

Happiness, Health and Well-being

Spiritual, Educational, Artistic & Cultural and Psychotherapeutic Approaches



The World Happiness Report, published in 2012 by the Earth Institute, and the Scottish Happiness Index is 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.

Friday 11 October

Registration: 6.30–7pm Talk/Forum: 7–9pm

Keynote speech

'Happiness is a Political Choice' by **Robin McAlpine**, director of the Jimmy Reid Foundation and editor of the *Scottish Left Review*.

Forum panellists

Simon Blackwood, artist and cook, **Jo Clifford**, performer and one of Scotland's leading playwrights, **James Mooney** (Chair), Philosophy lecturer, Open Studies, Edinburgh University, **Mary Sharpe**, founder of Sharpe Thinking

Saturday 12 October

Registration: 9.15–9.45am Day Conference: 9.45am–6pm

Spirituality

Robin Thomson (Chair), translator and traveller, **Rod Burstall**, student of Shambhala Buddhism and Emeritus Professor of Computing Science at Edinburgh University, **Jane Clark**, teacher and Senior Research Fellow of the Ibn Arabi Society

Education

Rory Macleod (Chair), Director of Community Learning and Development Standards Council for Scotland, **Don Ledingham**, director of Innovation Leadership, Drummond International and previously Director of Services for People, East Lothian Council, **Charlotte Maberly**, Chair of Slow Food Edinburgh and Lecturer in Gastronomy at Queen Margaret University, **Philip Shinton**, Chair of College of Teachers, Edinburgh Steiner School

Arts and Culture

Sylvain Ayite, musician, **Jo Bluett**, laughter facilitator and laughter yoga leader, **Paul Finegan**, poet and actor, **Tom Fynn**, musician, **Trevor Lock**, comedian

Psychotherapy

Janet Bowers and **Patricia Price**, Core Process Psychotherapists (mindfulness-based)

EICSP: www.eicsp.org

Beshara: www.beshara.org

Conference venue: Sanctuary, Augustine United Church, 41 George IV Bridge, Edinburgh, EH1 1EL