**West Cumbria Wellbeing Conference**

**Whitehaven Golf Club – 28th February 2022**

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| Time | Session | Who |
| 9:10-9:25 | Delegates arrive |  |
| 9:30-10:30 | **Developing a whole school culture of wellbeing.**  *The what, why and how.* | Andy Mellor |
| 10:30-11:15 | Coffee break, networking time and chance to talk to the sponsors |  |
| 11:15-12:15 | **Positive Education: what it is and why it works.** | Simon Ward (Educational Psychologist) |
| 12:15- 1:25 | Lunch and a further chance to view the sponsor stands |  |
| 1:30- 2:30 | **Heart Health for Headteacher**  *What headteachers need to know to keep themselves heart healthy* | Maria Brosnan |
| 2:30- 2:45 | Coffee, last chance to talk to sponsors and network time |  |
| 2:45- 3:45 | **Nurturing your wellbeing**  (pick 1 of the 2 wellbeing workshops\_  - Mindfulness  - Yoga for kids | June Brade  Charlotta |
| 3:45- 4:00 | **Closing message**  *This is a journey but we’re here to support you in it.* | John Brady |
| Health Checks can be booked with our nurse Mandy throughout the day.  See booking sheet on arrival  To book a place please email: [robyn@uk-sas.co.uk](mailto:robyn@uk-sas.co.uk) | | |