The shift from economic growth to growth in wellbeing

FESTIVAL OF WELLBEING

Yasmin Alibhai-Brown • Craig Bennett • Carol Black
Brina • Monty Don • Mark Goldring • Leo Johnson
Roman Krznaric • Satish Kumar • Pascale Petit
Vinjamuri Ragasudha • James Sainsbury
Rupert Sheldrake • Vandana Shiva • Mark Williamson

WELLBEING IN WORDS
Saturday 11 October 2014
10am – 6pm
Bishopsgate Institute
230 Bishopsgate, London EC2M 4QH

WELLBEING IN ACTION
Sunday 12 October 2014
11am – 5pm
UnLtd
123 Whitecross St, London, EC1 Y 8JA
# Day One – 11th October

A day of speeches, music, dance and poetry to explore personal, social and planetary wellbeing

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Speaker(s)</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>10.15am</td>
<td>Resurgence of Wellbeing</td>
<td>James Sainsbury</td>
<td>Chairman of The Resurgence Trust</td>
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<tr>
<td>10.30am</td>
<td>Science of Wellbeing</td>
<td>Rupert Sheldrake</td>
<td>Author of <em>Science Delusion</em> and biologist</td>
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<tr>
<td>10.55am</td>
<td>Inequality – an obstacle to wellbeing</td>
<td>Mark Goldring</td>
<td>Chief executive of Oxfam</td>
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<tr>
<td>11.20am</td>
<td>Love, family and wellbeing</td>
<td>Yasmin Alibhai-Brown</td>
<td>Journalist and author</td>
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<tr>
<td>10.55am</td>
<td>Triple wellbeing: Soil, Soul, Society</td>
<td>Satish Kumar</td>
<td>Editor-in-chief, <em>Resurgence &amp; Ecologist</em></td>
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<tr>
<td>12.10pm</td>
<td>Seeds of Wellbeing</td>
<td>Vandana Shiva</td>
<td>Activist, physicist and feminist</td>
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<td>12.35am</td>
<td>The Healing Soil</td>
<td>Monty Don</td>
<td>Broadcaster and president, Soil Association</td>
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<tr>
<td>1–2.30pm</td>
<td>Lunch</td>
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<tr>
<td>2.30pm</td>
<td>The wellbeing of the Earth</td>
<td>Craig Bennett, Friends of the Earth</td>
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<td>Florence Scialom, Network of Wellbeing</td>
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<tr>
<td>2.55pm</td>
<td>Work; does it promote wellbeing?</td>
<td>Dame Carol Black</td>
<td>Newnham College Nuffield Trust</td>
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<tr>
<td>3.20pm</td>
<td>Indian Dance</td>
<td>Vinjamuri Ragasudha</td>
<td>Classical Indian Dance</td>
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<tr>
<td>3.45pm</td>
<td>The city of the future</td>
<td>Leo Johnson</td>
<td>Co-founder, Sustainable Finance Ltd</td>
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<td>4.05–4.25pm</td>
<td>Break</td>
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<tr>
<td>4.25pm</td>
<td>Empathy and the revolution of wellbeing</td>
<td>Roman Krznaric</td>
<td>School of Life and author</td>
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<tr>
<td>4.50pm</td>
<td>Poetry for wellbeing</td>
<td>Pascale Petit</td>
<td>Poet</td>
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<tr>
<td>5.15pm</td>
<td>Practical action for a happier society</td>
<td>Mark Williamson</td>
<td>Director of Action for Happiness</td>
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<tr>
<td>5.30pm</td>
<td>Sounds of Wellbeing</td>
<td>Brina</td>
<td>Singer</td>
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<tr>
<td>5.45pm</td>
<td>Raffle</td>
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<td>Event closes at 6pm</td>
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Today we will explore how to bring about wellbeing in the personal, social and environmental spheres.

We need to change habits and mind-sets as well as business practice, policy and economics, to shift from a financial growth-focused model to one which encourages wellbeing and is ecologically sustainable. We all have skills, expertise, passion and the drive to influence our communities for the better. The Festival’s second day brings people together in smaller groups, to explore our passions and motivations, and how we can translate these into action. We explore the themes of social entrepreneurship and innovation, helping you become more clearly focused about the difference you want to make. The day will be facilitated by Satish Kumar, editor-in-chief of Resurgence & Ecologist, and a team of UnLtd social entrepreneurs.

The UnLtd Foundation works for social entrepreneurs whose vision is a world in which people act to make it better. UnLtd has supported people to transform the communities in which they live for ten years and is the leading provider of support for social entrepreneurs.

Wellbeing Raffle

Please buy a raffle ticket during the course of day one. Money raised from this will help The Resurgence Trust. You could also win one of these items:

1. A one-year membership to Resurgence & Ecologist.
2. A place on the ‘Do Happiness’ programme.
3. A painting by Andy Atkins, Director of Friends of the Earth
4. A painting by Ynez Johnston.
5. Beauty products from Jo Wood Organics.
7. Two complimentary coaching sessions with Coaching While Walking, run by Karen Liebenguth.
8. Art of Bathing gift set from Lush.

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... and to our many supporters

This event is a fundraiser for The Resurgence Trust, an educational charity (1120414)
Please Donate

The Resurgence Trust is an educational charity that helps to bring about social transformation, environmental sustainability and spiritual revival. Please support our work by making a donation, becoming a member or leaving a legacy. Find out more and donate online: www.resurgence.org/support

Or email: satish@resurgence.org

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<tr>
<td>UK</td>
<td>£30    £25</td>
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Expiry Date

Card Security Code

Signature

Date

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