

**WOW 2022 Programme 26.05.22**

The Catalyst, Newcastle upon Tyne

09:30 – 16:30 (Registration from 09:00)

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| **09:30 – 09:35** | **Welcome and Introduction** |
| **09:35 – 09:45** | **The Listening Project** |
| **09:45 – 10:45** | **Professor Suzette Woodward – Wellbeing and patient safety** |
| **10:45 – 11:00** | **The Listening Project** |
| **11:00 – 11:15** | **Coffee** |
| **11:15 – 11:45** | **Tales from the Frontline** |
| **11:45 – 12:30** | **Michael Rosen – 40 days and 40 nights** |
| **12:30 – 13:00** | **Tales from the Frontline** |
| **13:00 – 13:30** | **Emma Plunkett – Appreciative Inquiry** |
| **13:30 – 14:10** | **Lunch** |
| **14:10 – 15:10** | **Workshop 1\*** |
| **15:10 – 15:20** | **Comfort break** |
| **15:20 – 16:20** | **Workshop 2\*** |
| **16:20 – 16:30** | **Close of day** |

WOW is approved for 5 CPD points from the Royal College of Anaesthetists

**\*Workshop options:**

1. **Yoga** - an hour of yoga tailored to those working in physically and mentally demanding specialities. Expect exercises focused on relieving tension, encouraging meditation and mindfulness. Suitable for beginners. This workshop will be facilitated by Chris Jackson, founder of Yoga Therapies and we advise comfy clothes!

2. **Pilates** – Pilates is **a** form of exercise which concentrates on strengthening the body with an emphasis on core strength. This helps to improve general fitness and overall wellbeing. Similar to yoga, Pilates concentrates on posture, balance and flexibility. Suitable for beginners. This session will be facilitated by Natalie Harrison and we advise comfy clothes!

3. **Music therapy** - Music is a powerful tool for connection with ourselves and the world around us. Working in the busy, clinical environments healthcare professionals have little time and opportunity for self-care. In this workshop, we will look at ways of reconnecting with our musical selves through improvisation, sonic meditation and singing. We will examine deep listening techniques that will explore themes such as playfulness, imagination and memory. Afra Jurkiewicz is a HCPC registered Music Therapist and will be facilitating these workshops. Comfortable clothing is advised.

4, **Art therapy** - We will begin our Art Therapy exploration of self-care by using mark making as a way to relax and enjoy the art materials in a playful non -judgmental way, followed by an exploration of our individual self-care by creating a self-care mandala.  No experience of art or art materials is needed. Fiona Fitzpatrick is a HCPC registered Art Therapist and will be facilitating these workshops

**Please let us know your preferred choice of workshop by emailing** **wow@workingoutwellbeing.co.uk** **– we will allocate on a first-come, first-served basis.**

With huge thanks to our sponsors, without whose support this day would not be possible.

