

Victoria University's ninth
annual Wellbeing Symposium

Mindfulness in tertiary education

Friday 26 October
Student Union Building | Kelburn Campus

Symposium Programme



Registrations			
SU237 Atrium			
8.30am	Registration desk opens		
Plenary sessions			
SUMT228 Memorial Theatre			
9am	Mihi Whakatau	Anton O’Carroll	
9.10am	Opening speech	Professor Wendy Larner	
9.20am	MC House keeping		
9.30am	Key note address—Mindfulness	Professor Paul Jose	
10.30am	Morning tea		
11am	Exhibitors’ panel	Jamie Gibson and Hanna Tarpley—Zeno Project Carina Allen—Zen Division Hamish Dobbie—The Peer Tree Alex Beattie—Mindful Tech Amanda Fraser—Student Finance, Victoria University of Wellington	
12pm	Lunch		
Breakout sessions			
1pm	SUMT228 Memorial Theatre	SU219	SU220
	+ Introduction + Anny da Silva Freitas What’s mine is mine. What’s yours is yours! + Mel Bissett In pain and losing hope—help yourself with mindfulness + Debbie O’Connor Ways to wellness in a university setting	+ Introduction + Ella Hughes Mindfulness as a tool for survivors of sexual violence + The Bubble Victoria University of Wellington + Student Wellbeing Awareness Team Victoria University of Wellington	+ Introduction + Alex Beattie Healthy Tech Habits
2pm	SUMT228 Memorial Theatre	SU219	SU220
	+ Introduction + Dr John Randal Riding to the challenge—raising funds and awareness for mental health + Meredith Price Well360—a wellness programme for students with anxiety and depression + Dr Monica Tempian and Schyana Sivanantham Mindful movement – skilled attention – physical emotion regulation: the training programme, Awareness Through Movement (ATM)	+ Introduction + Marlon Drake Student Mindfulness + Ruth Stirling Mindfulness, mental health and musculoskeletal injury + Jasmine Harding, Roni Alder and Maggie Sturgess DBT Mindfulness	+ Introduction + Dane Robertson Increase, Improve, Impact!
3pm	Afternoon tea		
Plenary session			
SUMT228 Memorial Theatre			
3.30pm	Panel discussion		
4pm	Closing speech	Gerard Hoffman	

***Programme subject to change**