



Dive In Events 2025

Tuesday 16 September

Event Time (BST/UK Time)	Country	Time Zone	Event Title	Event Type
01:00 - 02:30	Australia	Sydney (BST+10:00)	Masking to mastery: ADHD in the workplace	In Person & Virtual
04:30 - 07:00	Singapore	Singapore (BST+08:00)	Bridging the Gap: Ageism, AI, and the Future of Insurance	In-Person
05:00 - 06:15	Australia	Sydney (BST+10:00)	Intergenerational Inclusion 2.0: where technology, inclusion and workforce strategy intersect	In Person & Virtual
07:00 - 11:00	Hong Kong	Hong Kong (BST+08:00)	Together We Thrive: Building Tomorrow's Success Through Belonging	In-Person
07:00 - 10:00	Taiwan	Taipei (BST+08:00)	Mental Health	Virtual
07:00 - 10:00	Taiwan	Taipei (BST+08:00)	Physical and Psychological Safety in the Workplace	In-Person
08:30 - 10:00	United Kingdom	London (BST+01:00)	Dive In Opening event	In Person & Virtual
08:30 - 12:30	Spain	Madrid (BST+02:00)	Belonging builds tomorrow The Burnout & Me	In-Person
09:00 - 10:00	Spain	Madrid (BST+02:00)	Beyond Words: Nonverbal Keys to Fostering Belonging	In Person & Virtual
09:00 - 12:00	Italy	Milan (BST+02:00)	Neurodivergent Minds at Work: Embracing Challenges, Unlocking Potential	In Person & Virtual
10:00 - 11:00	United Kingdom	London (BST+01:00)	Beyond the Policy: Supporting Carers and Families in the insurance industry	In Person & Virtual
10:00 - 11:00	Portugal	Lisbon (BST+01:00)	Let's get mental: get to know your life balance	In Person & Virtual
10:00 - 12:00	Singapore	Singapore (BST+08:00)	EmpowerHER: Strength in Every Stage	In-Person
10:00 - 13:00	Thailand	Bangkok (BST+07:00)	The Feel-Good Formula: Mindfulness & Empathy at Work	In-Person
11:00 - 11:45	India	Gurgaon (BST+05:30)	Mind the Generational Gap: Bridging Generational Differences in the Hybrid Workplace	In Person & Virtual
11:00 - 12:00	Ireland	Dublin (BST+01:00)	Pressures and Possibilities: Examining the Realities of Multigenerational Caregiving Responsibilities	Virtual
11:30 - 12:30	United Kingdom	London (BST+01:00)	Mind the Generational Gap: Bridging Differences in the Hybrid Workplace	Virtual
12:00 - 12:30	India	Gurgaon (BST+05:30)	Personal Story Telling: from Shadows to Support: Empowering Allies in Mental Well Being	In Person & Virtual
12:45 - 13:30	India	Gurgaon (BST+05:30)	The Future of Gender Inclusion: Trends and Emerging Opportunities	In Person & Virtual
13:00 - 14:00	United Kingdom	London (BST+01:00)	Performance through people: how inclusive teams drive high performance	In Person & Virtual
14:00 - 15:00	United Kingdom	London (BST+01:00)	The future of Inclusive Hiring: Addressing the global talent gap	In Person & Virtual
14:00 - 15:00	Bermuda	Bermuda (BST-03:00)	Fireside Chat with Baroness Helena Morrissey and Dan Burrows	In Person & Virtual
14:00 - 15:30	Brazil	Sao Paulo (BST-03:00)	Social Media and Aesthetic Standards: The Dangers of Oppressing Diversity	In Person & Virtual
14:30 - 15:30	Italy	Rome (BST+02:00)	Pay Equity and Transparency from a European Perspective	Virtual
15:00 - 16:00	United Kingdom	London (BST+01:00)	The Mask We Wear - Exploring The Workplace Realities of Neurodivergence and Hidden Disabilities	Virtual
15:00 - 16:00	Chile	Santiago (BST-04:00)	Mental Wellbeing - Burnout and Me	Virtual
16:00 - 17:30	Switzerland	Zurich (BST+02:00)	Belonging and the Power of Trust	In Person & Virtual
16:00 - 18:00	United Kingdom	London (BST+01:00)	A Conversation with Lily Zheng: Maintaining Momentum on DEI in the Global Context	In Person & Virtual
16:00 - 19:00	United States	Chicago (BST-05:00)	The Cost of Exclusion: Why Belonging Matters to Our Psychological Safety	In Person & Virtual
17:30 - 20:00	United Kingdom	London (BST+01:00)	AI, the workforce and belonging: A human centred perspective	In Person & Virtual
18:00 - 19:00	Ireland	Dublin (BST+01:00)	Lifting as we Climb: A Conversation on Social Mobility	Virtual

*Further events to follow in other regions - events subject to change

19:00 - 20:30	Brazil	Sao Paulo (BST-03:00)	From Past to Present: Gender and Generations in Transformation	In Person & Virtual
19:00 - 20:00	United States	New York (BST-04:00)	A Woman's Worth: Recognizing True Value	Virtual
21:00 - 22:00	United States	New York (BST-04:00)	Rising Voices: Championing Diversity in Insurance	Virtual



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Event Time (BST/UK Time)	Country	Time Zone	Event Title	Event Type
02:00 - 03:00	Australia	Sydney (BST+10:00)	NIBA Building High-Performing Teams Through Belonging	Virtual
04:00 - 06:00	Singapore	Singapore (BST+08:00)	Breaking Down Barriers: Mental Wellbeing, Burnout, and Fostering a Sense of Belonging in the Modern Workplace	In Person & Virtual
05:00 - 06:30	Singapore	Singapore (BST+08:00)	From Awareness to Action: Disability Inclusion in our Industry	In-Person
07:00 - 09:00	Singapore	Singapore (BST+08:00)	From crayons to canes – empowering multigenerational caregivers	In-Person
07:30 - 08:05	Japan	Tokyo (BST+09:00)	Well-being and Resilience: Finding Harmony in Body and Mind to Restore Your Ability to Recover	Virtual
08:10 - 08:40	Japan	Tokyo (BST+09:00)	Unseen Strength, Visible Passion" — A Blind Athlete's Journey of Challenge and Support	Virtual
08:45 - 09:15	Japan	Tokyo (BST+09:00)	Panel discussion moderated by Natsuko Watanabe with Yoshihide Watanabe	Virtual
09:00 - 10:00	South Africa	Johannesburg (BST+02:00)	Breaking the Silence - Mental Wellness in Men	Virtual
09:00 - 10:30	Singapore	Singapore (BST+08:00)	Invisible Strength: Embracing Neurodiversity	Virtual
09:30 - 10:30	Japan	Tokyo (BST+09:00)	Japan Para Cycling Federation (JPCF): "Towards a Society Where Everyone Smiles Through Bicycles" - From the Perspective of Diversity x Empowerment	Virtual
09:30 - 11:00	United Kingdom	London (BST+01:00)	Gender inclusion shaping the future of the insurance industry	Virtual
10:00 - 11:00	South Africa	Johannesburg (BST+02:00)	Neurodiversity and Non-visible disabilities	Virtual
11:00 - 12:00	Italy	Rome (BST+02:00)	Mind the Gap: building bridges to erase diversities	Virtual
11:00 - 12:00	United Kingdom	London (BST+01:00)	Belonging through every chapter: supporting talent at every turn	In Person & Virtual
12:00 - 12:30	Jordan	Amman (BST+03:00)	Othentica - The Wellness App for the Insurance Woman	Virtual
12:00 - 13:30	United Kingdom	London (BST+01:00)	From Surviving to Thriving: The impact of domestic abuse on career advancement	In Person & Virtual
12:30 - 14:00	Denmark	Copenhagen (BST+02:00)	Building Belonging through Language	Virtual
13:30 - 15:00	United Kingdom	Manchester (BST+01:00)	It Takes a System: Designing Social Mobility with Purpose and Partnership	In Person & Virtual
14:00 - 15:00	Netherlands	Amsterdam (BST+02:00)	Serving Inclusion: Equitable Workplace from Ambition to Reality	Virtual
14:00 - 15:30	Brazil	Sao Paulo (BST+-03:00)	Inclusion and Happiness: Building Fair and Healthy Cultures	In Person & Virtual
14:00 - 15:00	United States	New York (BST+-04:00)	Value Beyond Numbers: Transforming Risks into Opportunities Through Inclusion	Virtual
15:00 - 16:00	United Kingdom	London (BST+01:00)	The impact of belonging: driving connection, shaping culture, and enabling growth	In Person & Virtual
15:30 - 16:30	Ireland	Dublin (BST+01:00)	Designing Inclusion: Accessibility, Equity & Impact	Virtual
16:00 - 17:00	United States	New York (BST+-04:00)	Caregiver Compass: Navigating Family, Work, and Well-Being	Virtual
16:00 - 18:00	Colombia	Bogota (BST+-05:00)	Generational Diversity: uniting voices, creating opportunities	Virtual
16:00 - 18:30	Italy	Rome (BST+02:00)	Their Present, Our Future – Associations and Companies for Youth Wellbeing	In Person & Virtual
16:00 - 17:00	United Kingdom	London (BST+01:00)	Dispelling the Myths: Trans Allyship in the Face of Mistruth	Virtual
17:00 - 18:00	Mexico	Mexico City (BST+-05:00)	When the Mind Weighs Heavy: The Invisible Challenge of Affective Disorders	In Person & Virtual

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17:00 - 18:00	United States	New York (BST+--04:00)	It's Okay Not To Be Okay	Virtual
17:30 - 20:30	United Kingdom	London (BST+01:00)	Corporate Snakes and Ladders: Revealing the Secrets to Your Next Career Step	In Person & Virtual
18:00 - 19:00	Mexico	Mexico City (BST+--05:00)	LGBT+ Leadership and Its Impact on Organizations	In Person & Virtual
18:00 - 19:00	United States	New York (BST+--04:00)	It's Not Individual, It's the game of life	Virtual
18:15 - 19:00	Brazil	Sao Paulo (BST+--03:00)	Belonging in Practice: Creating an Inclusive Culture to Maximize Talent	In Person & Virtual
19:00 - 21:00	Argentina	Buenos Aires, (BST-03:00)	Training on Workplace Inclusion and sense of belonging with a Focus on Neurodivergence	In Person & Virtual
19:00 - 20:00	Mexico	Mexico City (BST-05:00)	Menopause and Productivity: Strategies for Companies That Want to Make a Difference	In Person & Virtual
20:00 - 21:00	United States	New York (BST-04:00)	Everyone Need Allies	Virtual
21:00 - 22:00	Peru	Lima (BST+--05:00)	Retaining Talent in Insurance World	In Person & Virtual



Dive In Events 2025

Thursday 18 September

Event Time (BST+/UK Time)	Country	Time Zone	Event Title	Event Type
07.00 - 08:00	Australia	Sydney (BST+10:00)	The Future of AI & work. Just Dive In	Virtual
08.00 - 10:30	Singapore	Singapore (BST+08:00)	Embracing Diverse Skill-sets	In Person & Virtual
08:30 - 10:00	United Kingdom	London (BST+01:00)	Social Mobility in Action	In Person & Virtual
10:00 - 11:00	United Kingdom	London (BST+01:00)	Leading the Change: Racial Inclusion in Leadership	Virtual
10:00 - 15:00	Indonesia	Jakarta (BST+07:00)	The Importance of Insurance in supporting Physical Health and Wellbeing for the Wider Community	In-Person
11:00 - 12:00	United Kingdom	London (BST+01:00)	Believing You Belong: Confidence, Identity, and Growth Through the Generations	Virtual
11:30 - 12:30	United Kingdom	London (BST+01:00)	Sponsorship: The most powerful tool for transformation	In Person & Virtual
12:30 - 13:30	United Kingdom	London (BST+01:00)	Stay and rise - enabling careers for women in insurance	In Person & Virtual
13:00 - 14:30	United Kingdom	London (BST+01:00)	Behind the scenes: reimagining insurance for people and planet	In Person & Virtual
13:00 - 14:00	Belgium	Brussels (BST+02:00)	From Clash to Connection: Generations at Work : How can organisations turn generational diversity into a strength rather than a challenge?	Virtual
13:00 - 14:00	Sweden	Stockholm (BST+02:00)	Belonging at Work: Why It Matters and How We Build It Together	Virtual
13:30 - 15:00	Brazil	Sao Paulo (BST+--03:00)	Honouring All Generations: A Dialogue on Workplace Dynamics	In Person & Virtual
14:00 - 15:00	France	Paris (BST+02:00)	Diversity of Diversity - A European Perspective	Virtual
14:00 - 15:00	United States	New York (BST+--04:00)	Nourish to Flourish: A Gut-Brain Guide to Energy, Focus and Joy	Virtual
14:30 - 15:30	United Kingdom	London (BST+01:00)	The Inclusive Leader: Building a Culture of Belonging	In Person & Virtual
15:00 - 16:00	France	Paris (BST+02:00)	Reception and Integration of people with disabilities (visible or not) in companies	In Person & Virtual
15:00 - 16:00	United States	New York (BST+--04:00)	Age in the Workplace: Increasing Understanding and Optimizing Potential	Virtual
15:00 - 16:00	Greece	Athens (BST+--02:00)	Bridging Generations: Building a Workplace for All	Virtual
15:30 - 16:30	United Kingdom	London (BST+01:00)	Beyond Numbers: Understanding People through Data	In Person & Virtual
16:00 - 17:00	United States	New York (BST+--04:00)	From Commitment to Culture: LGBTQ+ Inclusion in 2025	Virtual
17:30 - 19:00	United Kingdom	London (BST+01:00)	Dive In Closing Event	In Person & Virtual

*Further events to follow in other regions - events subject to change

17:30 - 19:00	Brazil	Sao Paulo (BST+03:00)	Inclusion of People with Physical Disabilities and Neurodivergent People in the Workplace	In Person & Virtual
20:00 - 21:05	Canada	Toronto (BST+04:00)	Belonging Builds Tomorrow: A Hybrid Wellness Experience	In Person & Virtual
21:30 - 23:00	United States	New York (BST+04:00)	From tokenism to true inclusion: Building Authentic Cultures	In Person & Virtual



Dive In Events 2025

Friday 19 September

Event Time <small>(BST+UK Time)</small>	Country	Time Zone	Event Title	Event Type
13.00 -14:00	Belgium	Brussels (BST+02:00)	Mind Your Health - Mind Health & Employees’ wellbeing – from reporting to acting	Virtual

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