

COBIS Wellbeing Conference April 2017

Friday 14th April 2017

Time	Session Details	
8.45	Pick up from Hotel	
9.00	Registration / Coffee	
9.15	Start / Welcome by COBIS/Dubai College	
9.45	Key note address 1: Teaching Character and Wellbeing <i>Ian Morris, Wellington College</i>	
10.45	Break	
11.15	<u>Practical session 1, option 1:</u> Coaching for Wellbeing <i>Judith Barton, British School of Coaching</i>	<u>Practical session 1, option 2:</u> Mindfulness Based Stress Reduction Program as developed by Jon Kabat-Zinn in Massachusetts <i>Martine Nates</i>
12.10	Lunch	
1.10	<u>Practical session 2, option 1:</u> Mindful Parenting - Strategies to help Parents, Teachers, Counsellors and Schools <i>Jo Jewell, Mindful Parenting UAE</i>	<u>Practical session 2, option 2:</u> Using Strengths Card with Students: participants will have an opportunity to explore the use of Strengths Cards with students and staff in educational settings. Identifying strengths and using them more broadly can be a powerful way of increasing wellbeing and positivity in schools. <i>Christian van Nieuwerburgh, University of East London</i>
2.05	Key note address 2: From Affluenza to Wellbeing and Happiness John will explore a series of questions: What is affluenza and how does consumerism threaten our health, happiness and environment? What's wrong with GDP and what's right with GNH (Gross National Happiness)? What is the difference between <i>wellbeing</i> and <i>happiness</i> and what matters most-- <i>policy change</i> or <i>personal change</i> --in improving both? Why do Happiness Skills help translate wellbeing into happiness, and how can they be incorporated into our schools and educational systems? <i>John de Graaf, author of Affluenza</i>	
3.05	Break	
3.35	<u>Practical session 3, option 1:</u> What is Philosophy? (aimed at teachers of secondary students) <i>A C Grayling, New College of the Humanities</i>	<u>Practical session 3, option 2:</u> Inserting Happiness Habits into everyday teaching for Early Years/Primary practitioners <i>Alexia Barrable</i>
4.30	Finish and return to hotel	
5.30	Leave hotel for evening event	
6.30	Desert Drumming (<i>delegate families welcome, including children, extra tickets on sale</i>)	
9.30	Leave event to return to hotel	

Saturday 15th April

Time	Session Details	
8.45	Pick up from Hotel / Coffee	
9.00	Laughing Yoga, <i>Sunan Suneja from Murano Lights</i>	
9.45	Key note address 3: The Humanities and Human Flourishing <i>A C Grayling, New College of the Humanities</i>	
10.45	Break	
11.15	<u>Practical session 4, option 1:</u> Coaching for Wellbeing <i>Judith Barton, British School of Coaching</i>	<u>Practical session 4, option 2:</u> Using the happiness survey to teach academic subjects and happiness skills John will introduce the Gross National Happiness survey of the Happiness Alliance (www.happycounts.org) and show how schools can use the survey to better understand the needs of their students, help students develop happiness skills that are effective, and improve learning outcomes in such academic subjects as geography, psychology, math, and political science/government <i>John de Graaf, author of Affluenza</i>
12.10	Lunch	
1.10	<u>Practical session 5, option 1:</u> Inserting Happiness Habits into everyday teaching for Early Years/Primary practitioners <i>Alexia Barrable</i>	<u>Practical session 5, option 2:</u> Mindfulness Based Stress Reduction Program as developed by Jon Kabat-Zinn in Massachusetts <i>Martine Nates</i>
2.05	Key note address 4: Positive Education: Integrating Coaching and Positive Psychology <i>Christian van Nieuwerburgh, University of East London</i>	
3.05	Break	
3.35	<u>Practical session 6, option 1:</u> Mindful Parenting - Strategies to help Parents, Teachers, Counsellors and Schools <i>Jo Jewell, Mindful Parenting UAE</i>	<u>Practical session 6, option 2:</u> Starting to think about character education <i>Ian Morris, Wellington College</i>
4.30	Plenary & Conference Close	