

Mindfulness for Workforce Wellbeing

8 October 2019
9.15am to 13.30pm
*Homerton College Conference
Centre, Cambridge*

AGENDA

Chair: Professor Kristy Sanderson, Professor in Applied Health Research at University of East Anglia, & Workforce Wellbeing sub-theme lead ARC EoE

09:15 Registration and refreshments – Fellows Dining Room

09:50 Welcome – Paston Brown Room

Professor Jesus Perez

Consultant Psychiatrist at Cambridgeshire and Peterborough NHS Foundation Trust, & Mental Health Across the Life Course Theme Lead ARC EoE

10:00 Aims of the day and setting the scene on research in the region

Professor Kristy Sanderson, Chair

10:40 Parallel Themed table discussions – session 1

1. Research priorities
2. Priority workplaces / teams
3. Refining Outcomes
4. Effective ways of delivery

11:15 Break - Fellows Dining Room

11:25 Parallel Themed table discussions – session 2 (back in Paston Brown room)

1. Research priorities
2. Priority workplaces / teams
3. Refining Outcomes
4. Effective ways of delivery

12:00 Feedback from Group Discussions

12:30 Next steps

12:45 Lunch and Networking - Fellows Dining Room