

Festival 2020 Schedule

Time	Event	Description
10.00	Welcome	An introduction by Tania Diggory and Dennis Relajo-Howell
10.05	Guided Meditation	Led by Self-Care Practitioner Valerie Teh
10.15	Workplace Culture	A Workplace with a Soul: Creating a Culture of Authenticity Interview with Bruce Daisley, led by Tania Diggory
11.00	Break	Partner Talk: Speaker Express
11.15	Resilience & Wellbeing	Beyond Resilience: Presentation by Dr Mark Hoelterhoff
12.00	Break	Partner Feature: Solar Radio
12.15	Mental Health in the Creative Industries	Panel Discussion with JP Cooper, Mel Phillips, Leo Anna Thomas and Joe Hastings
13.00	Stand-up Comedy:	Joshua Robertson shows us the power of comedy
13.15	Break	Partner Feature: Longevity
13.30	Making Kindness the Norm	A conversation with Premila Puri
13.45	Break	Partner Feature: Monday State of Mind
14.00	Men's Mental Health	Men's Mental Health and The Power of Vulnerability: Keynote Talk by Dan Keeley
14.45	Break	Partner Talk: Startups Magazine
15.00	Digital Storytelling	From Creative Outlet to Career Path: Writing workshop by Dennis Relajo-Howell and Besma Whayeb
15.45	Empowering you and your next steps	Closing discussion by Tania Diggory and Dennis Relajo-Howell
16.00	Festival ends	