A decorative border of yellow five-petaled flowers with red centers is scattered around the edges of the green background.

A MiLLiON MiNDs MATTER

MiSP
Conference 2019

"WE KNOW THAT THE
INTRODUCTION OF
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WELCOME ...

... to our A Million Minds Matter Conference 2019!

Today we are welcoming delegates from across the UK and across the world. Many of you will be from the education sector: teachers, senior leaders, counsellors, pastoral care leads, support staff, SEND leads, governors, trainee teachers, parents and carers as well as grandparents and grandcarers! What unites us all is our interest in seeing our children and young people flourish.

Schools these days are expected to do more: not just to teach, but to be the frontline for social care, for health care, for family liaison, for guiding young people through their education to further education or the workplace. Schools play such a vital role in society but have fewer resources and smaller budgets than ever.

And the pressures on our children are also high. We now talk nationally about anxiety, depression, self-harm and mental health, and we consider which services we should prioritise for our young people to help them. But I don't think we talk enough about how to equip children with the skills and techniques to manage whatever life throws at them: how to give them a toolkit that will support them not only in school but in their life beyond.

Mindfulness provides an inner resource for school staff, and for the children they teach it to. We know that the introduction of mindfulness skills in schools for children, their teachers and their parents, can transform individual lives and the life of the community. If only more schools and more teachers and more parents and, then, more children could know this! And, if only they could access high-quality, evidence-based mindfulness courses!

This is our aim. Please, please support our **A Million Minds Matter Appeal**. We urgently need to raise funds to continue our work, to extend our outreach and bring mindfulness to more schools and more children. We can't do it without your help. You will hear today from a wonderful selection of speakers who will share some of their mindfulness journeys with you. Let them inspire you to come on our courses, join our Hub, and tell your colleagues, your friends, your parents and carers at school about the work that we do and the impact we have. Please encourage them to come on our courses and join our community too.

You are already a MiSP supporter by being here! If you could also buy a t-shirt, hold a non-uniform day for us, a cake sale, a mindful mile or marathon, run a race for us, brave-the-shave for us, or become a formal Supporter via the donation form in your delegate bag or via our website, that would be amazing.

I hope you have a fantastic day today with us.

A big thank you to you all.



Chivonne Preston
CEO, MiSP

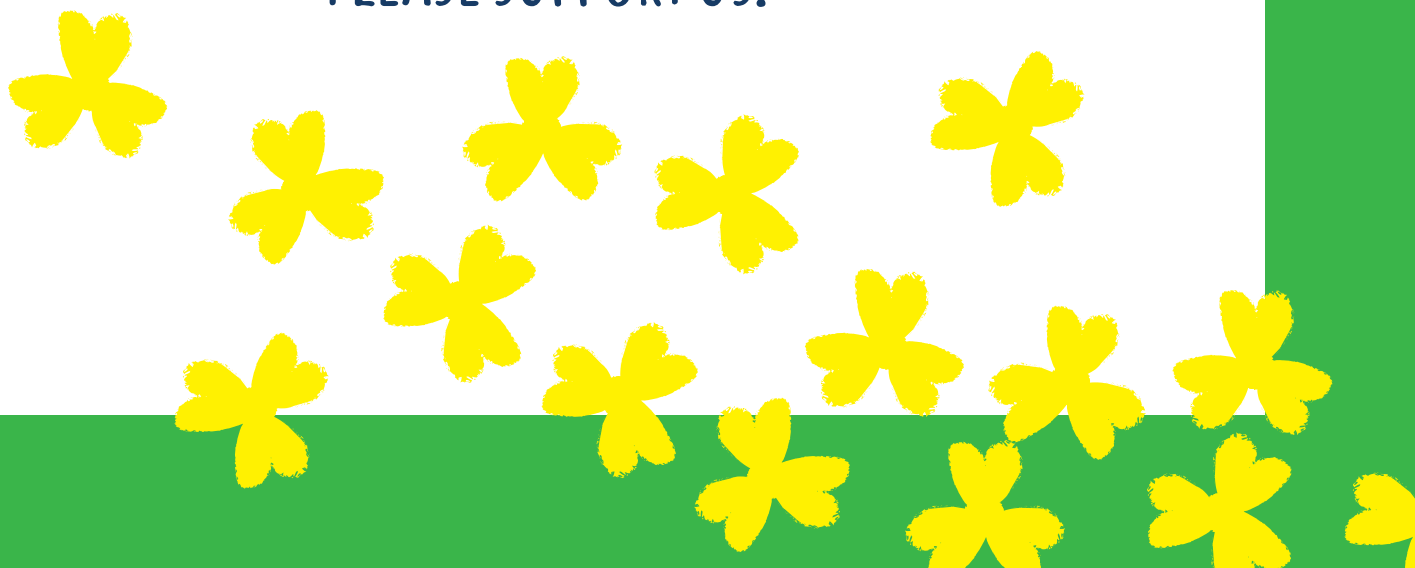
A Million MINDS MATTER



The aim of MiSP's 'A Million Minds Matter' Appeal is to raise funds to introduce mindfulness toolkits to more children. Our ambition is to reach one million minds within the next five years. We need to raise funds to:

- Provide **1,000 financially supported places** for teachers, to ensure that cost is not a barrier to access.
- Host **150 additional Introduction to Mindfulness for Adults courses** for teachers and parents (**.begin**) to enable them to bring mindfulness into their schools.
- Campaign to raise awareness about **the benefits of mindfulness** within schools for teachers and for children and how to differentiate mindfulness from other relaxation and calming techniques: providing information as the go-to expert on mindfulness to every school.
- Develop and deliver a new short six-week **Introduction to Mindfulness for Children** course (**.breathe**) to complement our existing curricula.
- Develop and disseminate **comprehensive high-quality curricula**, safeguarding mindfulness best-practice teaching for children throughout their education.
- Develop **additional resources** and **provide ongoing expert support** to our network of teachers, senior leaders, parents and governors via our **Hub**, maintaining the highest standards for mindfulness as an educational discipline, growing our community and enabling them to continue to deliver our curricula to new cohorts of schoolchildren each year.

PLEASE SUPPORT US!



SCHEDULE

09:30	WELCOME	Richard Burnett
09:40	● Mindfulness & Crisis	Caroline Lucas MP
09:55	Primary Schools	
	● Implementing Mindfulness in a MAT	Sir Steve Lancashire
	● Voices of Experience	Teachers & Children
	● Primary Q&A	
10:50	Secondary Schools	
	● Raise the Youth	Jason Steele
	● The Aureus Way	Julie Hunter
	● After Manchester	Emily Brierley
11:25	● Mindfulness & Mental Health	Jonny Benjamin
12:05	● Mindfulness Here & Now	Vidyamala Burch
12:35	LUNCH	
13:35	Applications of Mindfulness	
	● Performance	Jerome Flynn
	● Music	Martha Wright
	● Sport	Dan Edwardes
	● Workplace	Parham Vasaiely
14:45	● Young People's Panel	with Celleach Spellman
15:20	● A Million Minds Matter	Chivonne Preston, MiSP CEO
15:35	● How To Be Human	Ruby Wax
16:05	● Bringing It All Together - Q&A	Speakers, Teachers & Children
16:30	END	

OUR SPEAKERS

Richard Burnett

Richard Burnett is Co-founder of **Mindfulness in Schools Project**. MiSP was established in 2009 when there were no classroom-based curricula available in the UK to teach children the skill of mindfulness. In response, Richard and Chris Cullen, both classroom teachers and long-time mindfulness practitioners, co-created MiSP's highly-acclaimed 10 week mindfulness course, **.b**, for 11 to 18 year olds. MiSP's primary curriculum, **Paws b**, followed shortly afterwards. Details of **.b** and **Paws b** can be found in your delegate pack. Richard is a teacher and boarding housemaster at Tonbridge School, the first school in the UK to put mindfulness on the curriculum, an event covered by press, TV and radio in early 2010.



Jason Steele

Jason is the inspiring Founder and CEO of **Raise The Youth**, a not-for-profit that educates and cares for some of the most marginalised children and young people in Manchester. Mindfulness plays an important role not only in RTY's work with young people, but in Jason and his team's own capacity to deliver services in extremely challenging circumstances.

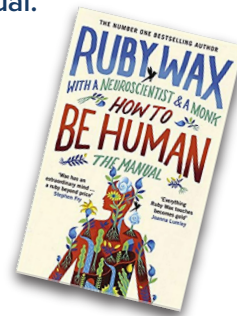


OUR SPEAKERS



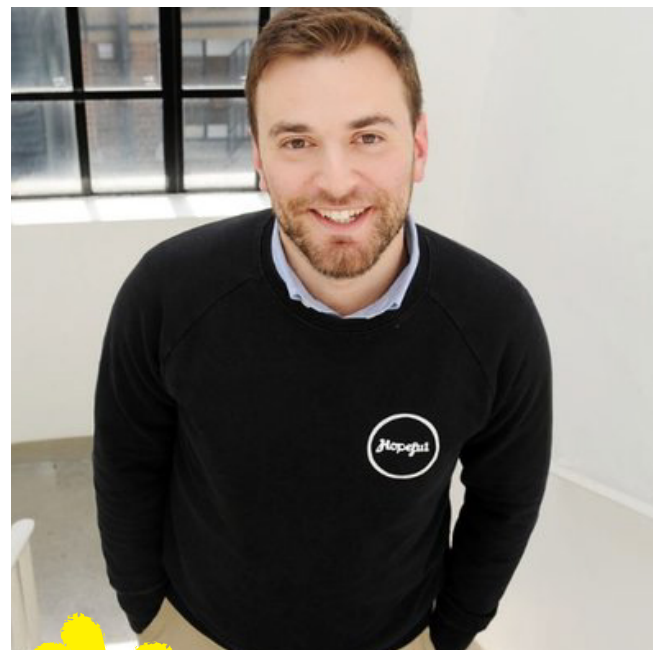
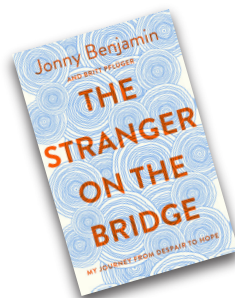
Ruby Wax OBE

As well as her stint at the RSC, her 25 years writing and performing on BBC and Channel Four and her one-woman shows, Ruby has written two bestselling books about mindfulness – **Sane New World** and **A Mindfulness Guide for the Frazzled**. She is currently touring a show based on her latest book – **How to Be Human: The Manual**.



Jonny Benjamin MBE

An award-winning mental health campaigner, film producer, public speaker, writer and vlogger, Jonny was awarded an MBE for his services to mental health and suicide prevention in 2017. His story is a remarkable one and his experiences reveal a profound understanding of how mental health in the UK is (and is not) treated. Jonny's practice of mindfulness is exemplary in the way it fits into the wider landscape of education and clinical care.



OUR SPEAKERS

Caroline Lucas MP

Caroline needs little introduction – she is a campaigner, a writer and the Green Party's first ever MP, and recently mindfulness has offered a fresh perspective on this pioneering work: At our Conference, Caroline will argue that by bringing about a greater appreciation of the natural world, mindfulness not only inspires us to work harder to protect it, but equips us with the strength to confront the scale of the crisis we face. And where should this process begin? In schools ...



Sir Steve Lancashire

Sir Steve Lancashire is the founder and CEO of one of the UK's largest and most successful academy chains, **REAch2**. A National Leader for Education and advisor to the DfE, 'Sir Steve' wants all children to have access to an exceptional education and this includes their mental health and wellbeing. REAch2 is now leading the way to implementing mindfulness across their academy chain.



OUR SPEAKERS



Jerome Flynn

Whether you know Jerome Flynn from his *Soldier, Soldier* days, his chart topping success with Robson Green, his BAFTA nominated role in *Ripper Street*, or as Bronn in **Game of Thrones**, you may not be aware of what an important role meditation plays in his life. Well-known for having a big heart, after more than two decades of serious practice there is also a very wise head on those shoulders. Hear this distinguished actor and long-time meditator share his views on mindfulness principles and practice and why he wishes they'd taught it when he was at school.

Vidyamala Burch

Vidyamala is the co-founder of **Breathworks**, one of the most highly-respected mindfulness organisations. Injured in 1977, she learned to meditate in 1985 and in 2001 started teaching meditation and mindfulness to people living with pain, illness and stress. She offers practical guidance in how to bring mindfulness and kindness to experience so one can 'live well' with a free and relaxed mind, whatever the circumstances.



OUR SPEAKERS

Celleach Spellman

Whether in the hit ITV drama-comedy **Cold Feet**, the BAFTA Award-winning **Friday Download**, or presenting his own show for BBC Radio One, Celleach Spellman has already spent a decade on mainstream TV and radio. And he is only 23. Every Sunday afternoon, Cel hosts '**Life Hacks**', a Radio 1 show where contemporary youth issues including social media, relationships and mental health are often high on the agenda. So who better than Cel to host an on-stage conversation with a group of young people whose lives mindfulness has changed? Join him at our conference to hack the when, the why and the how of youth mindfulness.



Martha Wright

Martha is the Founding Director of the award-winning charity, **Mindful Music**. A clarinettist and serious meditator, Martha's experience of teaching in hugely challenging circumstances in Medway led her to become a pioneer in how to combine music and mindfulness in the classroom.



OUR SPEAKERS

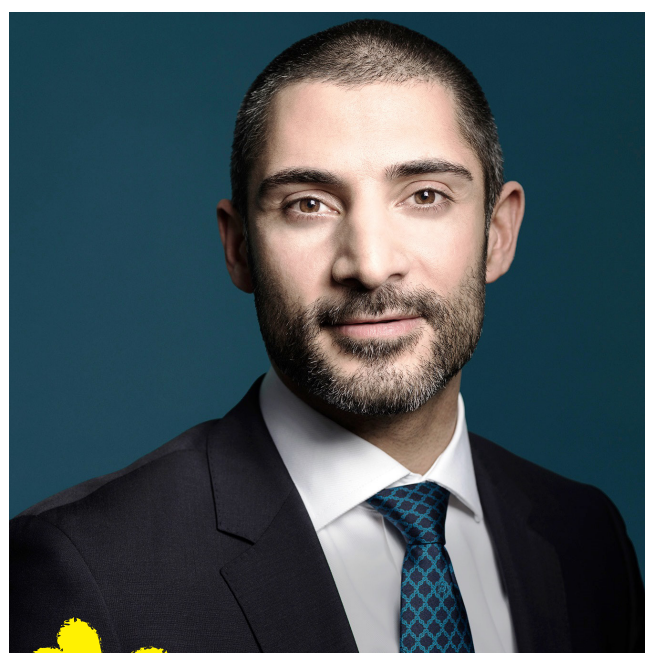


Emily Brierley

Much has changed for Emily since she spoke so movingly about how mindfulness helped her cope with the trauma of the Manchester Bombing at last year's MiSP Conference. Since then Emily and her mother, Jo, have worked with **The Peace Foundation** to facilitate a meditation workshop for victims of terrorism – including London 7/7, attacks on the Tunisia beach and Borough market, as well as former soldiers who have served in Beirut, Yemen and Northern Ireland.

Parham Vasaiely

Parham is a pioneering engineer who has overseen mindfulness training for over 3,000 employees in the West Midlands. He is responsible for Autonomous Vehicle Development at **Jaguar Land Rover**, an Advisory Board Member to the **United Nations Technology Innovation Lab** and has chaired the **Mindfulness Initiative's** Private Sector Working Group focusing on mindfulness in the workplace. Parham's goal is to give employees and leaders the right mental tools to flourish in an ever more complex working environment. Similarly, he sees mindfulness in schools as a way of equipping young people with an agility of mind that employers increasingly see as essential.



OUR SPEAKERS



Dan Edwardes

Dan is a world-leading expert in parkour, or freerunning. Founder of the global organisation, **Parkour Generations**, Dan has worked with the UK government to create **Parkour UK**, the first and only recognised National Governing Body for the discipline. What's this got to do with mindfulness? Everything! Being fully present in the moment; noticing and managing fear; working intimately with breath and body; understanding the self; and crucially: moving. Mindfulness is so much more than just sitting or lying in stillness. Dan will explain how mindful movement is at the heart of freerunning, how it helps young people to flourish in body and mind better than traditional sports, and how to bring parkour to your school.



Chivonne Preston

Chivonne joined **MiSP** as CEO in January 2019. Previously Chief Operating Officer for the **National Institute of Economic and Social Research**, and Business and Operations Director of **Parentkind**, she is a successful and well-regarded business leader. Chivonne brings significant experience of delivering change management from both the private and charity sectors and has a strong track record in facilitating organisational growth. Her arrival comes at a crucial time for MiSP, as our charity seeks to secure funding in order to maximise impact and ensure that our world-class curricula can be made available to all children in schools across the UK. We are delighted to have Chivonne in place to lead us through the next phase of MiSP's development.

VOICES OF EXPERIENCE

Julie Hunter

Julie Hunter is Deputy Headteacher and DSL at **Aureus School**, a brand new, state of the art comprehensive 11-16 school whose mission is simple: to educate the whole student so that each individual in the Aureus community may 'Grow, Learn and Flourish'. Mindfulness has been embedded as a means of achieving this and lies at the core of the school's ethos. Julie has been instrumental in helping staff to learn, enjoy and model a practice that is at the heart of the well-being of the children they care for. Julie is a Founding Fellow of the **Chartered College of Teaching** and Fellow of the **Royal Society of Arts**, was 2018 opening speaker at The Education Show, 2017/2016 BETT panelist and 2016 speaker at The Festival of Education. She is also a trained .b teacher.



David Bignell

David Bignell has worked in primary education for 30 years: eight as a classroom teacher, five as a Deputy Headteacher and seventeen as a Headteacher in three different schools. He is currently Headteacher at **Deanwood Primary School**, part of the Howard Academy Trust, in Kent. Having trained to teach Paws b in 2015, .b Foundations in 2017 and .b in 2018, David has inspired many a pupil and teacher with his mindfulness teaching. He recently set up **Medway Mindfulness** to bring Mindfulness to the children and the adults who care for them in the Medway Towns.



Louise Rooney

Louise Rooney is Head of Wellbeing and Personal Development at **Solihull School** with a career spanning 20 years in education and therapeutic intervention in a variety of settings. At Solihull, Louise and Saranne have been leading the way in 'spiralling' Paws b and .b through different year groups. Louise also has extensive experience of working with clients around themes of trauma and addiction in the NHS, military and community mental health services, social services, fostering organisations, and the Criminal Justice System.



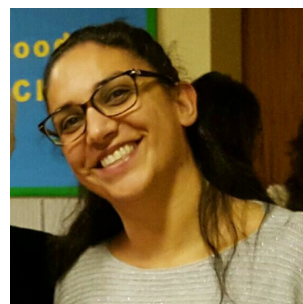
Saranne Moule

Saranne Moule is a year 6 class teacher and the Wellbeing Coordinator at Solihull Junior School. In her Masters degree Saranne studied pupil perception of mindfulness lessons and in her PhD she is examining the impact of resilience and mindfulness teaching on coping self-efficacy in pupils.



Chris Alekkou

Chris Alekkou has been a teacher for 22 years and taught mindfulness since 2015. She currently teaches MiSP's Paws b curriculum in various London schools as an external teacher and works part time in a Reception class. We are delighted that in 2018 Chris became a Paws b trainer, teaching others how to bring our primary curriculum to their classrooms.



OUR COURSES



Information Webinars

Attend one of our short **information webinars** to discover the basic principles behind mindfulness, the evidence of its potential benefits, an opportunity to try out some practices and receive guidance on next steps.



.begin Personal Mindfulness Course

The convenience of a live online course completed in the comfort of your own home with the assurance of instructor-led face to face delivery.

The eight-week **.begin** course is delivered via video-conferencing with a balance of teaching, questions, discussion and guided practice, led by a highly experienced MiSP instructor. Each session is approximately 90 minutes long, and courses are offered in the evenings but can be scheduled according to demand.



... for Educators

If you are also interested in teaching mindfulness to your pupils, it is important that you first learn it for yourself. Those who complete the **.begin** course can then qualify for our **Teach Paws b** or our **Teach .b** courses.



... for Parents & Carers

We hope that the skills you develop over the eight-weeks will support you in your role as a parent and that the children in your care will learn from you as a role model.



... for Business

Introduce mindfulness to your workplace and support employees wellbeing. If you are interested in sharing mindfulness with your colleagues, MiSP can provide group training tailored to your workplace needs.

‘The accessibility and ability to share new skills in an environment that felt safe and personal, whilst being easily accessible from home or work.’

‘It was inspiring, beautifully pitched and simple to follow.’

‘I have found the whole process very rewarding. It has helped me change and consider my approach to many things.’

OUR COURSES



The Hub Teachers' Network

As part of the **MiSP Hub Community** teachers will have access to expert guidance and support as they continue to practice mindfulness as part of everyday life. Use the Hub to access resources and join us for regular group Hub Sits to practice as part of our community.



Train To Teach Our Mindfulness Curricula

Train to teach either **Paws b** or **.b**. Participants will be taught the lessons in 'real time' with opportunities to discuss the pedagogy of each lesson and how it can best be taught to a group of young people in different settings. There will also be opportunities to work with other participants guiding them, and being guided by them, in the main mindfulness practices from the lessons.

Teach Paws b

Teach Paws b is a three-day training course which prepares participants to **teach the Paws b curriculum to 7-11-year-olds** in schools or other educational or youth-related organisations.

Teach .b

Teach .b is a four-day training course which prepares participants to **teach the ten-lesson .b curriculum to 11-18-year-olds** in schools, or other educational or youth-related organisations.



Feedback from the Teach Paws b and Teach .b courses:	Teach Paws b	Teach .b
% who would recommend the course to the colleagues	99.40	100
% rating the skill of the training team as 'extremely' or 'very' skilled	99	98
% rating the course as 'extremely' or 'very well' structured	95	96
% rating the course as equipping them to deliver the curriculum 'extremely' or 'very' well	94	94
Mean course rating out of 10	9.13	9.37

OUR SUPPORTERS

As a charity, we rely on the support of others to continue our work. Therefore we are truly grateful for the support we get from the organisations and individuals that are ...

Towergate Insurance are delighted to be supporters of MiSP and look forward to working with your school to help bring health and wellbeing to the forefront of the education sector

We offer a range of risk management resolutions, including:

- Property and Liability Insurance including cybercrime and data protection
- Staff Absence budget protection
- Health, Protection and Employee Benefits
- An e-learning health and safety portal
- Valuation services, health and safety risk management and driver profiling

We also provide our schools with access to a leading Health and Wellbeing programme, which helps you with your duty of care to your colleagues and will help reduce long and short-term absence.

To talk to us about your school's insurance requirements, or arrange for us to visit you on site please call **01438 739626** or email **education@towergate.co.uk**



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PLMR | mango

Mango at PLMR is an experienced and dynamic education PR and marketing team within award-winning, integrated communications agency, PLMR. Together, our combined wealth of experience means we are able to offer high-quality public affairs, corporate communications, positive PR and crisis support to organisations across the education sector. These include schools, multi-academy trusts, early years groups, teacher unions, world-leading universities, curriculum organisations, edtech providers, and leading education charities. Our trusted reputation and contacts with the Department for Education (DfE), government, think-tanks and media, together with our communications skills and expertise, mean we are able to help education providers achieve their goals.

From generating editorial coverage and building stakeholder relationships to managing reputations and all aspects of a school or organisation's digital presence, Mango at PLMR is able to help clients deliver communications with impact. Our office is based opposite the DfE in Westminster, London, and our consultants include head of education, Ollie Lane, who was the chief press officer for schools at the DfE; Sue Murray, a former primary school teacher and managing director of Mango at PLMR; and Neil Carmichael, former Chair of the Education Select Committee.

In addition to PR, reputation management and public affairs, we also have an in-house digital and design team and broadcast unit. The team delivers media training and creates high-quality digital content for our clients, including films, communication collateral, social media management and websites. **To find out how we can support your organisation, please visit: www.mangomarketing.com.**

THANK YOU

FROM THE MISP TEAM

We hope that when you leave the conference today you will feel better equipped to take mindfulness back into your own lives and communities, and of course your schools.

Thank you firstly to all of our speakers who have kindly given their time and energy to support this event. It is a privilege to have so many come together on this day to inform, enthuse and challenge us all.

We are particularly grateful to the children and young people who have joined us today, and the teachers and parents who have brought them here. It is so often these 'voices of experience' who best articulate the benefits of mindfulness.

Thanks must also go to all those MiSP'ers working 'back of house' who have made sure the day has run smoothly, especially to all of our lead trainers who have volunteered to assist us.

Thanks in particular to: Mandy for organising the logistics; to Emma, Lisa and Caroline for helping to field queries, issue tickets and organise the day; to Sarah for keeping us on budget; to Jane for her tireless work across the board; and to Matt for the time and care that he has put into promoting this event.

Thank you to David Long who set the ball rolling with this conference. For family reasons David had to step down as CEO but we are delighted to retain his expertise on the Board of Trustees. The team are hugely grateful to Chivonne Preston, as to say she has hit the ground running as our new Chief Exec is an understatement!

Thank you to our Trustees for their continued support for our organisation.

Our gratitude also goes, of course, to our corporate supporters, Towergate Insurance and Mango at PLMR. We are delighted that established organisations with such broad experience of the education sector recognise the value of the work that we do in schools and the importance of our mission.

Finally, we would like to thank you, the delegates. Without you, this event would not have been possible. If you work in mindfulness and education then we hope, like us, this will have redoubled your commitment. If you are new to mindfulness, we hope this has inspired you to get involved!

USEFUL INFORMATION

Food & Drink

The Friend's House has an onsite café for purchase of lunch and snacks. There are also numerous eating establishments located within Euston Station which is opposite the conference venue and in the surrounding area.

Access

There is an entrance to The Light directly from Euston Road which has six steps. Step-free access is available via the lift directly from Euston Road to The Light or via the garden entrance, which is also on Euston Road. There are accessible toilets on all floors of the building.

The Light has a built-in hearing loop.

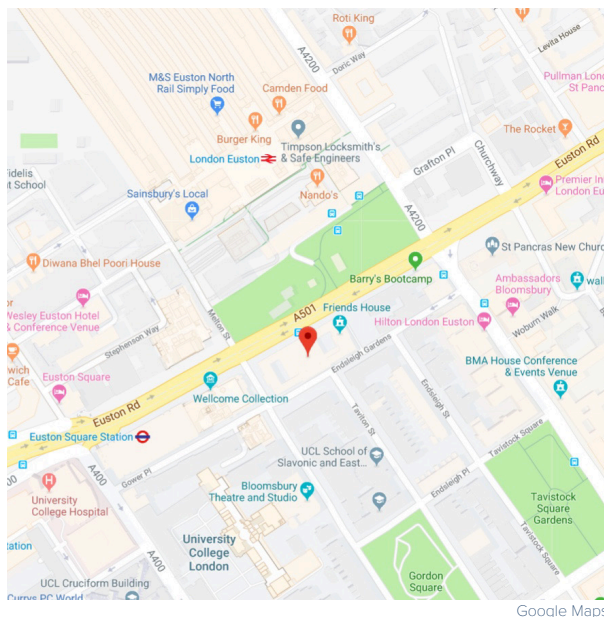
The Light and Friend's House are no smoking venues.

Emergencies

In the event of an emergency, please follow the instructions of the venue staff.

Venue Plan

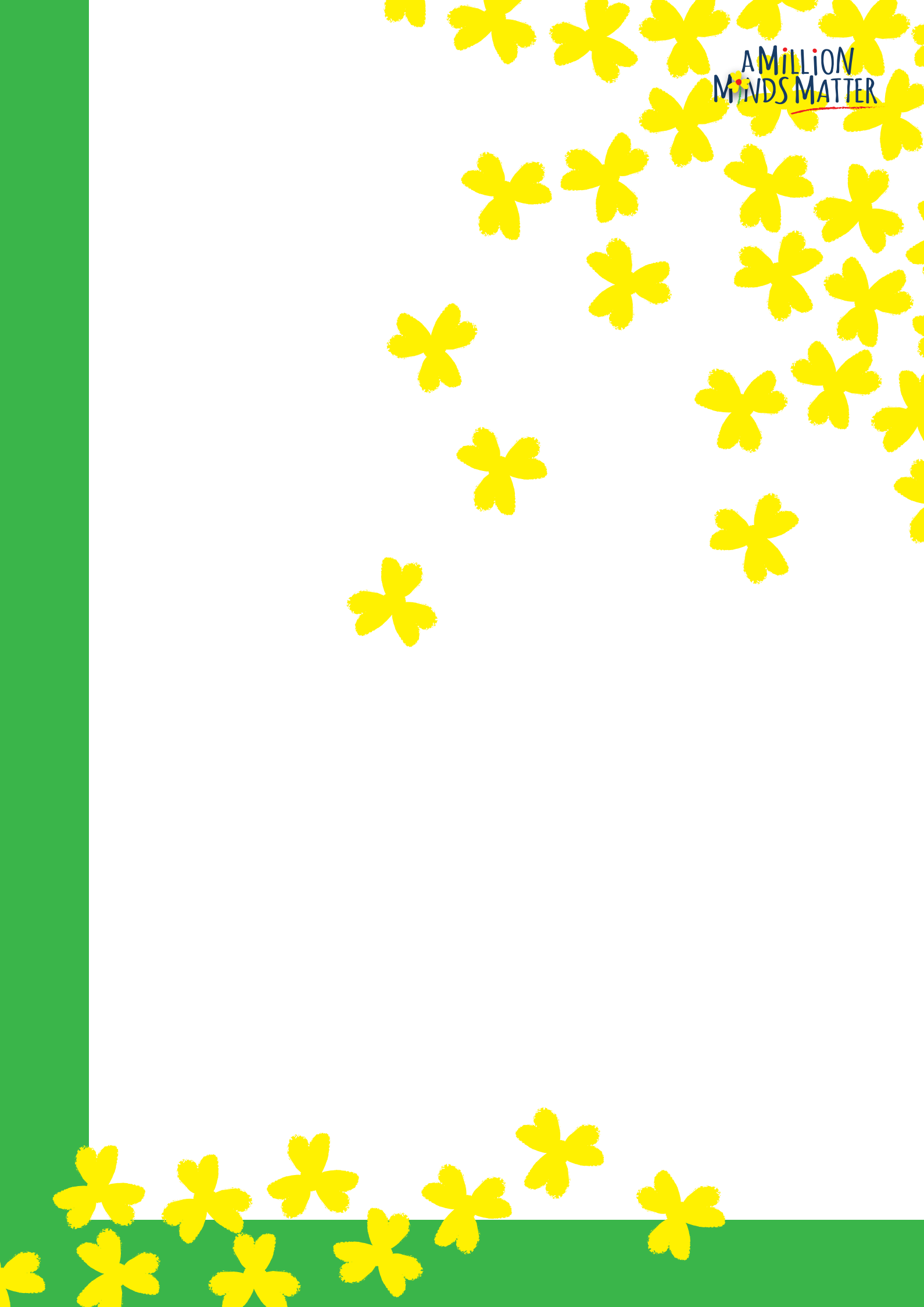
Local Area Map



Google Maps



canvas-events.co.uk





CONTACT MINDFULNESS IN SCHOOLS PROJECT AT:

fundraising@mindfulnessinschools.org

www.mindfulnessinschools.org

Find us on Facebook, Twitter, LinkedIn and YouTube

MiSP is a Registered Charity, no. 1168992

Bringing mindfulness to young people and those who care for them

