

## **SOCIAL AND EMOTIONAL WELLBEING CONFERENCE**

**16<sup>th</sup> November 2018**

**Olde Barn Hotel (formerly Ramada Resort), Grantham**

### Itinerary for the day

| TIME          | ITEM   |
|---------------|--|
| 9.00 – 9.30   | <b>Registration then time for a tea/coffee and chat</b>  |
| 9.30 – 9.40   | WELCOME – Russell Postlethwaite  |
| 9.40 – 11.00  | <b>TALK 1:</b> Introduction to Social and Emotional Wellbeing: what it means for your school.<br><br><i><a href="#">Russell Postlethwaite and Emma Clink</a></i>     |
| 11.00 – 11.30 | <b>BREAK – tea/coffee and time to talk!</b>  |
| 11.30 – 13.00 | <b>TALK 2:</b> Informing Perspectives on the Digital Mind: Social Media and the Impact on Mental Health and Well-being.<br><br><i><a href="#">Dr. Ed Chilton</a></i> |
| 13.00 – 14.15 | <b>LUNCH – at last!</b>  |
| 14.15 – 15.45 | <b>TALK 3:</b> Mindfulness: growing emotional wellbeing and positive mental health in schools.<br><br><i><a href="#">Dr. Bernadette Carelse</a></i>                  |
| 15.45 – 15.55 | <b>Round up and final comments</b>   |

There will also be a chance to win some bonus prizes throughout the day as well as look at the stands from other education focused providers.

For tickets go to <https://wellbeing-conference.eventbrite.co.uk> or [www.futuresinmind.org/conference](http://www.futuresinmind.org/conference)

We very much look forward to seeing you there.

Russell Postlethwaite and Emma Clink  
*Consultant Educational Psychologists*  
Futures in Mind Ltd

***‘Making a positive difference to the lives of children, young people and those who support them through the application of psychology’***

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