheme and the impact they have on the business and the individuals.</p>	St Martin's Court, London. Rooms 6.10 & 6.11	12.30pm - 13.30pm	Next Generation	Kim Rowling
	How to balance work and family commitments at CBRE	Join us to hear from CBRE employees who are benefiting from our new family friendly policies such as enhanced Shared Parental Leave, career breaks, returning to CBRE and adopting Workwell. All these initiatives are designed to enable you to balance your work and family commitments at whatever stage of life you are at.	Henrietta House, London. Presentation Room 2	1pm - 2pm	Women's Network	Laura Fordham
Wednesday, 26 September	Non-Stop beyond ski and snowboard coaching	<p>Calling all skiing and snowboarding enthusiasts!</p> <p>Non-Stop beyond ski and snowboard coaching offer an alternative way to spend time away from the office. They encourage adventure and exploration by throwing yourself into mountain life.</p>	Henrietta House, London. Presentation Room 2	08:30am - 09:30am	Wellbeing	Kevin McLean

	Pilates	Agi Falenta from Equitness will be in the office to share her passion and show us some ideas for office pilates/fitness.	Pacific House, Glasgow. Fourth floor	12pm - 12.45pm/ 1pm - 1.45pm	Wellbeing	Vicki Howe
	Mid-week meditation	Pop in to watch a 22-minute video providing guided meditation by Harmony, Inner Peace & Emotional Healing.	Pacific House, Glasgow. FF MR 3	12pm - 2pm	Wellbeing	Vicki Howe
	Multicultural Real Estate Investment – a spotlight on South Korea & Germany	Join us for another cultural learning lunch where we continue our exploration of cultures; this time focusing on South Korea and Germany. We will also provide an overview of Global Capital Flows with an insight into foreign investment in the UK. As ever, hot nibbles and soft drinks will be provided.	St Martin's Court, London. Rooms 6.10 & 6.11	12.30pm – 2pm	Multicultural Network	Judy Zhu
	Black Dog Walks	Jake Tyler, a proactive fundraiser who promotes awareness of mental health issues, will be talking to us about how getting active has supported his rise from depression. Take a look at his blog to find out more about his experiences.	Henrietta House, London. Presentation Room 2	1pm - 2pm	Wellbeing	Catriona Rooney/ Laura Fordham
	Christian Network Meet & Greet	Visit our stand in the Cbar to hear more about the Christian Network and how you can get involved.	St Martin's Court, London. CBar	1pm - 2pm	Christian Network	Graham Toyn
	Work/Life Integration: Self-care workshop with MindIt UK	Join us to learn more about how to achieve a better work life balance.	Toronto Square, Leeds.	2pm - 3pm	Wellbeing	Amy Colbourne
	Crystals and Spirituality Workshop	Join our workshop where we will be exploring alternative therapies with qualified Crystal Practitioners.	55 Temple Row, Birmingham. Room 5	2pm - 4pm	Wellbeing	Leigh Jenner
	Armed Forces Network - A Different Viewpoint	Service leavers will have qualities you find in the best candidates but will have had to demonstrate them in unique and pressurised situations. Join us to learn more about the impact of hiring employees from the Armed Forces community.	Henrietta House, London. Presentation Room 2	4pm - 5pm	Armed Forces network	Dom Collins

Thursday, 27 September	Let's talk about our mental health film screening	This film captures a conversation between Their Royal Highnesses that occurred at Kensington Palace as they reflected on the growth of the Heads Together Campaign. It features people from all walks of life talking about the life-changing conversation that helped them cope with their mental health problems.	Pacific House, Glasgow. FF MR 3	12pm - 2pm	Wellbeing	Vicki Howe
	Diversi-Tea	Time for you to get involved. Please bring along any dishes that represents you to let your colleagues try at lunchtime. This doesn't need to be fancy or have your spending hours in the kitchen, just something that you enjoy that others can try.	Pacific House, Glasgow. GF MR 3	12pm - 2pm	Regional Diversity Champions	Vicki Howe
	Diversi-Tea	Bring along a cultural dish to share with colleagues at lunchtime.	Toronto Square, Leeds.	12pm – 2pm	Regional Diversity Champions	Amy Colbourne
	Diversi-Tea: World of Foods	A blend of cuisine from multicultural Birmingham.	55 Temple Row, Birmingham. CBar	12pm – 2pm	Regional Diversity Champions	Leigh Jenner
	Diversi-Tea	Bring along a cultural dish to share with colleagues at lunchtime.	Clifton Heights Triangle West, Bristol. Room 1	12pm – 2pm	Regional Diversity Champions	Nikita Dheir
	Diversi-Tea	Bring along a cultural dish to share with colleagues at lunchtime.	One St Peter's Square, Manchester	12pm – 2pm	Regional Diversity Champions	James Kington
	Neurodiversity - Exceptional individuals	Listen to Nate Hawley from Exceptional Individuals talks about how they help organisations to become more inclusive to those with different learning abilities.	Henrietta House, London. Presentation Room 1	12pm - 1pm	Wellbeing	Laura Fordham
	Meditation and Reflection	Come along to learn more about Meditation and Reflection to enhance your wellbeing. SOLD OUT	Henrietta House, London. Room G.05	1pm - 2pm	Christian Network	Amy-Louise Davies

	Why bother with Christianity?	Join our workshop, where we will look at whether there is a case for Christianity today, followed by lively discussions.	St Martin's Court, London. Room 6.07	1pm - 2pm	Christian Network	Graham Toyn
	CBRE's Got Talent	Join us at the most anticipated event of the week. With celebrity guest host, Nigel Clarke , this is an event not to be missed. Take part in charity auctions and of course, expect a host of eclectic acts from across CBRE. £5 donation to Action for Children applies.	Henrietta House, London. Lower Ground Floor	6pm - 10pm	Central D&I team	Funmi Akinoyemi
Friday, 28 September	Yoga	Come and join us for a complimentary yoga class on the St Martin's Court roof terrace. SOLD OUT	St Martin's Court, London. Roof Terrace	7am - 8am	Wellbeing	Laura Fordham
	Furry Friends with Vets4Pets	Coleen Brodie from Vets4Pets at Glasgow Forge will be popping in with her colleagues to give advice and discuss general pet healthcare and cover services they offer. There may even be a guest appearance from Louis the Lhasa Apso....	Pacific House, Glasgow. Fourth floor	11am - 1pm	Wellbeing	Vicki Howe
	Mind the Age Gap – The Quiz Generation X vs The Millennials	Older & wiser or younger & sharper? There's only one way to find out. Join our fun interactive quiz, with drinks and nibbles.	55 Temple Row, Birmingham. CBar	3pm - 4.30pm	Regional Diversity Champions	Leigh Jenner
	Diversity Quiz	Please pop by as a team or on your own For a chance to win a prize!	Pacific House, Glasgow. Fourth floor	4pm - 6pm	Wellbeing	Vicki Howe