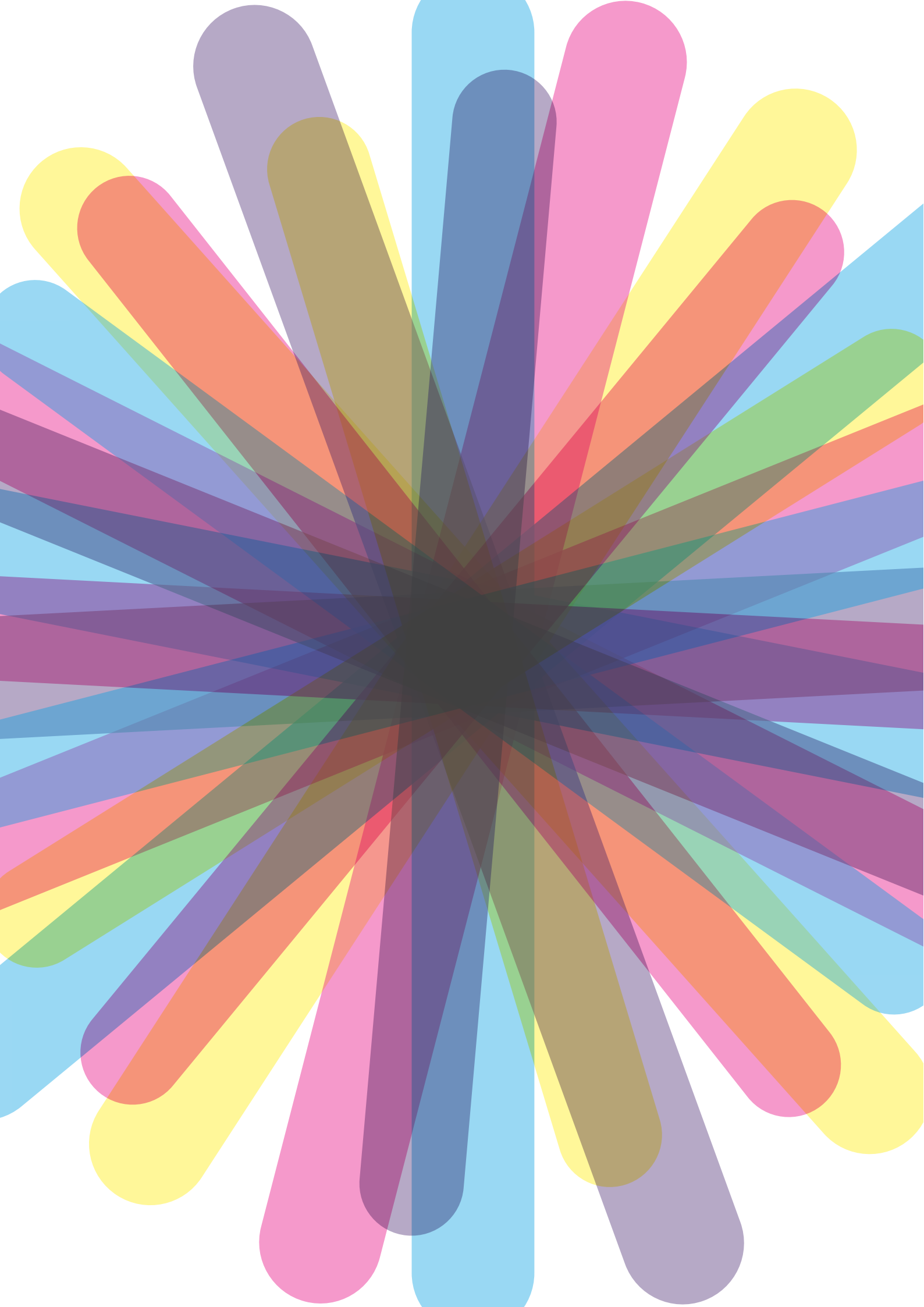




Fife College

# WELLBEING CONFERENCE

Friday 17 June 2022  
Carnegie Conference Centre



# Agenda

9.15-10.00	Tea/Coffee/Biscuits Welcome at the networking area
10.00-13.00	Talks
13.15	Hot Buffet Lunch
13.00-16.00	Networking
14.00-16.00	Wellbeing Activities

Get your free ticket now at: [eventbrite.co.uk/e/wellbeing-conference-tickets-315543859177](https://eventbrite.co.uk/e/wellbeing-conference-tickets-315543859177)  
Or scan the QR code below.



## Presenter



**Sadie Restorick MSC MABP MISMA**

Great British Businesswoman of The Year Finalist 2021, Sadie Restorick is Co-Founder / COO of Wellity Global and also the co-founder of the Great British Workplace Wellbeing Awards.

A global speaker, consultant, trainer, author and published academic scholar, Sadie has specialised in the field of workplace wellbeing and psychosocial risk management for over a decade and has a range of qualifications including an MSc with Distinction in Workplace Health and Wellbeing.

She is a Professional Member of the International Stress Management Association, The Association of Business Psychologists and the Institute of Occupational Health. She is recognised as a global leader in her field, having appeared on national BBC One television, BBC Radio and Talk Radio as well as in the national press and online business communities such as the Chartered Management Institute and NatWest Business Hub.

In 2020, Sadie appeared at the Leaders in Wellbeing Summit 2020 and presented her published academic research on work-related stress at the European Academy of Occupational Health Psychology Conference. Her debut book also reached the top ten in the personal development Amazon chart. In 2021, she was keynote speaker at a number of events including The Corporate Wellbeing Expo and also received the inaugural Mental Health Champion Award from national charity Shaw Mind.

# Speakers (in alphabetical order)



## **Madeleine Black - Unbroken: Healing through storytelling**

Madeleine Black has an unusual personal story which she uses to inspire and motivate others. She chose to forgive the two men who gang raped her at thirteen years old and she shares her story for many reasons.

She wants to end the shame, stigma and silence surrounding sexual violence enabling others to find their voice, whatever their story is. She wants people to know that it's not what happens to us that is important but what we do with it. She will show how changing her mindset tapped into her resilience and transformed her life, making people question their own thinking and encouraging them to see that there are always choices to make, and if we choose to, we can get past anything that happens to us in life both professionally and in our personal life. She wants to encourage others to live their life courageously too; but ultimately, she wants to inspire hope and show people that we are all so much stronger than we think we are.

She is a psychotherapist and her memoir, Unbroken, was published on April 4th 2017.

Website: [madeleineblack.co.uk](http://madeleineblack.co.uk)



## **Fraser Brown – Resilience in Sport**

Fraser Brown made his debut for Glasgow Warriors against Zebre in February 2013, and has since become a regular first team member. Alongside Ryan Wilson, the hooker was named as one of the club's co-captains by Danny Wilson ahead of the 2020/21 season.

Brown made his international debut in 2013, as a replacement in a victory over Italy in the summer quadrangular tournament. Whilst the majority of his caps have been won from the middle of the front-row, Brown has also represented his country from the back-row, including in a record 44-15 victory over Argentina in the summer of 2018. He represented his country at his second Rugby World Cup in 2019, showcasing his versatility by playing in all four of Scotland's pool matches - twice as hooker and twice as openside flanker. Brown then earned his 50th international cap in the 2020 Guinness Six Nations, helping his side to a memorable victory over France at BT Murrayfield to mark the occasion.



## **Thom Delaney - Are we anymore less of a human being?**

Thomas' talk is frank, truly inspiring and brutally honest. Thomas recounts his personal history not just as a shocking account of childhood fear, suffering and lack of safety, but as an introduction to an understanding of why he, and perhaps many others, turn to substances as a way of managing unbearable pain. Thomas describes how an attachment to drugs can, at least superficially, solve the horrendous problem of being in desperate need of love and compassion, but also, of being fearful of seeking these things from other human beings.

LinkedIn: [thomas-c-delaney](https://www.linkedin.com/in/thomas-c-delaney)

Instagram: [@t\\_delaney](https://www.instagram.com/t_delaney)



## **Alex McClintock - Andy Man's Club - #ThatOneMan**

Hi I am Alex McClintock, after experiencing my own mental health struggles and an attempt on my life I discovered ANDYSMANCLUB. Everything about ANDYSMANCLUB resonated with me and it ignited a passion within me to help make a difference particularly in men's mental health. The power of talking has become a huge part of my life and I was honored and humbled to be asked by Elaine and Luke to join the team, overseeing Scotland. I will continue to do what I can to challenge the stigmas in our society to help reach that one man and to help promote ANDYSMANCLUB every day with passion and commitment



## **Gillian McCollum - Your Body Isn't The Problem**

Gillian is an anti-diet coach and yoga teacher whose mission is to help women find lasting peace and freedom with food and their body.

Her unique approach combining both intuitive eating and body acceptance practices, not only support women in their recovery from chronic dieting, food and body preoccupation and body shame but also help empower them to build a life of sovereignty, liberation and joy.

She is the host of The Anti-Diet Club Podcast, creator of the Food and Body Freedom coaching programmes and Body Positive Yoga.

Website: [gillianmccollum.com](http://gillianmccollum.com)

Instagram: [@gillianmccollum](https://www.instagram.com/gillianmccollum)



## **Amy McDonald - Take 5 sugars in your coffee!**

I enjoy learning when I'm being challenged, actively participating, my senses engaged, when it's fun - that's when learning and development (L&D) makes a difference.

I combine a drive for respect, justice and equality at work with theatre and L&D. I've strengthened these core skills with mediation, neuro-linguistic programming, coaching and the Mental Health First Aid course. For over a decade this expertise allowed me to run my sole-trading business, creating and delivering numerous dramatic learning events on subjects from family business to handling difficult conversations. During this time I established a niche in mental health and well-being.

The consistent success of The Cynthia Show – Mental Health at WORK combined with a clear market need, provided me with the catalyst to move into online learning and launch Headtorch.

Networking has played a significant part in my career. Great learning and incredible support has come from Scottish Women in Business and the Professional Speaking Association.

Other than that you can catch me stretching out at yoga, sweating profusely at crossfit, reaching high on a climbing wall, singing, drawing, laughing, at the theatre or standing on top of a mountain breathing it all in.

Website: [headtorch.org](http://headtorch.org)





### **Aneela Mckenna - Finding Your Voice**

Aneela's infectious passion and quiet determination to amplify marginalised voices and assist others to understand and embrace Diversity and Inclusion (D&I) enriches industry and organisational culture whilst increasing representation in the outdoors and in public life. For 20+ years, she has worked in a variety of public and private sector D&I roles. Having recently left the Scottish Parliament as their former Diversity, Inclusion and Wellbeing manager, she now runs and is founder of Mòr Diversity, a consultancy and advocacy service that provides businesses with support and advice on developing inclusive cultures. She works across all sectors at a national and global level delivering workshops, strategy and audits on D&I.

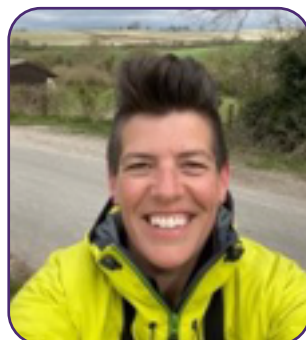
Among her many roles, Aneela's Chair of British Cycling's Diversity and Inclusion Advisory Group and her commitment to equality, diversity and inclusion has been publicly recognised, notably receiving a 'Women in Leadership' award at the Scottish Ethnic Minority Impact Awards in 2018, and 'Most Outstanding Human' at the Singletrack Magazine Reader Awards 2021 for her passion and work to open up the outdoors for everyone.

Website: [mordiversity.com](http://mordiversity.com)



### **Gail Porter - Everyone saw me naked, inside I was breaking**

I'm a young (51-year-old) Scottish girl who occasionally works on the telly box. Have done so for twenty odd years. I do a bit of writing, a bit of comedy and a lot of laughing. Lost my hair to alopecia ten years ago and it saves me shit loads of hairdressers and hair products. I've got a nice shaped head, so win, win, really. I occasionally confuse children as I do resemble a massive baby with tits. Another bonus – confusing the youth.



### **Natalie Shering - See with your Heart: How my lived experience has shaped how I support leaders in creating inclusive and diverse cultures**

My experience as a gay woman has been comparatively uneventful. I do not have a painful/hilarious coming out story. I do not believe I have been discriminated against because of my sexual preference. However, my experience has been shaped by countless micro-moments that have shaped how I show up as 100% me. These moments have been underpinned by people who have understood or not the importance of how they showed up. During my time with you, I will explore some of these experiences and how I have used them and others to shape the insight and guidance I offer to leaders today. I hope to provide you with a light-hearted but purposeful exploration of how you can see and champion diversity in your organisation.

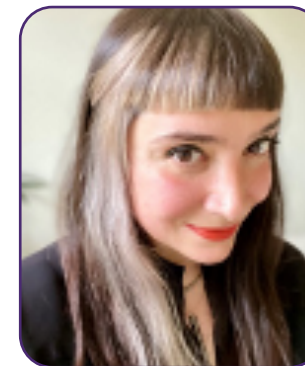
Website: [natalieshering.com](http://natalieshering.com)



### **Dr Sarah Taylor - Existential wellbeing and post-traumatic growth**

Dr Sarah Taylor is a leadership wellbeing coach. Through her company ThriveWise, she helps busy professionals and teams increase their energy levels and mental fitness. She has a PhD in health and wellbeing and her thesis focused on what it takes to thrive and flourish at work amidst increasing complexity and uncertainty. Her own personal journey has taught her that adversity can become a source for personal growth when we are willing to ask big questions about life, death and the human condition.

Website: [thrivewise.co.uk](http://thrivewise.co.uk)



### **Sarah-Alexandra Teodorescou - The longest & most important committed relationship we enter into is with our Self**

Sarah-Alexandra has been practicing yoga and meditation for 18 years, and has been teaching worldwide for 9.5 years. Her yogic journey began in LA, continued in NY, expanded in Norway, and truly evolved while living in India. She is merging her yogic passion with her love of, and study of shamanism, and creative writing as healing modalities. She has had the honour to study with shamans in North, Central, and South America. Woven through her yoga practice you will find a focus on nature, creating sacred space, gratitude writing, and using the shamanic drum and plant medicine to connect to the heart. She teaches yoga, creative writing, and leads circles and retreats. She believes that nourishing the Self is a lifelong relationship.

Website: [linktr.ee/Lifeisjustastorywritten](https://linktr.ee/Lifeisjustastorywritten)



### **Jules Scheele**

Jules Scheele (they/he), is a freelance illustrator, comics artist and live scribe/graphic facilitator based in Glasgow. They specialise in graphic storytelling and illustrations that help translate and bring a human touch to difficult concepts. They've also been making zines and taking them around zine, DIY and comics festivals since 2008, and their personal work is inspired by queer life, art, politics, and pop culture, and mental health and activism.

Jules will live illustrate the conference creating a short graphic novel based on the event. The graphic novel will be a souvenir all the participants will receive at their email after the conference.

Instagram: [@julesscheeleillustration](https://www.instagram.com/julesscheeleillustration)

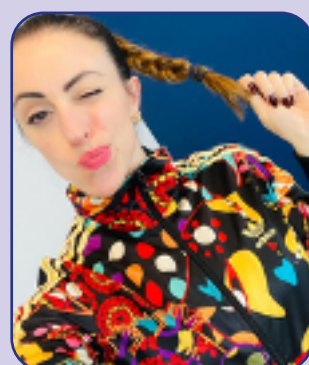
Twitter: [@julesscheele](https://twitter.com/julesscheele)

# Wellbeing Activities on the day



## 14.00-16.00 Indian Head Massages

Our Fife College beauty students Kirsti Kelly, Jill Adam and Gillian Bauld will offer 30min Indian Head massages to any participants who want to release tension in the muscles and joints of the head, face, neck and shoulders. It will be fully clothed and without oil. Indian head massage can also help with relieving fatigue, insomnia, headaches, and sinusitis. You can book your space as you come in the conference.



## 14.00 - 15.00 Dirty Dancing with Jo Richards

Come have the time of your life in this fun, relaxed session based around the all-time movie classic Dirty Dancing. Jo will have you swishing those hips and doing the mambo in no time! No dance experience necessary just a desire to step out of the corner and let loose.

Passionate about helping people discover a love of living an active, healthy lifestyle I approach everything with understanding, a little sass and a good dose of humour.

I recognise that everyone is on their own journey and I encourage everyone to embrace and celebrate their unique selves. It's always my aim to brighten my clients' day, help them navigate their path to a happier, healthier lifestyle and to educate them on how to help themselves reach their goals.

Whether you're looking to get stronger, learn to dance, lose a little weight or just to let loose and feel good, I got you! Currently offering dance fitness and choreography-based classes, bodyweight training and express workouts to get you away from your desk I'm hoping you'll be inspired to get moving.

I have over 15 years' experience in the fitness industry as a Personal Trainer and Group Fitness Instructor after gaining a BSc (Hons) Applied Sports Science Degree from the University of Edinburgh. I also hold qualifications in Weightlifting, Kettlebell Training, Understanding Mental Health, Pre and Post Natal Exercise and am trained in Hip Hop, Jazz and Ballet.

Website: [me.onpodio.com/JoRichardsDanceandFitness](https://me.onpodio.com/JoRichardsDanceandFitness)



## 15.00 – 16.00 Write Frame of Mind with the internationally best-selling author Lisa Ballantyne

Whether you practice creative writing regularly, are creative in another way, or are interested in how to express yourself and your feelings, take part in this fun, cathartic and self-revealing workshop to introduce you to the joy of words and self-expression.

Lisa Ballantyne is the author of the Edgar-Award Nominated 'The Guilty One', which was translated into nearly thirty languages, as well as the bestsellers 'Good Bad Love' (first published as 'Redemption Road') 'Little Liar' and 'Once Upon a Lie'. Her new novel, 'The Innocent One' is now available to pre-order.

Website: [lisaballantyne.com](https://lisaballantyne.com)

# Wellbeing related Organisations that will be at the Networking area:





# Prizes for lucky participants, both individuals and organisations.

## ThriveWise offers:

One free 6-week mental fitness online programme and app (worth £995) to a participant and a friend of their choosing. They will learn how to stop self-sabotaging and become more in control of their brain.

## Fife Leisure offer:

Family swim pass (2x adults & 2x juniors/<18s)  
Activity pass, activity of their choice inc. fitness class, swim, gym session, climbing wall, court exc. pitches  
Platinum monthly pass

## Natalie Shering offers:

A 90 min introductory coaching session

## Headtorch offers:

A 1 hour webinar - Confident in Supportive Conversations - three easy steps to help you, help someone else when they are struggling to cope

## Robyn Drummond offers:

a 3-month membership to her online fitness platform, Robyn Drummond Fitness

## Wellity Global offer:

1 x free focus group and  
1 x wellbeing training seminar (1hr)

## Grain and Sustain offers:

A £20 voucher to spend among the hundreds of ethical and handmade gifts and eco-friendly products.

## Mind and Body Studio offers:

Class passes and £20/£30 of beauty voucher to spend on their treatments (nails, massages etc)

## Paths for All offers:

Sponsorship of 3 teams at the next Step Count Challenge (with a bag, water bottle and canvas bag for each team)

## Madeleine Black offers:

Two copies of her memoir 'Unbroken'

## Marie Paterson offer:

A place on her online course (Positive Paths to Well-being) and a workbook to go with it (worth £139) and

Positive Habits for Time Management online course and workbook (worth £45)

## Sarah-Alexandra Teodorescu offer:

Rise of the Crystalline Woman: Hold the Vision, Hold the Light. Monthly women's circle in person from Calm on Canning Street, or online through Zoom (Value £111).

5 1-hour Online Yoga classes (Value £50)

Cacao Ceremony & Deep Rest in person from Calm on Canning Street. First Sunday of the month 5-7pm (Value £44).

## Nutripanda offers:

Body Composition Analysis - Nutripanda will use gold-standard, non-invasive technology to analyse the body's metabolic rates, total bone mass, bone density, water, fat and muscle distribution in arms, legs and trunk. (We will need 1 hour of your time to perform the body composition analysis at our Edinburgh clinic and to discuss your results in detail.)

## Lindsey Methven offers:

a 30-minute corporate mindfulness and meditation virtual session



In Fife College we're passionate about our colleagues' wellbeing. It's not something good to have or something fluffy and extra; wellbeing is at the core of the organisation. Employees' wellbeing is essential so they are productive maintaining energy and passion in their role, and is instrumental in providing inspirational learning and teaching; in other words, shape this country's future. Our wellbeing activities reinforce a workplace culture where having meaningful conversations, creating menopause policies or discussing mental health issues is considered the norm.

We are proud in how we have advanced beyond events based on world days, as good as they are. We organised three Wellbeing Festivals with 53 different workshops/talks so far, -both in person and online- covering a very wide range of topics and hosting some of the best speakers of the country. We had health assessments available to our staff having a thorough medical check-up and ran five wellbeing cafes visiting all campuses with a number of wellbeing experts. We provided flu jabs, introduced Wellbeing Wednesdays, launched our equality community groups and social clubs, sponsored gym and swimming memberships and ran menopause cafes.

Now we want to round off the academic year with this special event, the 1st Wellbeing Conference hosted by the Carnegie Conference Centre that brings together inspirational speakers sharing their lived experiences, expertise and insight and over thirty wellbeing related organisations sharing knowledge and freebies with the participants. But most importantly, it's the first time that public sector professionals with an interest in wellbeing are getting together at an event like this; like-minded people who serve the public and come from Colleges, Universities, City Councils, NHS, Police, can only make the country we live in, better. A huge thank you from our heart for being part of this event. Please keep spreading the word around Wellbeing.

## Periklis Theologidis

*Health & Wellbeing Partner*

Get your free ticket now at:  
[eventbrite.co.uk/e/wellbeing-conference-tickets-315543859177](https://eventbrite.co.uk/e/wellbeing-conference-tickets-315543859177)

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