

# Mental Wellbeing in Higher Education: Recharge event

## 12 June 2024 - Optional evening activities

Time TBC	Outdoor yoga Paddle boarding (additional fee required)	Time TBC
19:00	Evening meal	19:00
Time TBC	Forest beach walk	Time TBC

## 13 June 2024

07:00 - 08:00	<b>Morning energiser</b>			07:00 - 08:00
	Walk to the Green Lochan Run Swim Mindfulness nature bathing			
08:00 - 09:00	<b>Breakfast</b>			08:00 - 09:00
09:20 - 09:30	<b>Welcome</b>			09:20 - 09:30
	Allie Scott, Mental Health and Counselling Manager, UHI			
09:30 - 10:15	<b>Keynote</b>			09:30 - 10:15
	<b>Reconnecting with ourselves</b> Ruth Allen, Geo-therapist & Author			
10:15 - 10:20	<b>Transition time</b>			10:15 - 10:20
10:20 - 11:05	<b>Parallel session 1 - Workshops</b>			10:20 - 11:05
	<b>Outdoor therapy</b>  Sean Tierney, Counsellor, Outdoor Therapist & Supervisor	<b>Creative movement and journaling</b>  Ruth Allen, Geo-therapist & Author	<b>Prioritising wellbeing: Creating a wellbeing dashboard</b>  Géraldine Dufour, HE mental health consultant, Therapeutic Consultations	<b>Bouldering Therapy - Session 1</b>  Andy Cross, Registered Social Worker and student Person Centred Counsellor
11:05 - 11:20	<b>Break - Time to network, recharge and more nature bathing</b>			11:05 - 11:20
11:20 - 12:20	<b>Parallel session 2 - Activities</b>			11:20 - 12:20
	<b>Burnout: An embodied approach</b>  Louise Broda	<b>Look again: The art of mindful photography</b>  Allie Scott, Mental Health and Counselling Manager, UHI	<b>Reflective space</b>	<b>Bouldering Therapy - Session 1 cont.</b>  Andy Cross, Registered Social Worker and student Person Centred Counsellor
12:20 - 13:20	<b>Lunch - Time to network, recharge and more nature bathing</b>			12:20 - 13:20
13:20 - 14:05	<b>Parallel Session 3 - Workshops</b>			13:20 - 14:05
	<b>Outdoor therapy</b>  Sean Tierney, Counsellor, Outdoor Therapist & Supervisor	<b>Creative movement and journaling</b>  Ruth Allen, Geo-therapist & Author	<b>Prioritising wellbeing: Creating a wellbeing dashboard</b>  Géraldine Dufour, HE mental health consultant, Therapeutic Consultations	<b>Bouldering Therapy - Session 2</b>  Andy Cross, Registered Social Worker and student Person Centred Counsellor
14:05 - 14:20	<b>Break - Time to network, recharge and more nature bathing</b>			14:05 - 14:20
14:20 - 15:20	<b>Parallel session 4 - Activities</b>			14:20 - 15:20
	<b>Burnout: An embodied approach</b>  Louise Broda	<b>Look again: The art of mindful photography</b>  Allie Scott, Mental Health and Counselling Manager, UHI	<b>Reflective space</b>	<b>Bouldering Therapy - Session 2 cont.</b>  Andy Cross, Registered Social Worker and student Person Centred Counsellor
15:20 - 15:25	<b>Transition time</b>			15:20 - 15:25
15:25 - 16:10	<b>Closing activity</b>			15:25 - 16:10
	<b>The Power of Reflection</b>			
	Jane Harris, Co-Director of Student Welfare and Support Services and Head of Counselling, University of Oxford			
16:10 - 16:30	<b>Closing plenary</b>			16:10 - 16:30
	Allie Scott, Mental Health and Counselling Manager, UHI			