



# LEADING INTO WELLBEING: THE POWER OF MINDSIGHT

22<sup>ND</sup> APRIL, 2015

9:30AM TO 6:30PM, THE BARBOUR ROOM, SAGE GATESHEAD

An Interactive Conference Exploring the Nature of Being Human with Dr Dan Siegel, UCLA, Mindsight Institute

*‘Dr Siegel is one of the most thoughtful, eloquent, scientifically solid and reputable exponents of mind/body/brain integration in the world today.’*

JON KABAT-ZINN, PhD.

‘Mindsight’ describes our human capacity to perceive the mind of the self and others. It is a powerful lens through which we can see and understand our inner lives with more clarity, integrate the brain, and enhance our relationships with others.

‘Mindsight’ is a learnable skill that we need at work, in our personal lives and relationships to allow us to experience our full potential. Whether you are an educator, a counsellor, a carer, a policy maker, a leader or an entrepreneur, a community worker, a medical or a public health professional, a psychotherapist, an artist or scientist, a coach or simply looking to explore your own potential, we invite you to embrace this opportunity and join us for a day of insight and wonder, in learning the skill of Mindsight with Dr Dan Siegel.

Please register at [www.northumbria.ac.uk/mindsight2015](http://www.northumbria.ac.uk/mindsight2015)

For further information contact [petia.sice@northumbria.ac.uk](mailto:petia.sice@northumbria.ac.uk) or [k.koya@northumbria.ac.uk](mailto:k.koya@northumbria.ac.uk)

## Panel Featuring



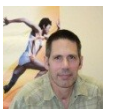
*Prof Dietmar Heimes*, CEO, Rayonex, Germany, on ‘Bioresonance’



*Prof Sugata Mitra*, Newcastle University, UK on ‘The New Face of Education’



*Prof Lars Kolind*, Author of UNBOSS, Aarhus University, Denmark, on ‘The New Face of Business’



*Dr Laurie Rauch*, University of Capetown, on ‘Wellbeing and the Nervous System’



*Dr Michele Hipwell*, Queen Margaret University, UK, on ‘Mindfulness’



*Dr Colin Lawson*, Artist, Edinburgh College of Art, UK, art expression



*Marianne Sice*, Music, student, Edinburgh College of Art, UK, music expression



*Gavin Atkins*, Head of Communities and Grants, Mind UK, on ‘Resilience’



*Tracy Woodall*, CEO, Hartlepool & District Hospice, on ‘Compassionate Care’



*Elisabeth Rochat de la Vallée*, Director of the European School of Acupuncture, France on ‘Eastern and Western Approaches to Wellbeing’



*Sarah Cavanaugh*, WELCOME research, Northumbria University Newcastle. UK on ‘Love&Compassion’



*Prof Nigel Osborne*, MBE, Composer, Edinburgh University, UK on ‘Music and the Brain’ (video)



*Nicholas Ashton*, Pianist, Edinburgh Napier University, UK, music expression



*Dr John Hails*, Music, Edinburgh Napier University, UK, music expression

9:30	Arrival and Registrations
10:00 – 10:15	Opening with <i>Dave Camlin</i> (Sage Gateshead) Introduction by <i>Dr Petia Sice</i> , <i>Dr Kushwanth Koya</i> , (Northumbria University Newcastle)
10:15 – 11:30	Mindsight: <i>Dr Dan Siegel</i> , (Mindsight Institute)
11:30 – 11:45	Coffee Break
11:45 – 13:00	Mindsight: <i>Dr Dan Siegel</i> , (Mindsight Institute)
13:00 – 13:30	Lunch Break
13:30 – 14:45	Mindsight and Mindsight Practice, <i>Dr Dan Siegel</i> , (Mindsight Institute)
14:45 – 15:00	Coffee Break
15:00 – 16:00	Mindsight and Mindsight Practice, <i>Dr Dan Siegel</i> , (Mindsight Institute)
16:00 – 16:30	Q&A session
16:30 – 17:45	<b>Panel discussion: Implications of Mindsight for Health, Education, Art and Leadership (HEAL)</b>
17:45 – 18:05	Introducing the Mindsight Challenge 2015: <i>Prof Andrew Wathey</i> , Vice-Chancellor, Northumbria University Newcastle (TBC) <i>Dr Robbie Duschinsky</i> , <i>Dr Petia Sice</i> <i>Wendy Smith</i> , Head of Strategy and Enterprise, Sage Gateshead
18:05 – 18:30	Networking and collecting Certificates of Attendance

Conference Chair: Petia Sice

Operations Chair: Kushwanth Koya

Managing Chair: Katy Milne

#### Organising Committee:

Petia Sice, Kushwanth Koya, Robbie Duschinsky, Shelagh Keogh, Li Zhang, Edward Bentley, Amanda Clarke, Pauline Pearson, John Fulton, Yitka Graham, Stuart Dexter, Alistair Sambell, Stephen Smith, Zoe Chouliara, Thanos Karatzias, Nicholas Ashton, John Hails, Jane Anderson, Iddo Oberski, Katy Milne, Dave Camlin, Wendy Smith, Kitty Porteous, Emily Corney; David McMurtry, Thomas Warrior, Karen George, Suzannah Ogwu, Xia Li, Son Phung, Srisukkhum Worawut, Paras Patel; Andii Bowsher; Hazera Begum; Sue Fisher; Sue Shea

Follow up events WELCOME research at Northumbria University Newcastle in collaboration with Sage Gateshead

23<sup>rd</sup> April, 9:30-17:00 Web of Wellbeing (WOW): Booking at <http://www.sagegateshead.com/event/web-of-wellbeing/>

26<sup>th</sup> May, 2015 Brain, Mind, Music and Quality of Life with Nigel Osborne, Clarence Adoo and Nicholas Ashton: Forthcoming



University of  
Sunderland

