

WELLBEING WORKSHOP

TIME: 14.30 – 15.15

LOCATION: BANQUETING HALL

In our busy lives, we might sometimes forget to take care of ourselves. In this session, Michael Atkinson and Dr Zoe Williams combine their knowledge and experience to help you to improve and maintain your personal wellbeing. At the end of this workshop, there will be an opportunity for discussion and questions with the speakers.

Michael Atkinson, Teaching Fellow in Clinical Education Programme, Newcastle University

Mindfulness is a practice and a way of living that involves paying attention to our internal and external experiences from moment-to-moment, with an attitude of kindness, acceptance and appreciation.

In this session, Michael Atkinson will provide the opportunity to experience the practice of mindfulness. You will be introduced to some of the teachings and research evidence that underpins it, particularly related to how it can enhance well-being and mental health.



Dr Zoe Williams (Medical Doctor/GP, Media Personality, Fitness and Physical Activity Expert, Motivational Speaker and Ex-Gladiator).

Physical activity is an essential aspect of overall wellbeing and Dr Zoe Williams will give a presentation regarding the contribution of physical exercise in the context of mental health as well as how important physical activity is for general health and, for instance, how it can be successfully incorporated into daily lives as prevention and treatment for many diseases. At the end of the session, a brief interactive exercise will be introduced to the audience in which everyone is welcome to take part.

