



Programme 26.01.2018

08:30 – 08:55 Registration, tea and coffee

09:00 – 09:05 Welcome – Dr. Lucy Powell

WOW Talk 1 – Chaired by Dr. Chris Browell

09:05 – 09:25 Data detoxing in a digital age – Dr. Martin Lee (20 mins)

09:25 – 09:55 Mindfulness – Dr. Sachin Rastogi (20 mins + 10 min practical)

09:55 – 10:05 Questions/Discussion

WOW Talk 2 – Chaired by Dr. Louise Sanderson

10:10 – 11:00 Tales from the frontline – Surviving and succeeding – Dr’s Kathryn Bell, Jo McClintock, Ilma Songaile, Andy Lowes (50 mins)

11:00 – 11:20 Practitioner Health Programme – Dr. Shivanthi Shathanandan (20 mins)

11:20 – 11:25 Mentoring – Dr. Louise Swan. Intro to Mentoring
NB: Mentoring ‘taster’ sessions to be offered during the day.

11:25 – 11:35 Discussion (10 mins)

Coffee/Juice break sponsored by Innocent 11:35 – 11:50

WOW Talk 3 – Chaired by Dr. Zoe Robertson

11:50 – 12:10 Fitness for the professional – Spencer Davey (20 mins)

12:10 – 12:30 Financial wellness – Dr. Ed Halvey (20 mins)

12:30 – 12:50 Myer’s Briggs; personality and wellbeing – Ms. Sarah Shepherd (20 mins)

12:50 – 13:00 Discussion (10 mins)

13:00 – 13:30 Lunch (Harissa Kitchen/Food Nation) / Wellbeing fair – you can also visit our stalls during the breaks in the afternoon!

13:30 – 16:30 Workshops

13:30-14:00	14:00- 14:30	14:30-15:00	15:00-15:30	15:30-16:00	16:00-16:30
Yoga A			Yoga B		
Pilates A	Break		Pilates B		Break
Myer’s Briggs A	Break		Myer’s Briggs B		Break
Bike A	Break		Bike B		Break
Stress/Resilience A	Break		Stress/Resilience B		Break
Handling Complaint A	Break		Handling Complaints B		Break

- Pilates – Kelly Winter
- Yoga – Yoga Therapies
- Myer’s Briggs – Sarah Shepherd
- Bike maintenance – Joe Joseph
- Stress survival and resilience – Ilma Songaile
- MDU – Handling complaints

16:30 – Keynote: Sleep, fatigue and wellbeing – Dr. Michael Farquhar (30 mins)

17:00 - Close

17:30 onwards Social @North Terrace, 22-26 Claremont Road, Newcastle Upon Tyne, NE2 4AN