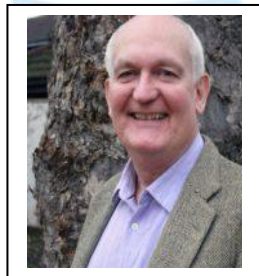


SMC 9th Annual Conference 2022

What is Mindful Culture? A clinical, appreciative perspective.

Friday 16th 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**
- Miia Chambers: **Co-producing a radically caring culture**
- 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 for more information.

Social Media



@Sussexmindful_SPFT #SMC2022 for live tweeting



Sussex Mindfulness Centre

