

Yorkshire Plus Development Day

Saturday 8th May 2021

Has it taken a global pandemic to help us recognise the importance of well-being? Even now do we make time to prioritise self-care for the sake of ourselves and others?

This Development Day provides the opportunity to explore well-being from a number of perspectives. The two keynote speakers will focus on:

- Wellbeing in Ministry
- Holistic wellbeing - looking after yourself and others

At the end of the morning session there will be opportunity to discuss questions with a panel of people.

The afternoon workshops will each be led by experienced practitioners offering a variety of ways to enhance and develop good practice around well-being.

Time	Activity
10.00 am	Welcome
10.05 am	Introduction and outline of the day Housekeeping
10.10 am	Worship
10.20 am	<u>Session 1</u> 'Wellbeing in Ministry'
11.05 am	Break
11.15 am	<u>Session 2</u> Holistic Wellbeing - looking after yourself and others
12 noon	Break
12.15 pm	Q&A with panel
12.45 pm	Lunch
1.30 pm	<u>Workshop 1</u> Introducing ACT Christian Mindfulness Session Podcast based walk 8 Pillars of Wellbeing Introducing MHFA Physical and Embodied Wellbeing Spiritual Wellbeing Social Wellbeing Wellbeing in the Workplace Living out Wellbeing in Ministry
2.15pm	Break
2.30 pm	Workshop 2 (repeated from above)
3.15 pm	Closing comments and worship
3.30 pm	End