



SEMINAR TIMETABLE

	Ricoh Suite 1	Ricoh Suite 2	Chairman's Lounge	Captain's Lounge	Fred Keenor	Don Murray	Cymru Lounge
8:00 – 9:30am	Networking breakfast and opening address by Dawn Evans, Event Director			Networking breakfast and opening address by Dawn Evans, Event Director			
9:30 – 10:10am	The Momentum of Menopause: Support for Everyone Experiencing Menopause <i>Bobbie Allen</i>	How to hold Conversations with Young People about their Mental Health <i>Kim Hodges, Mind Cymru</i>	The Four Pillars of Quality Self-care <i>Dr Monica Vermani</i>	Empowering Foster Carers: How Businesses Can Provide Essential Support <i>Gareth Powell, Calon Cymru Fostering</i>	The Forge Within – A New Way to Talk About Suicide Prevention <i>Sam Wilkes</i>	From Crisis to Clarity: A Mother's Journey Through Mental Health and the Power of Hope <i>Sarah Coward</i>	Quiet Room
10:30 – 11:10am	Thriving Together: The Workplace Wellbeing Revolution <i>Dawn Evans</i>	Self-Management Toolkit for Bipolar <i>Helen Hancock & Ceri Ashe</i>	The Beauty of Sleep – Sleep Difficulties and Disorders for Adults with Learning Disabilities, and Autistic People <i>Michael Fullerton and Crystal Higgins</i>	Emotional Freedom: A New Conversation in Mental Health <i>Geraldine McGrath</i>	The Importance of Mental Health and Physical Health in Dads <i>Jacob Guy</i>	Drum Yourself Happy <i>David Powell</i>	Quiet Room
11:30 – 12:10pm	Bereavement in the Workplace: Supporting People Through Loss <i>Katherine Potter, Platform Wellbeing</i>	Safe Spaces, Strong Minds: EDIB as a Foundation for Mental Health <i>Dr Susie Nyman</i>	A Pineapple, Some LEGO®, and You: Building a Healthier Life, One Brick (and Bite) at a Time <i>Sid Madge</i>	Adult & CYP Sanctuary Models including Same Day Open Access Services in the Third Sector <i>Chloe Farnham, Adferiad</i>	Your Midlife Hormone Map – And How to Break Free <i>Becca Tebon</i>	Even in Stillness You Find Your Rhythm <i>Lisa Williams</i>	Quiet Room
12:30 – 1:30pm	KEYNOTE SPEAKER Nerves of Steele - Steeley, you of all people?!, Phil Steele			KEYNOTE SPEAKER Nerves of Steele - Steeley, you of all people?!, Phil Steele			Quiet Room
2:30 – 3:10pm	Corporate Life to Mindful Living <i>Simon Delve</i>	Beyond the Baby: The Real Story of Maternal Mental Health <i>Emma Jay Hopkins</i>	The Moment I Realised my Story Wasn't Over <i>Paula Tims</i>	Rewiring Burnout & Anxiety: Rapid Emotional Reset Tools Rooted in Brain Injury Recovery <i>Jenell Kelly</i>	Gambling Harms in Wales – A New System <i>Rob Parker, Ara Recovery 4 all</i>	Win-Win: Wellbeing Works for Work; Work Works for Wellbeing <i>Oliver Williams</i>	Quiet Room
3:30 – 4:10pm	Using Creative Writing to Explore your Wellbeing <i>Bobbie Allen</i>	Making Space to Talk About Our Emotional Health and Living Well with Illness <i>Barbara Chidgey</i>	When Willpower Isn't Enough: Regulating the Nervous System Through Breath <i>Esther Nagle</i>	Tragedy To Triumph, Now Living My Authentic Life <i>Andrew Jenkins</i>	Walking with Grief <i>Paul Fears</i>	Humans not Numbers: The People's Principles for Health and Social Care in Wales <i>Lisa Charles, Llais</i>	Quiet Room