

WELLBEING AT THE WORKPLACE

Turning Research into Practical Action

24th June 2026

EVENT SCHEDULE

 The Notch Conference Centre

08:30

Registration &
Networking Coffee

09:00

Welcome and Opening Remarks
Kevin Spiteri - Event Host

09:10

misco Survey Findings Presentation:
Employee Wellbeing at the Workplace
Lawrence Zammit - Founding Partner & Director at misco

09:40

Malta Employers' Survey Findings Presentation:
Working Time and Flexible Work Arrangements
Kevin J. Borg - Director General at Malta Employers

10:10

Panel Discussion:
Different perspectives on workplace wellbeing: challenges, priorities and what is working
in practice, moderated by **Kevin Spiteri**.
Panelists: **Luke Baldacchino** - People Advisor at FDJ United, **Jackie Attard Montalto** -
Chief HR Officer at Atlas Insurance, **Lee Xuereb** - Chief People Officer at Vassallo
Group, **Ivan Refalo** - President at Malta Employers and **David Abela** - CEO &
Managing Director at Eurobridge Shipping Services Ltd.

10:55

Coffee Break



**MALTA
EMPLOYERS**

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Insurance**

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11:15

Presentation:

Lyra International Workforce Mental Health Report with Malta Counselling Insights
Steve Cottle - Global Partnership Director at Lyra International

11:40

Lightning Talks: Practical Wellbeing Interventions

- 1. Adrian Xuereb Archer - Management Trainer & Psychotherapist:**
Managing workload, boundaries and burnout
- 2. Joseph Farrugia - Consultant at Malta Employers:** Flexible and hybrid work practices
- 3. Joanne Bondin - Director at misco & Senior Vice President at Malta Employers:**
Leadership behaviours and workplace culture
- 4. Dr. Denis Vella Baldacchino - Commissioner for the Promotion of the Rights of Persons with Mental Disorders:** Mental health support in the workplace
- 5. Faye Zammit - Nutrition and Health Coach:** Physical wellbeing, nutrition and healthy work environments
- 6. Patrick Debattista - Financial Coach & CEO at Finance For You:**
Financial wellbeing and awareness
- 7. Andrew Zammit Manduca - Neurodiversity Consultant and Inclusion Specialist:** Inclusive wellbeing and supporting diverse workforce needs

12:15

Roundtable Discussions

12:50

Closing Session:
Top Actions Employers Can Start Today

13:00

Lunch and Networking



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