

What is mindful culture?

A critical appreciative perspective

Programme for conference - 10 March 2023

<u>Time</u>	<u>What</u>	<u>Who</u>
09.00-09.30	Registration	SMC team
09.30 (BST/UK time)	Welcome	Clara Strauss and Robert Marx, SMC co-leads
09.45	Introduction	Jane Padmore, Sussex Partnership NHS Foundation Trust, CEO
09.55	Practice	Ruth Sequeira
10.05-10.45	Keynote 1: Creating a mindfulness culture in politics	Chris Ruane
10.45	Break	
11.15-11.55	Keynote 2: Co-producing a radically caring culture	Miia Chambers and Uz Afzal
11.55	Practice	Jo Chittenden
12.00- 13.00	Lunch (in local cafes or bring your own)	
13.00-13.10	Practice	Rosalie Does
13.10-13.50	Keynote 3: Transforming our mind, transforming our culture: Mindfulness in organisational life	Chris Tamdjidi
13.50-14.50	Workshops	
	Workshop A - Exploring Mindfulness Based Inclusion Training	Dean Francis
	Workshop B - Mindful Calligraphy	Juan Du
	Workshop C - Mindfulness Based Relapse Prevention - Using Mindfulness to bring Perspective and Choice to Addictive Behaviours	Nicky Mouat and Jenny Nicholson
	Workshop D - Mindfulness courses for young people: Research findings and implications for practice	Clara Strauss and Ruth Sequeira

	Workshop E - A Widening Field: Mindfulness As Social Practice In increasingly challenging times how can the culture of mindfulness-based interventions widen in response? To facilitate this exploration, we will engage in relational practice. This is an experiential, participatory workshop.	Rosalie Dores
	Workshop F - Mindful poetry and reflection	Heather Ball and Hazel Ragoonanan
14.50	Break	
15.20 - 16.00	Keynote 4: Is mindfulness (based cognitive therapy) coming of age? The story so far and a vision for the future.	Willem Kyuken
16.00	Panel with keynotes with questions from the floor	facilitated by Clara Strauss and Robert Marx
16.30	Evaluation	
16.35	Practice	Fergal Jones
16.45	Close	

Social Media



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