



beingwell

Finding our way in changing times
MiSP Conference 2022
Saturday 18th June 2022, 10am

Supported by



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Welcome to our 2022 Conference!

A very warm welcome to MiSP's upcoming 2022 conference!

When choosing this year's conference theme, our hunch was 'being well' (amidst post-Covid and other challenges) would strike a chord, and that was before other things surfaced - cost of living increases, war in Europe and continuing conflicts around the globe.

Our conference cannot solve all challenges faced by teachers, children, and young people and our wider (school) communities, but it can offer access to the latest thinking in this area, a chance to recharge batteries - both personally and to support in the work we do. It also gives opportunity to celebrate the differences each of us can make in our engagement with and ongoing exploration of mindfulness. Like a precious stone - a skill that can be honed and polished to increasingly support us individually and collectively navigate these times – with joy and equanimity wherever possible.

It is increasingly clear that 'being well' is not only an individual endeavour for self or children in our care. It is also an organisational / whole-school / wider community matter. Our schools, and charities, such as Mindfulness in Schools Project, are not immune to the challenges of these times, and I look forward to joining each of you as we collectively learn from expert speakers and the children (joining us via video) themselves.

A big thank you to my predecessor, Chivonne Preston, who did so much to set up the MiSP conference virtually during the pandemic; also, to each of you joining us - your presence itself, a show of community and a tonic in all times!



Emily Slater

CEO, MiSP

Schedule

10:00	Welcome & Overview of the day	Richard Burnett
10:10	Making wellbeing the focus	Professor Lord Richard Layard
10:35	Sharing experience	Video
10:40	Exploring the intersections between wellbeing and mental health	Kadra Abdinasir
11:00	Sharing experience	Video
11:05	Mindfulness & compassion - Supporting young people and ourselves in our response to the challenges of climate change	Jamie Bristow
11:30	Sharing experience	Video
11:35	BREAK	
11:50	Mindfulness in the context of wellbeing in education	Adrian Bethune & Faiy Rushton
12:15	Sharing experience	Video
12:20	The importance of trauma-informed practice for young people and meeting ourselves with self-care through this process	Uz Afzal
12:40	Sharing experience	Video
12:45	Morning wrap up	Richard Burnett
12:50	LUNCH & Optional Mindfulness Practice	
13:35	Welcome back	Richard Burnett
13:40	Mindfulness: Standards & wellbeing	Maggie Farrar & Alan Lee
14:00	Sharing experience	Video
14:05	dots research	Annabel Talbot
14:20	How to practice compassion in uncertain times	Dr Susan Pollack
14:40	BREAK	
14:55	MiSP: Being well next steps	Emily Slater
15:10	Sharing experience	Video
15:15	Keeping ahead of the curve: New agendas for mindfulness in schools ..	Professor Katherine Weare
15:40	Sharing experience	Video
15:45	Final reflections	Richard Burnett
16:00	CLOSE	



**our
Speakers**

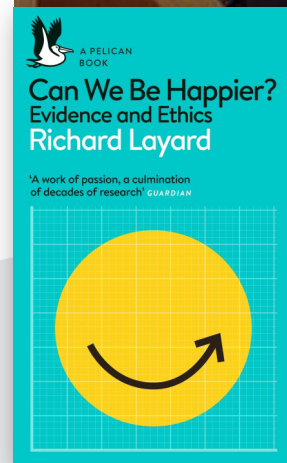
Professor Lord Richard Layard

Making wellbeing the focus

Richard Layard is Professor of Economics at the **London School of Economics**, where he founded and directed the **Centre for Economic Performance** and is now Director of the Centre's Wellbeing Programme. As a member of the **House of Lords** he focuses on education, employment, mental health, and wellbeing policy.

In 2005 he wrote the best-selling book **Happiness: Lessons from a New Science**, translated into 20 languages. He has had a huge influence on making psychological therapy more widely available in the NHS, and in 2014 co-authored **Thrive** on how we can secure a better deal for mental health. In 2018 he co-authored **The Origins of Happiness** – an analysis of what determines our happiness. Richard's latest book **Can we be happier?** The evidence and ethics for better lives, explores how teachers, managers, health professionals, couples, community leaders, economists, scientists, politicians, and we as individuals can create a happier world.

Richard is also co-founder of **Action for Happiness**, an international movement to promote a happier way of living.



Doctor Susan Pollak

How to practice compassion in uncertain times



Susan M. Pollak, MTS, EdD, is a psychologist in private practice in Cambridge, Massachusetts. She is a longtime student of meditation who has been integrating the practices of meditation into psychotherapy since the 1980s. Dr. Pollak is co-founder and senior teacher at the **Center for Mindfulness and Compassion at Harvard Medical School / Cambridge Health Alliance** and was president of the **Institute for Meditation and Psychotherapy** from 2010 to 2020.

Dr. Pollak is a co-editor of **The Cultural Transition**; and a contributing author of **Mapping the Moral Domain**; **Evocative Objects**; and **Mindfulness and Psychotherapy**, 2nd Edition. She is the co-author of **Sitting Together: Essential Skills for Mindfulness-Based Psychotherapy** and the author of **Self-Compassion for Parents: Nurture Your Child by Caring for Yourself**. She writes the popular blog, The Art of Now for **Psychology Today**, and is a frequent contributor to the **Ten Percent Happier** app.

Susan's website is
<https://www.drsusanpollak.com/>

Kadra Abdinasir

Exploring the intersections between wellbeing and mental health

Kadra Abdinasir is **Associate Director for Children and Young People's Mental Health** at Centre for Mental Health. She leads the Centre's research and policy in this area to help improve the lives of children and young people. She is **Strategic Lead for the Children and Young People's Mental Health Coalition**, a network of nearly 250 organisations.

Kadra is also a Youth Board Member for young people's mental health charity **Beyond**, a trustee for **FORWARD UK** and a fellow of the RSA. She has nearly a decade of experience working with children and young people, specialising in youth policy, research and engagement.



Maggie Farrar & Alan Lee

Mindfulness, standards & wellbeing

Maggie has worked as a teacher and in senior leadership roles in education for over 40 years. She was latterly **Director for Leadership Development and Research at the National College for School Leadership and Interim Chief Executive**. She trained as a mindfulness teacher at the **Oxford University Mindfulness Centre** and has integrated this into her current work, supporting leaders to thrive and flourish in the complex and demanding role of school leadership.



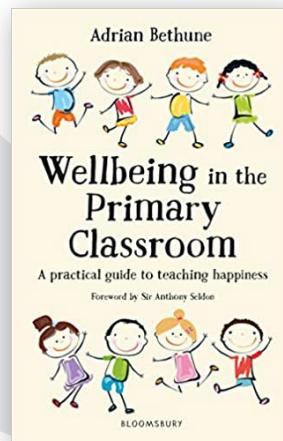
Alan is the **CEO of Bedfordshire Schools Trust (BEST), a National Leader of Education** and a former **Lead Ofsted Inspector**. In 2010, Alan was awarded the University Council for Educational Administration's (UCEA) Award for Excellence. Alan's doctoral thesis was the BELMAS (British Educational Leadership and Educational Research Society) Runner-Up 2009.

Adrian Bethune & Faiy Rushton

Mindfulness in the context of wellbeing in education

Adrian Bethune is a part-time teacher at a primary school in Aylesbury, Deputy Chair of the **Well Schools** strategic board and the founder of **Teachappy**. In 2012, he was awarded a 'Happy Hero' medal by Lord Richard Layard at the House of Lords for his work on developing wellbeing in schools. In 2015, he was invited to speak at the **Action For Happiness** event, Creating A Happier World, on stage with the Dalai Lama.

Adrian is author of the award-winning **Wellbeing In The Primary Classroom** – A Practical Guide To Teaching Happiness (Bloomsbury, 2018), co-author with Dr Emma Kell of **A Little Guide to Teacher Wellbeing and Self-care** (Sage, 2020) and lead author for the **Oxford International Curriculum for Wellbeing** (Oxford University Press, 2021).



Faiy joined the **MiSP** team in 2021 as Pathways Manager; supporting staff and schools in embedding mindfulness in educational settings. Faiy is a secondary trained teacher and in the last twelve years has trained as a wellbeing specialist; teaching mindfulness, positive psychology, growth mindsets, compassion, resilience and Forest school.

She is a lead wellbeing and mindfulness trainer for **MiSP**, **The Present for Schools** and **LEAP online** and has delivered Wellbeing in Education training internationally. She has taught all of MiSPs curricula in schools since 2013 and worked on MiSPs training teams since 2015. As a Specialist Leader of Education for Wellbeing and Inclusion Faiy supports schools in integrating meaningful whole school wellbeing practice and policy to meet DfE statutory requirements.

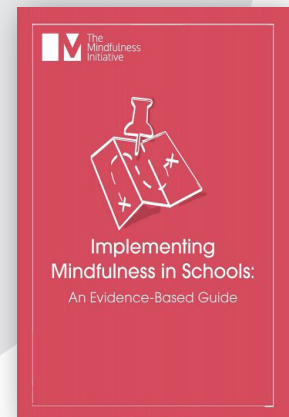
Professor Katherine Weare

Keeping ahead of the curve: New agendas for mindfulness in schools



Katherine Weare is Emeritus Professor at the **University of Southampton**, where she developed high impact national and international programmes and research projects and advised policy makers, agencies and educators across the world. Katherine is lead for education for the **Mindfulness Initiative** and is well known as a highly influential figure in the field of mindfulness, wellbeing, mental health and social and emotional education, framed by a whole school approach.

Katherine will explore how we can enable mindfulness to stay relevant and responsive to new evidence, concerns and criticisms, and to be seen as foundational to the many efforts education is making help their students and staff cultivate the core capacities to navigate in our uncertain and 'urgent' times.



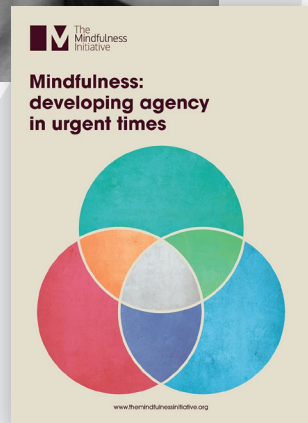
Jamie Bristow

Mindfulness & compassion - Supporting young people and ourselves in our response to the challenges of climate change

Jamie Bristow was one of the volunteers and experts who formed the **Mindfulness Initiative** and helped MPs and Peers in the British Parliament to establish the **UK Mindfulness All-Party Parliamentary Group** in 2014, conducting a 12-month policy inquiry and publishing the seminal **Mindful Nation UK** policy report the following year. As sole Director from 2015-2021, he established the Mindfulness Initiative as a globally recognised leader in the theory and advocacy of mindfulness and compassion training in politics and public life.

Jamie has helped politicians around the world to introduce mindfulness training to a further 10 national parliaments and make capacities of mind and heart serious considerations of public policy.

He is the author of several publications including **Mindfulness: Developing Agency in Urgent Times**, the **Fieldbook for Mindfulness Innovators** and **Reconnection, Meeting the Climate Change Inside Out**.



Uz Afzal

The importance of trauma-informed practice for young people and meeting ourselves with self-care through this process



Uz is a long-term meditator and enjoys teaching the **dots**, **Paws b** and **.b** programmes in schools each week, as well as running courses for businesses, educators, the mental health charity, **Mind**, and for arts organisations. Her book, **Mindfulness for Children** was published by Kyle Books in 2018 and is available in the UK, USA and across Europe. Following publication, she has spoken at a range of conferences and festivals about mindfulness.

Uz is known for her enthusiastic approach and has enjoyed leading mindfulness sessions at the **Women of the World Festival** and popular walking meditations at the **V&A Museum**. She is particularly interested in welcoming all the intersecting aspects of people's identities into mindfulness courses. She has led workshops on mindfulness and awareness of race and has run training on anti-racism in schools. Uz is a Trustee of the **Mindfulness Network** and sits on the Equity, Diversity and Inclusion board looking at ways to broaden the reach of mindfulness and make it more inclusive.

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

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Next Steps...

If you have been inspired by our speakers and their stories, continue your own mindfulness journey and book your next steps with us:

Find out more about mindfulness in schools at a free information webinar



Explore mindfulness and how to bring it to your school on a Teach .breathe course.



Learn mindfulness for yourself on an eight-week .begin course



Continue to practise mindfulness as part of our community at our free Sits and Day Retreats



Train to teach mindfulness to children aged 3-6, 7-11 or 11-18 with Teach dots, Teach Paws b or Teach .b.



Develop your mindfulness teaching skills at our free CPD workshops and surgeries



Become your school's Mindfulness Lead.



2022 MINDFULNESS RETREATS



**For teens &
young adults**



- Learn tools for navigating challenges & building resilience
- Explore workshops, creativity & nature connection
- Have fun and connect with a supportive community

Teen Summer Retreat for ages 15-19
9th-14th August 2022-
Kench Hill, Kent

**Wildwood Camping retreat for
ages 18- 24:**
26th-29th August 2022- Mid Wales

**Rates are based on household income
nobody turned away for lack of funds**

**register at:
ibme.org.uk**

contact@ibme.org.uk

Upcoming MiSP Events

We have so many great events coming up that we can't list them all here.

Please visit our course schedule for the full list at:
<https://mindfulnessinschools.org/course-schedule/>

Inclusion and Support Groups

Tuesday 21st June 2022 - Culturally Diverse group

Thursday 23rd June 2022 - SEND group

Practise Opportunities

7pm, Thursday 23rd June 2022 - Hub Sitting Group

12pm, Wednesday 29th June 2022 - Schools Sit Together

4pm, Tuesday 6th July 2021 - .breathe Practise Session

Teacher Surgeries

4pm Wednesday 29th June 2022 - dots Teachers

4pm Monday 4th July 2022 - .b Teachers

Teaching Skills Workshops

4pm Tuesday 5th July 2022 - Following the Science

Train to Teach

Wednesday 22nd June 2022 - Teach .breathe

28th-30th June 2022 - Teach dots

11th-15th July 2022 - Teach .b

12th-15th July 2022 - Teach Paws b

Lead Mindfulness

1st - 7th August 2022 - School Mindfulness Lead

Support Our Work

We are grateful for all support for our work.
Here are some of the ways you can help us:



BUY A T-SHIRT

Look in the goodie bag for a special Conference 2021 discount!



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MAKE A DONATION

We are grateful for any amount that you can donate to our appeal – please donate.



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Linkedin: @mindfulness-in-schools-project



INVITE US TO TALK AT YOUR SCHOOL

We provide bespoke webinars for your SLT, staff or governors to give information about how mindfulness supports wellbeing, teaching and learning in schools for both staff and students.



RENEW YOUR HUB MEMBERSHIP

There are now multiple free events for Hub members each term and revised fees now start from just £25. This income supports our charitable work. Thank you.

Thanks

Firstly, and on behalf of Mindfulness in Schools Project, thank you for joining us today! I hope that you are not too 'Zoomed out' and will find this year's conference to be as inspiring as our previous ones. Please look after yourself during the event so that it is as nourishing an experience for you as it is an informative one.

Thank you to all of our speakers who have given their time and expertise so generously on this summertime Saturday. In particular, I would like to thank those who have worked with the children and young people to provide such a typically engaging set of video interludes.

A huge thank you must go to the MiSP team, not just for today but for the tremendous amount they have given to the MiSP community over the past few years: Ben Chalwin, Elinor Brown, Emma Goddard, Faiy Rushton, Jenny Brown, Kate Monda, Lisa Williamson, Mandy Watkins, Matt Wilks and Sarah Ingram.

Thank you to our Board of Trustees for their continued support and to our CEO, Emily Slater, who like many leaders of UK charities at the moment has had to face significant challenges to keep our organisation sustainable and serve our beneficiaries.

Our gratitude also goes, of course, to our corporate supporter, **Towergate Insurance** whose support has enabled us to offer free tickets to this event to Hub members and keep ticket prices low for others. It is wonderful that these leading organisations recognise the value of the work that we do in schools and the importance of our mission.



Richard Burnett

Founder & Chair of Trustees, MiSP