

ONLINE-ONLY WORKSHOPS		
DAY	TIME	SESSION AND SPEAKER
FRIDAY	17:15 - 18:30	Online Workshop: Strand 1 - "May we all be safe...": Exploring ethical practice in mindfulness and our duty of care to each other with Sarah Millband
SATURDAY	12:30 - 13:45	Online Workshop: Strand 2 - Turning Towards the Lovely: A Radical Approach to Responding to the Difficult with Trish Bartley
SATURDAY	17:30 - 18:45	Online Workshop: Strand 3 - Neurodiversity and Mindfulness with Jessica Andexer
SUNDAY	12:00 - 13:15	Online Workshop: Strand 4 - Mindfulness-Based Childbirth and Parenting (MBCP): Preparing for Parenthood Mindfully with Jennifer Averill Moffitt and Eluned Gold
SUNDAY	15:45 - 17:00	Online Workshop: Strand 5 - Mindfulness Practices in Government with Pegs Bailey and Diana Reynolds

## Online Session and Speaker Overview



### Online-Only Workshop with Jessica Andexer (pre-recorded)

**Neurodiversity and Mindfulness:** This workshop will take a brief look at what neurodiversity is. It will go on to explore how neurodivergent people may experience mindfulness teaching, with some ideas on how to make adaptations to make mindfulness spaces, courses and sessions more inclusive.

*This workshop will be pre-recorded and live streamed. Participant engagement will be possible through an online platform (Padlet), where questions and responses can be addressed after the conference.*



### Online-Only Workshop with Sarah Millband

**"May we all be safe..." Exploring ethical practice in mindfulness and our duty of care to each other:** Sarah Millband has been involved in training and development in third sector and grassroots voluntary organisations in Wales for over 30 years and is a mindfulness teacher, supervisor, trainer and safeguarding officer with the Mindfulness Network.



### Online-Only Workshop with Trish Bartley

**Turning Towards the Lovely - A Radical Approach to Responding to the Difficult:** This online workshop will explore the movement of turning towards what is pleasant and enjoyable – both as a practice and as a group / personal reflection – to discover what this might offer us at particular moments and as an everyday exercise. Trish Bartley has developed and published MBCT for Cancer and taught clinical groups of people with cancer since 2001.



### Online-Only Workshop with Jennifer Averill Moffitt and Eluned Gold

**Mindfulness-Based Childbirth and Parenting (MBCP) - Preparing for Parenthood Mindfully:** In this workshop, Eluned and Jennifer – both Directors at the Mindful Birthing and Parenting Foundation - will share aspects of the programme as well as research outcomes and experiences related to the impact of MBCP.



### Online-Only Workshop with Diana Reynolds and Pegs Bailey

**Mindfulness Practices in Government - a case study from Wales:** Wales was the first country in the world to embed the United Nations Sustainable Development Goals into legislation in the Well-being of Future Generations Act (2015). Diana leads the culture change service that supports this work and has received support and insights from many academics.