

# SMC 9<sup>th</sup> Annual Conference 2022

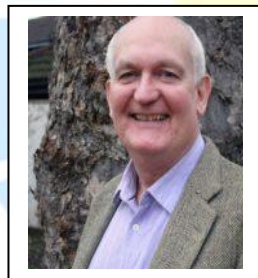
## What is Mindful Culture? A clinical, appreciative perspective.

Friday 16<sup>th</sup> September 2022

Friends Meeting House, Ship Street, Brighton, BN1 1AF

9:30am to 4:30pm

In a complex and uncertain world how can organisations cultivate mindful culture? Whether we work in the healthcare, education, politics or in the community grassroots, what supports compassion and well-being, and enhances performance? How do we adapt what we offer to meet the needs of diverse groups?



### Keynote speakers:

- Opening address from Jane Padmore, Chief Executive Sussex Partnership
- Chris Ruane: **Creating a Mindfulness culture in Politics**
- Chris Tamdjidi: **Transforming our mind, transforming our culture: Mindfulness in organisational life**
- Prof Willem Kuyken: **Is Mindfulness (-based cognitive therapy) coming of age? The story so far and a vision for the future.**

With workshops looking at:

1. Beyond the Basics - Exploring Mindfulness Based Inclusion Training and the social web of interaction - Dean Francis
2. Mindful Calligraphy. - Juan Du
3. Mindfulness Based Relapse Prevention; Using mindfulness to bring perspective and choice to addictive behaviours - Nicky Mouat
4. Mindfulness Research - Clara Strauss
5. Widening the field: Mindfulness as Social Practice - Rosalie Dores
6. Poetry and Mindful Reflection - Heather Ball and Hazel Ragoonanan

## Tickets

**Free:** SMC Advocates, current/recent (last 12 months) Sussex Partnership service users, SPFT staff, SMC Trust-Approved Mindfulness Teachers and Trainers (including graduates & alumni over last two years).

**£25:** Current MBCT IAPT Trainees (intake March 2022)

**£40:** Other NHS Trusts – Please use your NHS email address when booking.

**£90:** All others

CPD Attendance Certificate Provided.

## How to book

Book via Ticket Tailor.

<https://buytickets.at/sussexmindfulnesscentre/684979>

Email: [smc@spft.nhs.uk](mailto:smc@spft.nhs.uk) for more information.

## Social Media



@Sussexmindful\_SPFT #SMC2022 for live tweeting



Sussex Mindfulness Centre

