



THE GOZO BUSINESS CHAMBER



Bank of Valletta

# Stress within Management Roles in COVID-19 times

**Monday 25<sup>th</sup> May 2020**

**16:00 – 17:00hrs**

Webinar organised by the Gozo Business Chamber,  
in collaboration with Bank of Valletta

Persons in headship and managerial positions have stressful jobs. At present, due to the Covid 19 situation, the stress has increased and has unique characteristics related to these extraordinary times. Dr Anton Grech will discuss what is the nature of this stress and provide ways of how to deal with it.

## AGENDA

<b>16:00 – 16:10</b>	<b>Opening remarks</b> Joseph Borg – President GBC
<b>16:20 – 16:45</b>	<b>‘Stress within management roles in COVID-19 times’</b> Dr. Anton Grech
<b>16:45 – 17:00</b>	<b>Q&amp;A session moderated by Daniel Borg CEO, GBC</b>

## Short Biography

Dr. Anton Grech graduated as Doctor of Medicine from the University of Malta in 1992. He became a Member of the Royal college of Psychiatrists, UK, in 1997, and he became a Fellow of the same college in 2011. In 1999 he obtained an M.Sc. in Psychiatry from King’s College, University of London. He trained and worked at the Maudsley Hospital in London, between 1994 and 1998. There he was also a Clinical-Academic Lecturer and eventually an Honorary Researcher in the Department of Psychiatry, Institute of Psychiatry, King’s College, University of London. In 1999 he proceeded to Malta, where in 2003, when he was appointed Consultant Psychiatrist with a special interest in Addictions and Neuropsychiatry. In



2011 he was appointed as Clinical Chairman of the Department of Psychiatry in the Ministry of Health, Malta. In 2013 he was appointed Chairman of 'Fundazzjoni Kenn Għal Saħħtek', a foundation in collaboration between Community Chest Fund and the Government of Malta. In 2000 he joined the Department of Psychiatry of the Faculty of Medicine and Surgery of the University of Malta, and where he is a Senior Lecturer. He is also Senior Research Fellow in the Bedfordshire Centre for Mental Health Research in association with the University of Cambridge, United Kingdom. His main research is on the aetiology of schizophrenia, and it was based at the Institute of Psychiatry London and at the University of Malta. He has published in international psychiatric journals, and presented and chaired in international psychiatric conferences. In 2008 he was chosen as one of the 30 European Scientists to be featured in the book 'Portraits of Science; Scientists of Tomorrow', published by the European Federation of Pharmaceutical Industries and Associations, to commemorate its 30<sup>th</sup> anniversary. He is a member of various national boards and commissions. He believes a lot in using the media to educate on mental health, and for the last years in Malta he conducted radio and TV programmes on issues related to mental health, which broadcasting surveys repeatedly showed that have a very vast following by audiences.

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