THE SHIFT FROM ECONOMIC GROWTH TO GROWTH IN WELLBEING

WELLBEING IN WORDS
Saturday 10 October 2015
10 am – 6 pm
The Resurgence Trust
Bishopsgate Institute
230 Bishopsgate, London EC2M 4QH

WELLBEING IN ACTION
Sunday 11 October 2015
10am – 4.30pm
Network of Wellbeing
Friends of the Earth, 1st floor; The Printworks, 139
Clapham Road, London SW9 0HP
FESTIVAL OF WELLBEING

Day One – 10th October
A day of speeches, music, dance and poetry to explore personal, social and planetary wellbeing

9:45am Doors Open
10:15am Welcome
10:30am Wellbeing and Law
Phillipe Sands QC Barrister and Author of Torture Team

10:55am Faith in the Future
Wellbeing of the Earth
Bishop James Jones
Former Bishop of Liverpool

11:20am Singing
Susie Ro Prater
Singer-songwriter

11:45am What is wellbeing and do we really want it?
Iain McGilchrist
Author of The Master and his Emissary

12:10pm Wellbeing of People and Planet
Satish Kumar
Editor-in-Chief of Resurgence & Ecologist

12:35pm Scilla Ellworthy: Everyday Life with the Beloved of the Soul
Founder of Peace Direct

1:00pm LUNCH

2.30pm James Wallman: What will the “Experience Revolution” mean for wellbeing? Author of Stuffocation Living More with Less

2.55pm FLOURISHING: Beyond Wellbeing
Karen Downes
Founder and Director of the Flourish initiative

3.20pm Classical Indian Dance
Ragasudha Vinjamuri

3.45pm A green and pleasant land - putting wellbeing at the centre of policymaking
Natalie Bennett
Leader of the Green Party

4.05pm TEA BREAK

4.35pm Poetry
Jo Shapcott
Poet

4.55pm Wellbeing Comes From Loving Birds
David Lindo
the Urban Birder: Broadcaster, writer, naturalist, photographer

5.15pm Resurgence Vision
James Sainsbury
Chair of The Resurgence Trust

5.25pm Wellbeing Raffle

5.45pm Raffle

6.00pm Close

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Day Two – 11th October
Interactive workshop hosted by Network of Wellbeing
Venue: Friends of the Earth, 1st floor, The Printworks, 139 Clapham Road, London SW9 0HP

Following on from the main Festival day event we are offering participants an opportunity to get involved in a second day of discussion focused on wellbeing in action.

To help create the shift from a world focused on economic growth to a world focused on wellbeing and ecological sustainability, we need to change habits and mind-sets as well as business practices, policy and fundamental systems. We all have skills, expertise, passion and drive that can influence our communities and our society for the better. Day two of the Festival will be in an interactive workshop format that will allow discussion, group work and networking around different aspects of personal, social and environmental wellbeing. Experienced facilitators will bring people together in smaller groups to discuss ideas and look at how we can harness our own expertise and passions to inspire wellbeing in action.

The day is being organised by the Network of Wellbeing and offers an opportunity to share and compare your ideas, your projects, network with others and to explore what we have learnt from the first day of the Festival of Wellbeing. Entry is free, but places are limited. If you have not already booked a place for day two, please visit the Network of Wellbeing stall or call 07702633687. For more information on the Network of Wellbeing please email info@networkofwellbeing.org or visit: www.networkofwellbeing.org

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. The Saffron Road – A Journey with Buddha’s Daughters by Christine Toomey.
2. Hope for Animals and their World by Jane Goodall.
3. War Horse by Michael Morpurgo.

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... and to our many supporters

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