



# FESTIVAL OF WELLBEING

Dialogues and talks on personal, political and planetary wellbeing

## PROGRAMME

9.45am Doors Open

10.30am Welcome



10.45am **SATISH KUMAR**  
*'Wellbeing: Person, planet connection'*



11.20am **SIÂN BERRY**  
*'Healthy cities for people?'* in conversation with **GREG NEALE**, editor-in-chief of *Resurgence & Ecologist*



11.45am **JAMES THORNTON**  
*'The Earth as a Teacher and a Client'*



12.10pm Singing from **CATTY PEARSON**



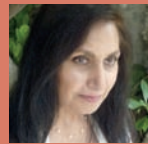
12.35pm **PAULA BYRNE**  
*'We Have No Time to Stand and Stare: Poetry and Well-Being'*

12.55pm Panel Discussion

1.20pm Lunch and book signing



2.30pm A staged reading of a play by **MAYA KUMAR MITCHELL**



2.55pm Poetry from **IMTIAZ DHARKER**



3.20pm Music from **JATINDER SINGH**



3.45pm **SIR ANTHONY SELDON**  
*'Do I matter?'*

4.05pm Break



4.35pm **PROFESSOR TIM JACKSON**  
*'Prosperity without growth'* in conversation with **SATISH KUMAR**



4.55pm **AHMAD NAWAZ**  
*'The role of education in bringing peace to this world'* in conversation with **SHARON GARFINKEL**



5.25pm **JAMES SAINSBURY OBE**  
*'Why supporting Resurgence is good for your wellbeing'*

6pm Close

THIS FESTIVAL IS SPONSORED BY NETWORK OF WELLBEING AND PUKKA HERBS

