## Advance HE Mental Wellbeing Symposium

### Online platform opens
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**09:15 - 09:30**

### Welcome and introduction
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**09:30 - 09:45**

**Joan O’ Mahony, Senior Advisor (Learning and Teaching), Advance HE**

### Keynote Presentations
**Chair: Joan O’ Mahony, Senior Advisor (Learning and Teaching), Advance HE**
**09:45 - 10:30**

**Zoë Allman, Associate Dean (Academic), De Montfort University**

**Lawrie Phipps, Senior Research Lead, Jisc**

**Q&A/Discussion (15 mins)**

### Session 1: How can our institutions support staff wellbeing?
**Chair: Joan O’ Mahony, Senior Advisor (Learning and Teaching), Advance HE**
**10:30 - 11:30**

**1.1 Building a Supportive Institution**
Charlotte Williams, Tavistock Consulting

**1.2 A connected approach to supporting colleagues**
Dr Anne Gannon, University College Cork

**1.3 Measuring Portsmouth University staff wellbeing within a framework for evaluation and support**
Dr Denise Meyer, Melita Sidropoulou, Daphne Kaklamanou, Zarah Vernham and Laura Hyman, University of Portsmouth

**Q&A/Discussion (15 mins)**

### Comfort break
**11:30 - 11:45**

### Lunch
**11:45 - 13:00**

### Session 2: Community and connection: how can we work together, and why?
**Chair: Joan O’ Mahony, Senior Advisor (Learning and Teaching), Advance HE**
**13:00 - 14:00**

**2.1 Developing Teams as a Secure Base**
Dr Laura Biggart, University of East Anglia

**2.2 (Re)Connecting the disconnection: A case study of how Communities of Practice (CoPs) supports teaching practices**
Sam Willis, Louise Reynolds and Kylie Gumbleton, London Ambulance Service NHS Trust

**2.3 Sticky objects and HE teacher well-being: views on the positive from the UK and Saudi Arabia university contexts**
Dr Sian Etherington and Dr Judith Hanks, University of Salford

**2.4 Living the Value of Care in a Socially Distanced Learning Community**
Dr Julie Pearson and Jennifer Murray, St Mary's University

**Q&A/Discussion (15 mins)**

### Comfort break
**14:00 - 14:15**

### Session 3: What develops individual wellbeing?
**Chair: Joan O’ Mahony, Senior Advisor (Learning and Teaching), Advance HE**
**14:15 - 15:15**

**3.1 Supporting the mental health and wellbeing of HE teachers using Emotional Intelligence Skills Training (EIST)**
Dr Kevin Merry, De Montfort University

**3.2 Creating time and space for new academics by embedding coaching skills in their accreditation programme**
Sarah Wolfenden, Brunel University London

**3.3 Supporting Research Students During COVID-19: Sharing Good Practice from Essex**
Anne Kavanagh, Katrine Sundsbo, Hannah Pyman and Dr Samer Gharib, University of Essex

**3.4 Examples of high impact individual wellbeing skills: e.g. time and stress management; emotional resilience**
Dr Abeer Hassan and Dr Dalia Alazzeh, University of the West of Scotland

**Q&A/Discussion (15 mins)**

### Comfort break
**15:15 - 15:30**

### Session 4: What is effective leadership for staff wellbeing?
**15:30 - 16:30**

**4.1 Recognising Whole Units in Succession**
Samatha Ross, University of St Andrews

**4.2 Compassionate HE management in a time of Covid**
Andrea Cameron, Abertay University

**4.3 Reflections of a Wellbeing Champion**
Dr Meryl Dickinson, Brunel University London

**Q&A/Discussion (15 mins)**

### Comfort break
**16:30 - 16:45**

### Round table and Q&A
**16:45 - 17:00**

**Mental wellbeing & staff in HE: dignity, autonomy, community, leadership**