

**NATIONAL MINDFULNESS CONFERENCE**

**Thursday, 11<sup>TH</sup> March 2010**

**PROGRAMME**

09:55	Registration and Coffee in the Old Big School
10:15	Welcome and Introduction in the Cawthorne Lecture Theatre Peter Carpenter, Director of Teaching & Learning, Tonbridge School
10:20	<b>Session 1: Michael Chaskalson</b> Introducing mindfulness
11:00	<b>Session 2: Professor Mark Williams</b> Mindfulness in the adult world
11:40	----- [break] -----
11:45	<b>Session 3: Richard Burnett and Dr. Chris O’Neil</b> Mindfulness in schools – key differences from mindfulness in adults Curriculum – an 8 week mindfulness course for use in secondary schools
12:15	<b>Session 4: A sample lesson</b>
1:00	----- [lunch in Old Big School] -----
1.45	<b>Session 5: The pupil perspective</b> Tonbridge students share their views and experiences of mindfulness
2.20	<b>Session 6: Professor Felicia Huppert</b> The mindfulness in schools research project
2:50	<b>Session 7: Jini Lavelle</b> Training the teachers
3:05	----- [break] -----
3.10	<b>Session 8: Open Forum</b> Others from the field of mindfulness in schools share their experiences
3.50	<b>Panel and questions</b>
4.20	<b>Conclusion: Professor Mark Williams</b>
4.30	-----Tea in Old Big School-----