



network of  
wellbeing

HAWKWOOD  
centre for future thinking

## Building Wellbeing Together Provisional Programme of Events

How can we build wellbeing together; in our own lives, in wider society and in harmony with the natural world?

We'll be exploring this question together at the Building Wellbeing Together Weekend from 13 – 15 September. We're delighted you're joining us and look forward to welcoming you at Hawkwood soon.

Below is a provisional programme for the weekend.\*

### Friday 13 – September

| Time   | Session Title   | Location        |
|--------|---|-----------------|
| 3:30pm | Arrival and Registration  | Reception/Foyer |
| 5:00pm | Welcome Session   | Main Hall       |
| 6:00pm | Keynote Talk: <b>The Art of Living Well</b> , Satish Kumar  | Main Hall       |
| 7:30pm | Dinner  | Dining Room     |
| 9:00pm | <b>Open Space Conversations: Hosting Questions &amp; Co-Creating Solutions</b> ,<br>Participant-Led Dialogues on Wellbeing (OPTIONAL) | Main Hall       |

## Saturday 14 – September

|         |  |                                     |
|---------|--|-------------------------------------|
| 7:30am  | Morning Movement/Meditation  | Main Hall                           |
| 8:30am  | Breakfast  | Dining Room                         |
| 9:30am  | Morning Workshops (your choice of option):<br><br>Option 1: <b>Working Together in Complexity: Building Wellbeing in an Uncertain World</b> , Jane Pightling<br>Option 2: <b>Being Happy as a Radical State</b> , Jane Acton   | Main Hall<br><br>Blue Room/Outdoors |
| 11.00am | Tea break  | Dining Room                         |
| 11:30am | Keynote Talk: <b>Enabling Wellbeing: Building Systems That Support Human Flourishing</b> , Jennifer Wallace  | Main Hall                           |
| 1:00pm  | Lunch  | Dining Room                         |
| 2:30pm  | Afternoon Workshops (your choice of option):<br><br>Option 1: <b>The Kindness Revolution: Celebration as a Model for Change</b> , Joshua Malkin + Angela Green<br>Option 2: <b>Radical Wellbeing</b> , Alex Nunn + Flo Scialom | Blue Room<br><br>Main Hall/Outdoors |
| 4:00pm  | Tea break  | Dining Room                         |
| 4:30pm  | Keynote Talk: <b>Action for Happiness: from Me to We to Society</b> , Mark Williamson  | Main Hall                           |
| 6:00pm  | Personal Reflection/Free Time  |                                     |
| 6:30pm  | Dinner   | Dining Room                         |
| 8:00pm  | <b>Open Space Conversations: Hosting Questions &amp; Co-Creating Solutions</b> , Participant-Led Dialogues on Wellbeing (OPTIONAL)   | Main Hall                           |
| 9:00pm  | <b>Share Your Creative Joy</b> , an open invitation to share music, entertainment, poetry and storytelling (OPTIONAL)  | Main Hall                           |

## Sunday 15 – September

|         |  |                                    |
|---------|--|------------------------------------|
| 7:30am  | Morning Movement/Meditation  | Main Hall                          |
| 8:30am  | Breakfast  | Dining Room                        |
| 9:30am  | Keynote Talk: <b>Storyboarding Resilience for Me, You and Us</b> , Chris Johnstone   | Main Hall                          |
| 11:00am | Tea Break  | Dining Room                        |
| 11:30am | Morning Workshops (your choice of option):<br><br>Option 1: <b>Using Mindfulness and Photography to Visualise a New Story of Resilience</b> , Ruth Davey<br>Option 2: <b>The Habits of Happiness</b> , Miriam Akhtar | Blue Room/Outside<br><br>Main Hall |
| 1:00pm  | Lunch  | Dining Room                        |
| 2:30pm  | Facilitated Discussion: <b>How Do We Build Wellbeing Together</b> , Plenary Discussion for Creating Communities  | Main Hall                          |
| 4:00pm  | Closing Circle   | Main Hall                          |
| 4:30pm  | Tea + Farewell   | Main Hall                          |

\*Please note: This programme may be subject to changes in the lead up to the event.

## Further Programme Details

Please find below descriptions of the keynote presentations, workshop options and details of some of the interactive discussions.

### Friday 13 – September

5.00pm: Welcome session, Network of Wellbeing Team (NOW)

An introduction to the weekend as a whole, including ice breakers, further details about the programme and fun practical exercises.

6:00pm: **The Art of Living Well**, Satish Kumar

Satish will talk about his new book *Elegant Simplicity*. He will explain that for personal, social and planetary wellbeing we need to live simply and elegantly so that we minimise waste and pollution, reduce social injustice and be happy!

9:00pm: **Open Space Conversations: Hosting Questions & Co-Creating Solutions**, Participant-Led Dialogues on Wellbeing (OPTIONAL)

This is an opportunity for participants to propose topics they want to discuss, and host/participate in these discussions in various groups. We'll then reconvene as a whole group and share a summary of what has been discussed.

### Saturday 14 – September

9:30am: Your choice of two different morning workshops:

Workshop Option 1: **Working Together in Complexity: Building Wellbeing in an Uncertain World**, Jane Pightling (Evolutionary Connections)

In this practical workshop, Jane will present some inspiring techniques, information and theories on how we can work together in complex situations. Fun and practical exercises will help us to ground the concepts. Space will be given for conversation and to practice application of some of the techniques.

Workshop Option 2: **Being Happy as a Radical State**, Jane Acton (Learning and Legacy Manager, Torbay Community Development Trust & Ageing Well Torbay)

In this workshop, we will explore how we can work collectively to be ready for the challenges of climate change, and how we bring even our most vulnerable community members with us.

Jane will talk about what is becoming known as the 'Torbay Way', where the principles of strengths and asset-based community development are being harnessed to improve wellbeing across the whole ecosystem, including human community. With personal stories from Jane, we will offer space to think about how we are held by, and how we might hold the Earth. Be prepared to talk with your neighbours.

11:30am: **Enabling Wellbeing: Building Systems That Support Human Flourishing**, Jennifer Wallace (Head of Policy, Carnegie UK Trust)

Jennifer will talk about her work at the Carnegie UK Trust that seeks to link the need for new narratives on social progress with changes in the way we think about and deliver public services.

She will argue that re-learning core human values of kindness and the common good is the key to building better societies.

2:30pm: Your choice of two different afternoon workshops:

Workshop Option 1: **The Kindness Revolution: Celebration as a Model for Change**, Joshua Malkin (Partnerships Coordinator, Network of Wellbeing) + Angela Green (Chair of Compassion and Wellbeing 2020)

In this workshop, Josh will share his extensive experience in community arts and development. Along with Angela Green, a co-founder of the community festival project **The Kindness Revolution** and Chair of **Compassion and Wellbeing 2020**, he will share the festival's model of change and its compelling structure for engagement.

Workshop Option 2: **Radical Wellbeing in Times of Crisis**, Alex Nunn (Head of Movement Building, Action for Happiness) + Flo Scialom (Communications Manager, Network of Wellbeing)

As the world and the systems that have sustained it fall off the cliff edge of social and environmental collapse, what can wellbeing practitioners do to support ourselves and others to remain sane and well? Flo and Alex lead a participatory workshop, exploring how we can draw strength from our connectedness with the world, build a collective vision, and commit to actions that make a real difference.

4.30pm: Keynote Talk. **Action for Happiness: from Me to We to Society**, Mark Williams (Director, Action for Happiness)

Mark will share some of the learnings and experiences from building the Action for Happiness community and also reflect on the challenges for the wellbeing movement in terms of shifting culture and driving wider social change.

8:00pm: **Share Your Creative Joy**, an open invitation to share music, entertainment, poetry and storytelling (OPTIONAL)

9:00pm: **Open Space Conversations: Hosting Questions & Co-Creating Solutions**, Participant-Led Dialogues on Wellbeing (OPTIONAL)

This is an opportunity for participants to propose topics they want to discuss, and host/participate in these discussions in various group. We'll then reconvene as a whole group and share a summary of what has been discussed.

## Sunday 15 – September

9:30am: Keynote Talk: **Storyboarding Resilience for Me, You and Us**, Chris Johnstone (The College of Wellbeing)

How can we protect and nourish wellbeing in difficult times? In this session, Chris Johnstone introduces storyboarding as a practice we can customise to fit a range of contexts, looking at how we can use it to support resilience building in ourselves (me), in other people (you), and within the teams, groups or communities we belong to (us).

11:30am: Your Choice of Two Different Morning Workshops:

Workshop Option 1: **Using Mindfulness and Photography to Visualise a New Story of Resilience**, Ruth Davey (Look Again)

Slow down and use your vision to take notice and see the world around you with fresh eyes. Using your sight as an anchor, we will explore how mindfulness, the imagination, visual storytelling and photography can be used to help us become present in the moment, reduce stress and improve our wellbeing.

Discover how these powerful tools can help us become more resilient in turbulent times and visualise the future we'd like to see. All you need is an open mind, your eyes, a mobile phone or a camera. The workshop will be low tech, experiential and fun!

N.B. We will spend most of the time outdoors in nature, weather permitting so please bring appropriate footwear and clothing.

Workshop Option 2: **The Habits of Happiness**, Miriam Akhtar (Director, Positive Psychology Training)

What is happiness? Neuroscience has shown that it is possible to grow our happiness but what can we do to be happier? In this workshop, Miriam Akhtar explores 12 science-backed habits of happiness, from gratitude to green exercise and savouring to serotonin boosters from her new book *The Little Book of Happiness*.

2:30pm: **How Do We Build Wellbeing Together**, Network of Wellbeing Team (NOW)

A structured discussion in groups and plenary about how we can build wellbeing together; in ways that meet everyone's needs and protect the planet on which we all depend.

For further information about the programme please email [tracy@networkofwellbeing.org](mailto:tracy@networkofwellbeing.org)