

## 3pm Education

Chair: Rory Macleod, *Director of Community Learning and Development Standards Council for Scotland*

### Speakers



**Don Ledingham, Director of Innovation Leadership, Drummond International**

Don Ledingham's long-term research has focused upon the use of metaphors to better understand and develop the behaviours and cultures associated with positive leadership legacies. Emerging from this work 'The Seven Sides of Educational Leadership' was developed as a decision making framework that can be applied to all work environments.



**Charlotte Maberly, Lecturer in Gastronomy at Queen Margaret University and Chair of Slow Food Edinburgh**

A life-long fascination with food has led Charlotte around the world, exploring food cultures and the complexities of our global food system. After studying at the University of Gastronomic Sciences in Italy she has now returned to Scotland, working to forward a culture of good, clean, fair food.



**Philip Shinton, Chair of College of Teachers, The Edinburgh Steiner School**

After graduating in Modern Languages from Jesus College Cambridge, Philip travelled widely. He has now been a class teacher at the Edinburgh Steiner School for 26 years. His three children, entirely Steiner educated, are at universities in England and Scotland.

## 4.15pm Plenary session

## 5.15pm End

# Happiness, Health & Well-being

*Spiritual, Educational, Artistic & Cultural and Psychotherapeutic Approaches*

**Friday 11 – Saturday 12 October 2013**

The Sanctuary, Augustine United Church  
41 George IV Bridge, Edinburgh

## Programme

**The World Happiness Report**, published in 2012 by the Earth Institute, Columbia University, and the **Scottish Happiness Index** are the basis for this conference, with an intention to connect to contemporary Scotland. This follows from the UN General Assembly's suggestion to its member states that they should in future give more attention to this subject of happiness in their public policy making.

*'We live in an age of stark contradictions. The world enjoys technologies of unimaginable sophistication; yet has at least one billion people without enough to eat each day. The world economy is propelled to soaring new heights of productivity through ongoing technological and organizational advance; yet is relentlessly destroying the natural environment in the process... These contradictions would not come as a shock to the greatest sages of humanity, including Aristotle and the Buddha. The sages taught humanity, time and again, that material gain alone will not fulfill our deepest needs.'*  
**World Happiness Report 2012**

*This conference is organised by the Beshara Trust, and the Edinburgh International Centre for Spirituality and Peace (EICSP)*

[www.eicsp.org](http://www.eicsp.org) [www.beshara.org](http://www.beshara.org)

## Friday 11 October, 7–9pm

**7pm** Welcome and introduction by Chair: **James Mooney** Philosophy lecturer, Open Studies, Edinburgh University

### Keynote speech



#### Happiness is a Political Choice

Keynote speaker: **Robin McAlpine** – director of the Jimmy Reid Foundation, editor of the *Scottish Left Review*, author of *No Idea: Control, Liberation and the Social Imagination*.

**8pm** Panel discussion

### Panellists



#### Simon Blackwood, artist and cook

Simon studied art at Colchester and Coventry Schools of Art and later studied Gurdjieff's teachings under John G. Bennett. At the Beshara School, his love of cooking was encouraged by Bulent Rauf. He now paints and works in picture conservation from his studio in the Scottish Borders.



#### Jo Clifford, performer, playwright, translator

Author of numerous plays for the Lyceum and the Traverse theatres, her recent adaptation of *Great Expectations* played to acclaim in London's West End; and the film of the production is being shown worldwide.



#### Mary Sharpe, educational consultant

Founder of Edinburgh-based Sharpe Thinking, Mary draws on her extensive professional experience in Brussels, at Cambridge University and as an Advocate in Scotland, to explore the many challenges of the Information Age.

**8.30pm** Audience discussion

### Tea and Wine

## Saturday 12 October, 9.45am–6pm

**9.45am** Welcome by **Elizabeth Roberts** The Beshara Trust. Summary of Friday evening, conversation and feedback. Morning session chaired by **Robin Thomson**, traveller and translator.

### 10.45am Music



#### Sylvain Ayité Ayikutu, Afro-Jazz musician

Inspired by the diversity and richness of West African music and by his own mixed background, Sylvain sings in Portuguese Kreole, Wolof, English and French, and takes you on a journey of pure passion, unfaltering rhythm and pure soul grooving.

### 11am Spirituality



#### Rod Burstall, Tibetan Shambhala practitioner, Emeritus Professor of Computing Science at Edinburgh University.

Rod studied maths and physics at Cambridge, joined the RAF, and worked in industrial computing before becoming a student of Chogyam Trungpa.



#### Jane Clark, teacher and researcher

First qualifying in science, Jane went on to edit the *Beshara Magazine* and is now senior research fellow of the Muhyiddin Ibn 'Arabi Society. She also works as a support tutor at the University of Oxford.

### 11.55am Poetry



#### Paul Finegan, poet and actor

Retired businessman and student of the Beshara School, Paul's poems *Afghan Days*, *Babylon Nights* were staged for two actors, and ran for two weeks on The Fringe, in 2012 and 2013. He is working on staging 'poems of unity' and a verse story for children.

### 12.05pm Psychotherapy



#### Presentation by Janet Bowers

An experienced teacher and psychotherapist, Janet works in Core Process transpersonal therapy, with a particular interest in the imaginal. Her studies at the Beshara School form the basis for the unitative perspective she works within.



#### Workshop by Patricia Price

Patricia is a psychotherapist in private practice in Edinburgh and the Scottish Borders. She trained at the Karuna Institute in Core Process Psychotherapy, and at the Beshara School. She is now working towards an MSc in Mindfulness Studies with the University of Aberdeen.

### 1pm Lunch

**2pm Music** Tom Fynn, tin whistle & Sorayah Jude, drums

### 2.15pm Expressions of happiness



#### Jo Bluett, laughter facilitator

Jo is a Laughter Facilitator and Bowen Therapist. Her passion is sharing fun and laughter to promote physical health and emotional well-being; she believes that laughter and holistic health go hand-in-hand with leading healthier and happier lives.



#### Trevor Lock, comedian

Trevor's brand of intelligent stand-up, mixing cleverly crafted wordplay with stream-of-consciousness absurdism, has gained him a worldwide cult following. Often invited to speak about creativity, he has even addressed the Oxford Union on The Meaning Of Life.