

Unlocking Resilience: Your Psychological Vaccine

Conference Schedule*

Whether you know it or not, our psychological system is already immune. Discover how it can guide you, your children and your families through a global health pandemic.

*Subject to Change

Time	Topic	Speaker
9:30-9:50	Introduction <i>Do we need a psychological vaccine?</i> <i>Why this conference and why now?</i>	Ian Russell & Terry Rubenstein
9:50-10:35	Keynote <i>Have we got it all wrong? Why our understanding of mental health is doing more harm than good – eye-opening research & insights from a pioneering psychological thought leader.</i>	Dr James Davies
10:40-11:10	Fundamentals, Part 1 <i>How our innate psychological system works.</i>	Charlotta Lynch
11:10-11:30	Break	
11:30-12:00	Fundamentals, Part 2 <i>Why wellbeing is always available to us, even in lockdown.</i>	Charlotta Lynch
12:00-12:20	Q & A <i>Answering your questions on the fundamentals of unlocking our innate resilience and wellbeing.</i>	Terry Rubenstein & Charlotta Lynch
12:25-13:00	Parenting workshop <i>Knackered and confused - and that's just the parents!</i> <i>How to create a resilient family.</i>	Terry & Brian Rubenstein
13:00-14:00	Lunch Break	
13:20 – 14:00	Optional Session <i>Bringing hope to the next generation: how to become an iheart Facilitator</i>	Jeremy Bogush
14:00-14:40	Educational Leaders Panel <i>No more tick boxes! Let's really help our students when they need it most.</i> James Franklin-Smith; Samson Olusanya; Rani Chahal; James Greenwood; Arron Poole	Facilitated by Zia Brooks

14:45-15:25	Parenting workshop <i>I gotta get outta this house! Helping our children deal with loneliness, isolation and boredom.</i> OR Home-schooling workshop <i>Does lockdown = meltdown? Helping our children deal with exam-writing and home-studying without everyone falling apart.</i>	Terry Rubenstein & John Scott Zia Brooks & Jacqui Bull
15:25-15:45	Break	
15:45-16:15	Next Generation Panel (18-22 years) <i>We can see clearly now the rain is gone.... It's gonna be a bright, sunshiny day.</i>	4 young iheart facilitators
16:20-17:00	Parenting workshop <i>Help, my child won't get off that darn device - and part of me doesn't want them to either!</i> OR Relationship's workshop <i>3 lockdowns later - can we get along while living on top of each other?</i>	Debbie Fisher & Babs Shearer Stacey Levine, John Scott & Heather Casselman
17:05-17:30	Young People's Panel (10-15 years) <i>Let's hear from the kids: What our children have to say about discovering their built-in resilience during these times.</i>	4 children who have participated in an iheart programme
17:30-17:50	Break	
17:50-18:20	Q & A <i>Anything you want to ask about what you have learned - or still wish to learn.</i>	iheart faculty
18:25 – 18:55	Keynote <i>Why a physical health pandemic does not have to lead to a mental health one – perspectives from a global public health leader</i>	Professor Anthony Kessel in conversation with Dana Arenson
18:55-19:45	Dinner Break or Optional Session	
	Optional Session <i>Uncovering the resilience in your own family: How to take your iheart learning forwards</i>	Jeremy Bogush & Heather Cassleman

19:45-20:20	Keynote <i>Is resilience more accessible than we think?</i> <i>Looking at research that shows we are built to deal with adversity.</i>	Dr. Marilyn Bowman in conversation with Terry Rubenstein & Charlotta Lynch
20:20- 20:30	Closing <i>Unlocking our innate resilience: Why we can look forward to the future with hope and optimism.</i>	Terry Rubenstein
20:30	End	