

23 April, 2015, Web of Wellbeing (WOW) Barbour room, Sage Gateshead (9:30-17:30)

You have a unique opportunity to participate in our *Web of Wellbeing* and explore together with prominent scientists and practitioners the physiological, mental and social aspects of being and staying well.

9:30 Welcome

9:45- 11:15, Creativity and Wellbeing

Sugata Mitra, Winner of the TED prize 2013, the 'The New Face of Education'

Lars Kolind, Author of UNBOSS, on 'The New Face of Business'

Art and Music Expression, Dr Colin Lawson and Marianne Sice, Edinburgh College of Art, Nicholas Ashton and Dr John Hails.

11:15-11:30 Coffee Break

11:30 – 12:30 Health and Wellbeing

Dr Laurie Rauch, University of Capetown, 'Wellbeing and the Nervous System';

Elisabeth Rochat, on 'Western and Eastern Approaches to Health and Wellbeing';

Q&A

12:30 – 13:15 Lunch Break

13:15 – 14:35, Health and Wellbeing

Prof Dietmar Heimes, CEO Rayonex, Germany on 'The New Face of Medicine: Bioresonance';

Demonstration Session: Thomas Warrior, Bioresonance-Scotland.

14:35 – 14:55 Coffee Break

14:55-16:45, Resilience and Wellbeing

Gavin Atkins, Mind UK, and Stuart Dexter, Tyneside Mind, on 'Resilience'

Michele Hipwell, Queen Margaret University and Sarah Cavanagh, WELCOME research group, on 'Mindfulness and Emotional Intelligence'

Q&A

16:45 – 17:30 Audience Ideas and Suggestions

Web of Wellbeing is organised by the Sage Gateshead in collaboration with the WELCOME research at Northumbria University Newcastle.

Tickets available at the Sage Gateshead: <http://www.sagegateshead.com/event/web-of-wellbeing/>