



Resurgence
& ECOLOGIST

FESTIVAL OF THE SHIFT FROM ECONOMIC GROWTH TO GROWTH IN WELLBEING WELLBEING

Yasmin Alibhai-Brown • Craig Bennett • Carol Black
Brina • Monty Don • Mark Goldring • Leo Johnson
Roman Krznaric • Satish Kumar • Pascale Petit
Vinjamuri Ragasudha • James Sainsbury
Rupert Sheldrake • Vandana Shiva • Mark Williamson

WELLBEING IN WORDS

Saturday 11 October 2014
10am – 6pm
Bishopsgate Institute
230 Bishopsgate, London EC2M 4QH

WELLBEING IN ACTION

Sunday 12 October 2014
11am – 5pm
UnLtd
123 Whitecross St, London, EC1Y 8JA

FESTIVAL OF WELLBEING

Day One – 11th October

A day of speeches, music, dance and poetry to explore personal, social and planetary wellbeing



10.15am
Resurgence of Wellbeing
James Sainsbury
Chairman of The Resurgence Trust



10.30am
Science of Wellbeing
Rupert Sheldrake
Author of *Science Delusion* and biologist



10.55am
Inequality – an obstacle to wellbeing
Mark Goldring
Chief executive of Oxfam



11.20am
Love, family and wellbeing
Yasmin Alibhai-Brown
Journalist and author



10.55am
Triple wellbeing: Soil, Soul, Society
Satish Kumar
Editor-in-chief, *Resurgence & Ecologist*



12.10pm
Seeds of Wellbeing
Vandana Shiva
Activist, physicist and feminist



12.35am
The Healing Soil
Monty Don
Broadcaster and president, Soil Association



1–2.30pm
Lunch



2.30pm
The wellbeing of the Earth
Craig Bennett, Friends of the Earth
Florence Scialom, Network of Wellbeing



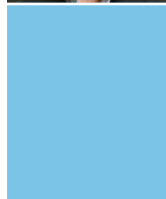
2.55pm
Work; does it promote wellbeing?
Dame Carol Black
Newnham College Nuffield Trust



3.20pm
Indian Dance
Vinjamuri Ragasudha
Classical Indian Dance



3.45pm
The city of the future
Leo Johnson
Co-founder, Sustainable Finance Ltd



4.05–4.25pm
Break



4.25pm
Empathy and the revolution of wellbeing
Roman Krznaric
School of Life and author



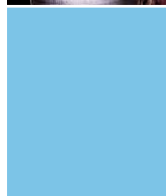
4.50pm
Poetry for wellbeing
Pascale Petit
Poet



5.15pm
Practical action for a happier society
Mark Williamson
Director of Action for Happiness



5.30pm
Sounds of Wellbeing
Brina
Singer



5.45pm
Raffle
Event closes at 6pm

Day Two – 12th October



Interactive workshop hosted by UnLtd

Venue: UnLtd, 123 Whitecross Street, London EC1Y 8JJ (Tube stations: Barbican or Old Street)

Today we will explore how to bring about wellbeing in the personal, social and environmental spheres.

We need to change habits and mind-sets as well as business practice, policy and economics, to shift from a financial growth-focused model to one which encourages wellbeing and is ecologically sustainable.

We all have skills, expertise, passion and the drive to influence our communities for the better. The Festival's second day brings people together in smaller groups, to explore our passions and motivations, and how we can translate these

into action. We explore the themes of social entrepreneurship and innovation, helping you become more clearly focused about the difference you want to make. The day will be facilitated by Satish Kumar, editor-in-chief of *Resurgence & Ecologist*, and a team of UnLtd social entrepreneurs.

■ The UnLtd Foundation works for social entrepreneurs whose vision is a world in which people act to make it better. UnLtd has supported people to transform the communities in which they live for ten years and is the leading provider of support for social entrepreneurs.

Wellbeing Raffle

Please buy a raffle ticket during the course of day one. Money raised from this will help The Resurgence Trust. You could also win one of these items:

1. A one-year membership to *Resurgence & Ecologist*.
2. A place on the 'Do Happiness' programme.
3. A painting by Andy Atkins, Director of Friends of the Earth
4. A painting by Ynez Johnston.
5. Beauty products from Jo Wood Organics.
6. Signed books by Tony Juniper.
7. Two complimentary coaching sessions with Coaching While Walking, run by Karen Liebenguth.
8. Art of Bathing gift set from Lush.
9. Four books from Vintage Books: *Waterlogged* by Roger Deakin, *The Examined Life* by Stephen Grosz, *Nature Cure* by Richard Mabey, *Teach us How to Sit Still* by Tim Parks.

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Or email: satish@resurgence.org

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