

PROGRAMME

# LEADING WELLBEING

## RESEARCH FESTIVAL

### 2015



*Up! up! my Friend, and quit your books; Or surely you'll grow double:  
Up! up! my Friend, and clear your looks; Why all this toil and trouble?  
... Books! 'tis a dull and endless strife: Come, hear the woodland linnet,  
How sweet his music! on my life, There's more of wisdom in it.*

These verses from local William Wordsworth, written over two hundred years ago, reflect our festival spirit. We like scholarship, but immersing in nature and refreshing our creative desires is key for developing practical wisdom.

This festival is an exploration of ideas and also format, by mixing engaged scholars with radical professionals from across sectors and cultures. We aim at a maximum mix of people, ideas and processes with few frills. We are chuffed to welcome scholars presenting over 40 papers, and speakers who are participating without charge, some coming from across continents.

We are aiming for interaction and reflection, with the Open Space, World Café, Open Mic and Storytelling sessions, amongst provocative plenaries and interviews. Underlying the range of sessions is the deeper question: "How might I lead greater wellbeing?"

It is an important question, because while more people speak of sustainability, the environmental news is really bad. While more people work on wellbeing, austerity bites and few address the power relations that undermine opportunities for collective wellbeing. While more people call for leadership, we risk forgetting the need for us all to lead together.

But tough issues don't have to be explored in a tough or dull way. We can enjoy getting to know people on a deeper level as we explore whether to let go of our old stories of success and wellbeing, and where that will lead our work and life. That kind of fresh thinking likes fresh air, so we have organised a range of outdoor activities for you.

The festival is also a celebration. We want to share our good fortune being here in the Lake District, which inspires through the cultural heritage and contours of the landscape (check that view!). It was here in the 1800s that contemporary conservation was born.

The festival could not have happened without our supporters Futerra, Reagent Switzerland and Heart of the Lakes. A huge team are involved, with top-level coordination by Lucy Maynard and Philippa Chapman. We look forward to meeting you during the festival. If you have any complaints, don't fret, just come find us on the zipwire or in the bar ;-)

So, Up, Up, friends, these days are a unique moment of exploration. They are a time for us to share and learn. As you mill around before sessions, paddle on the lake, dance the tango, or buy a drink, try asking someone "What do you stand for?"

**Jem Bendell (Director of IFLAS, UoC) and Godfrey Owen (CEO, Brathay Trust)**



**Jem Bendell**

"I love what Brathay Trust does day-to-day, both through inspiring children and young people to make a contribution to society, and transforming organisations through inspiring their leaders to unleash sustainability"



**Godfrey Owen**

"We are delighted that this event is being held at Brathay Hall, a wonderful venue that I hope provides a foundation for your exploration of leadership of wellbeing. We are also thrilled to be able to publicly showcase our partnership with IFLAS and the University of Cumbria"



Page 5

Thank you to our sponsors

Page 6 to 7

What we have to offer...

Page 8 to 13

At a glance festival schedule

Page 14 to 29

Festival day by day schedule

Page 30 to 31

Activities

Page 32 to 41

Speaker biographies

Page 42

Useful information

Page 43

Festival site map



This festival would not have been possible without the kind support of our sponsors so a big thanks to them ...



Futerra is a sustainability communications agency with a mission to make sustainable development so desirable it becomes normal. It provides ideas, strategy, design, messaging, branding, copy, digital, training, coaching and action .... and more! Many thanks to Ed and the team for supporting us by providing a fabulous fringe programme which you can check out at the Futerra Buzz, Open Space and World Café sessions.



Reagent is a consulting firm that specialises in project management

and event production, aiming for financial sustenance rather than profit maximisation in order to deliver the best results to those who are aligned with its mission. It invests its resources in projects, events and start-ups that lead to a better tomorrow. Anastassia has kindly sponsored the children's programme, enabling people with children to attend, and fully participate in the festival.



HEART OF THE LAKES

Heart of the Lakes is a family business offering a wide range of Lake District cottages, apartments and houses; some old, some modern and something for every taste, but ALL within the National Park and therefore in the heart of one of Britain's loveliest corners. Peter and Sue have kindly supported the music, arts and activities parts of the programme.

Thanks also to Jon Alexander for MC duties - and, of course, the fabulous project team who have worked tirelessly to make this event happen (if things aren't quite as they appear in this programme or as you'd like them to be please try to take it in your stride!)



Thanks too, for speaker interview support, from Cumberland Building Society.

Twitter Feed Hashtag: #leadingwell

Access wifi with the following code: brathaywifiaccess



## Opening Welcome Speech

Prof Jem Bendell (IFLAS), Godfrey Owen (Brathay) and Jon Alexander (New Citizenship Project) explain why we're here and how to get the most out of your three days of festivaling. In the Marquee.

## Keynotes and Speeches

In two keynotes and an after dinner speech we hear about matters close to the hearts of Charles Eisenstein, Jo Confino and Anna Zegna. All in the Marquee.

## Panels

Across the three days there are opportunities to hear from specialists in a variety of fields. All in the Marquee.

## Paper Sessions

In these daily sessions you'll hear the latest thinking from researchers and practitioners – choose which themes you want to attend by consulting the abstracts listing brochure and the website at [www.leadingwell.org](http://www.leadingwell.org). In a variety of locations - follow the signs.

## 'In Conversation' Sessions & Debate

You'll be spoilt for choice with these 'in conversations'. Apart from the appetite-whetting debate which is in the Theatre, they are all taking place in the Hall Bar.

## Futerra Led Sessions



Four 'Buzz' sessions, a couple of 'open space' opportunities and a 'World Café' from the

industry leading sustainability communications specialists. Miss them at your peril! They'll be in the Theatre, Founders or the Marquee.

## Workshops & Round Table discussions

Check out a few different locations (Yurt, Loft, Theatre, and even the front lawn) for some really different experiences .... and there are even a couple after the official end of the festival if you don't want it all to end too soon.



## Creative Readings

One for the culture vultures and exhibitionists! Come and hear book and poetry readings or contribute with your own offerings. Hall Bar.

## Emerging Leaders Strand

A chance to see presentations by up and coming leaders from the very successful Brathay / University of Cumbria 'Aspiring Leaders Programme' and 6th Formers from Keswick School. Syndicate Room 1.

## Activities

We don't know where to start with this one but we do know that there'll be some serious planning required if you're going to squeeze them all in, so sign up to be sure of your place. Various locations (and some weather dependency!).

## Music & Entertainment

Live music from Cate Ferris, Stephanie Rearick and Lorrie Hurckes, Matt Cowe, Live Band and Ceilidh (Striding Edge), DJ Murphy and more .... mainly in the Marquee.

## Exhibitions and Stands

Don't miss the photographic exhibition in the Hall Bar on Friday lunchtime .... the stands will be around a little longer but will move from place to place! Terrace area, Hall Bar and Marquee.

## Festival Fun

A fix for the adrenaline junkies .... and other things for those who prefer to keep their feet on the ground. Various locations - look out for the signs.

## Food and Drink

Lunches and dinners in the Marquee (apart from Thursday lunch which will be in the Terrace area). Coffee, tea and water available from a number of locations (please remember to use your mugs!). Bars will be in the Yurt (at registration), Hall Bar and Marquee. See programme listings for opening times.

## Cate Ferris



Thursday 16th July

12.00			
	Finger buffet lunch and bar in yurt 12:30 to 15:00 p.14	Participatory Workshop 12:45 to 14:45 / Loft p.14	
13.00	Registration and pre-festival warm up 12:30 to 15:00 / Terrace / Theatre areas / Yurt 1	Debate 13:00 to 13:45 / Theatre p.14	
14.00		Futerra Buzz: 14:00 to 14.30 / Theatre p.15	Children's Programme Drop off by 2pm @ Creative workshop. 
15.00	Opening Welcome / 15:00 to 15:30 / Marquee p.15		
	Plenary Keynote Speech / 15:30 to 16:00 / Marquee p.15		
16.00	Plenary Panel / 16:00 to 16:45 / Marquee p.16		
	Refreshment break / 16:45 to 17:00 / Marquee & Hall Terrace p.16		
17.00	Paper session 1 / 17:00 to 18:00 (see abstracts booklet) p.16	Conversation: "Entrepreneurs of the New Story" 17:15 to 17:45 / Hall Bar p.16	Keswick School Presentations / Syndicate Room 1 p.16
18.00	Reflective Activities 18:00 to 19:30 / Front lawn, lake and various	Workshop : How to Lead by Telling Your Story 18:00 - 19:30 / Yurt 1	
19.00		Workshop : Leadership Lessons from Tango 18:00 - 19:30 / Theatre or Front Lawn p.17	
20.00	International themed dinner / Food and Bar / 19:30 to 20:30 Marquee & Hall Bar p.17		
	Dinner Speech: "Love and Action" 20:30 to 21:00 / Marquee p.18		
21.00	Stephanie Rearick & Lorrie Hurckes Cate Ferris		21:00 Finish Children's Programme pick up
22.00	World music DJ session 21:00 to 23:00 / Marquee		
23.00		Conversation: "Being well after Sustainability" 22:15 to 22:45 / Hall Bar p.18	

Friday 17th July

08.00	Breakfast and early bird activities 08:00 to 09:00 / Main dining room & various p.19	Meditation 'Love and Kindness' 08:00 to 09:00 / Woods or Yurt p.19	
09.00	Introduction to Open Space Technology 09:00 to 09:30 / Marquee p.19	Conversation: 'Women's leadership' 9:00 to 9:25	08.45 start Children's Programme 
10.00	Plenary: Keynote Speech 09:30 to 10:00 / Marquee p.20	'Time banks and Wellbeing' 10:00 to 10:30	
11.00	Plenary Panel: "Business Leadership for Wellbeing & Sustainability" 10:00 to 11:00 / Marquee p.20	'Building Resilience in Supply Chains & Communities' 10.35 to 11.05 / Hall Bar p.19 p.20 p.21	
12.00	Refreshment break 11:00 to 11:30 / Marquee and Hall Terrace p.21	Futerra Buzz: 11:00 to 11:30 / Founders p.21	ALP presentations (3 papers) / Syndicate Room 1 p.21
13.00	Paper Session 2 / 11:30 to 13:00 (see abstracts booklet) p.21	Conversation: 'Addressing climate change impacts on agriculture' 11:30 to 12:00	
14.00	Lunch and bar 13:00 to 14:00 / Marquee and Hall Bar p.22	'The UN and Sustainable Development' 12:15 to 12:45 / Hall Bar p.22	
15.00	What does great leadership look like today? World Café 14:00 to 15:30 / Marquee p.23	Presentation: Climate change photography 13:20 to 14:00 / Hall Bar p.22	
16.00	Refreshment break 15:30 to 16:00 / Marquee and Hall Terrace p.23	Reflective Activities 14:00 to 15:30 / Front lawn, lake and various	
17.00	Plenary Panel "Communities of Wellbeing" 16:00 to 17:30 / Marquee p.23	Storytelling tent 14.00 to 15.30 p.23	
18.00	Conversation: 'Creativity for the common good' 17:45 to 18:30 / Hall Bar	Futerra Buzz: 15:30 to 16:00 / Founders p.23	
19.00	Conversation: 'Talent Development in Zegna' 18:45 to 19:30 / Hall Bar p.24 p.25	Creative Readings: 'Heart of the Labyrinth' & 'Writing a world in Transition' 16:00 to 17:30 / Hall Bar p.24	
20.00	Cumberland themed dinner / Food & Bar / 19:30 - 20:30 / Marquee & Hall Bar p.25	Festival fun (More activities – high octane!) 17:30 to 19:30 / Various locations	17.30 Finish Children's Programme pick up
21.00	Live music & Ceilidh / DJ world music 20:30 to 24:00 / Marquee & Hall Bar	Workshop : Leadership Lessons from Tango 17:30 to 19:30 / Theatre or Front Lawn p.24	
22.00		Conversation: 'Mindfulness and Wellbeing' 20.45 to 21.15 / Hall Bar p.25	
23.00			
24.00			

Saturday 17th July

08.00	Breakfast and early bird activities 08:00 to 09:00 / Main dining room & various p.26	Meditation 'Love and Kindness' 08:00 to 09:00 / Woods or Yurt p.26	
09.00	Futerra Open Space 09:00 to 11:00 / Marquee p.26	Conversation: 'The state of corporate sustainability' 9:00 to 9:30 p.26	08.45 start Children's Programme 
10.00	OR		
10.00	Reflective Activities 09:00 to 11:00 / Front lawn, lake and various Storytelling tent 10.00 to 11.00 p.26	'Activist Leadership' 10:30 to 11:00 / Hall Bar p.27	
11.00	Refreshment break 11:00 to 11:30 / Marquee and Hall Terrace p.27	Futerra Buzz: 11:00 to 11:30 / Founders p.27	
12.00	Plenary Panel: "On Love and Leadership" 11:30 to 12:30 / Marquee p.27	Roundtable discussion: 'The Leadership Development Research Agenda: key questions' 11:30 to 12:30 / Theatre p.28	
13.00	Lunch and bar 12:30 to 13:30 / Marquee and Hall Bar p.28		
14.00	Paper session 3 / 13:30 to 15:00 (see abstracts booklet) p.28	Conversation: 'Beyond Burnout' 13.35 to 14.05, 'The Lake District & Leadership' 14.15 to 14.45 / Hall Bar p.28 p.29	ALP presentations (1 paper) / Syndicate Room 1 p.28
15.00	Closing Plenary Panel / 15:00 to 16:00 / Marquee p.29		
16.00			16.00 Finish Children's Programme pick up
17.00	Walking workshop 1: 'Walking in the footsteps of poets and painters: 5 mile ecophilosophy tour' 16:30 to 19:00 / Local areas p.29	Walking workshop 2: 'Leadership inspired by Nature' 16:30 to 19:00 / Grounds of Brathay Hall p.29	
18.00			
19.00			

Thursday 16th July

## Registration

Networking & Pre-Festival Activities

12:30 to 15:00

Venue: Terrace / Theatre areas / Yurt 1

Registration, finger buffet lunch and bar. Pre-festival activities including the following: Music, exhibition stands; creative space; sign-ups for activities.

## Lunch and Bar

12:30 to 15:00

Venue: Syndicate Room 1 & Yurt 1



## Participatory Workshop

12:45 to 14:45

“Connecting personal and societal transformation”

Russell Cook (Systemic Leadership) and Charlotte Millar (Finance Innovation Lab). Sustainability will require a transformation in our worldviews, values and sense of self. What skilful strategies can we employ if we are to make this transition - both in terms of action in the world and in our own personal leadership? Sign up immediately upon registration as places are limited to 30.

Venue: Loft



## Debate

13:00 to 13:45

“We believe it’s better to stop talking about sustainability”

Venue: Theatre

Hosted by Leander Bindewald (Institute for Leadership and Sustainability). John Foster (Lancaster University) and Katie Carr (Cumbria Development Education Centre) argue for the motion. Ed Gillespie (Futerra) and Paula Lernelius (Earthwatch) argue against. Does the concept of sustainability engage the right people in the right ways or has it passed its usefulness? This quick-fire debate will reflect the views of Foster’s ‘After Sustainability’ (2015) and Gillespie’s ‘Only Planet’ (2014).



## Futerra Buzz



14:00 to 14:30

“Finding Purpose in your organisation”

Venue: Theatre

These buzz sessions are 15 - 20 minute explorations of how to create momentum for change in your organisation, led by the team from the sustainability consultants Futerra. To begin, the importance of rediscovering and communicating organisational purpose is explored.

## Opening Welcome

15:00 to 15:30

Professor **Jem Bendell** (IFLAS, University of Cumbria), **Godfrey Owen** (Brathay Trust) with **Jon Alexander** (New Citizenship)

Venue: Marquee

Why have we convened academics, professionals and activists from around the world to share their insights and discuss leadership for sustainability and wellbeing? What’s coming up and what’s your role?

## Plenary Keynote

15:30 to 16:00

“A new story of wellbeing”

Venue: Marquee

Charles Eisenstein, author of ‘The Ascent of Humanity’ and ‘The More Beautiful World Our Hearts Know is Possible’ begins the research festival with reflections on the limiting narratives about success, progress and wellbeing, and the opportunity to explore new stories based on connection and inter-being. How can education and leadership help us live this new story?



## Plenary Panel

16:00 to 16:45

“Telling stories of wellbeing”

Venue: Marquee

Nicole Schwab (author and co-founder of the Forum of Young Global Leaders), Lynne Franks (Sustainable Enterprise & Empowerment Dynamics), Nandita Das (actor and director), and Charles Eisenstein (author). Hosted by Jo Confino (The Guardian / Huffington Post). What is the role of culture in leading change? Panellists discuss how cultural leaders, either with fiction or commercial communications, encourage us to question our narratives about wellbeing & sustainability.

## Refreshments

16:45 to 17:00

Venue: Marquee and Hall Terrace

## Paper Session 1

17:00 to 18:00

Venue: Terrace, Loft, Coleridge and Wordsworth

Over 40 research papers are being presented at the Festival. In this session papers will be delivered in each of four locations. Refer to the paper programme.

## Emerging Leaders

17:00 to 18:00

Venue: Syndicate Room 1

Young Leaders from Keswick School paper presentations

## In Conversation

17:15 to 17:45

“Entrepreneurs of the New Story”

Venue: Hall Bar

Ed Gillespie (Futerra) in conversation with Jo Confino (Guardian / Huffington Post). How can entrepreneurs respond to the connected economic, social and environmental crises, and the underlying redundancy of narratives of progress, in ways where they can succeed in business?

## Reflective Activities

18:00 to 19:30

Venue: Front Lawn and various locations

Check details on pages 30 to 31 for more info, and sign up now!

## Workshop

18:00 to 19:30

“Leadership Lessons from Tango”

Venue: Theatre or Front lawn

Sue Cox. Argentine Tango is a complex, expressive dance that is improvised in the moment. In this interactive session, Sue draws from Tango to offer insights into the leader/follower dynamic and invites you to examine, and perhaps challenge, your own leadership practice. No prior knowledge of dance is required, simply the ability to move freely and a willingness to participate.

## Workshop

18:00 to 19:30

“How to Lead by Telling Your Story”

Venue: Yurt 1

Georgia Wingfield-Hayes. Storytelling is a powerful means of communication. It is also a means of interpreting one's own life. In this workshop you will explore ideas for how to tell a story about your own life in a way that can connect others with your efforts. You can share your stories in this session or in the following sessions in the “Storytelling Tent.”

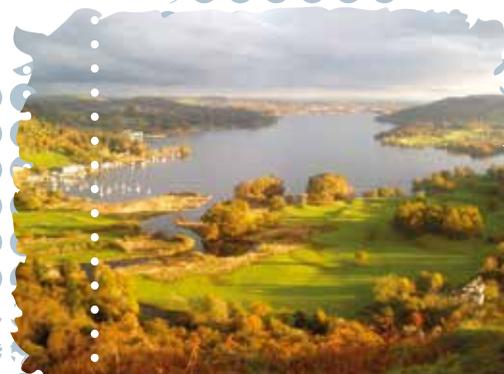
## Dinner

19:30 to 20:30

“International themed”

Venue: Marquee

Bars open in marquee and Hall Bar 6pm - midnight



## Dinner Speech

20:30 to 21:00

### “Love and Action”

Venue: Marquee

Jo Confino (Guardian / Huffington Post)

Everyone is talking about the need for collaboration but where we really need to see a joining of forces is between the spiritual and temporal. Jo speaks on the importance of journeying within if we are to change the world around us.

## Entertainment

21:00 to 23:00

Venue: Marquee

Music in the evening from Stephanie Rearick / Lorrie Hurckes and Cate Ferris and world music, in the marquee.



HEART OF THE LAKES

## In Conversation

22:15 to 22:45

### “Being well after Sustainability”

Venue: Hall Bar

John Foster (Lancaster University) in conversation with Georgia Wingfield-Hayes (IFLAS). The latest climate science can be deeply troubling. How can we respond to a realisation of imminent collective suffering and a lack of influence or opportunity to effect outcomes, in ways that do not undermine our wellbeing or engagement in society?

### Stephanie Rearick



## Breakfast

08:00 to 09:00

### Plus early bird activities!

Venue: Main dining room and various locations

Early bird activities include; Yoga, Tai chi, Massage and Mindfulness (sign up if you want to take part). See pages 30 to 31 for more details.

## Zeffi Kefala

### ‘Love and Kindness Meditation’

08:00 to 09:00

Venue: Woods or yurt (depending on weather)



## Futerra

09:00 to 09:30

### Introduction to Open Space Technology

Venue: Marquee

Open Space is a process for participants to organise their own topics and attract others to discuss and report back to the wider conference. It allows you to co-lead the agenda. Attend this introductory session if you are considering offering to host a discussion in the Open Space session tomorrow, or if you want to know more about this approach to dialogue.

## In Conversation

09:00 to 09:25

### “Women’s leadership”

Venue: Hall Bar

Lynne Franks (Sustainable Enterprise and Empowerment Dynamics) in conversation with Helen Carter (Brathay Trust) What works best in changing organisations and societies to welcome more women’s leadership? Where should we focus our efforts?

Friday 17th July

## Plenary Keynote

09:30 to 10:00

**“Roots & Wings: from Cultural Heritage to Wellbeing & Sustainability.”**

Venue: Marquee

Anna Zegna (The Zegna Foundation)

How can we draw from cultural heritage to promote sustainable enterprise and create thriving communities? What is the role of heritage in giving meaningful sense of place? What might the Lake District and other areas of outstanding beauty and heritage learn from the success of global luxury fashion giant Ermengildo Zegna?

## In Conversation

10:00 to 10:30

**“Timebanks and Wellbeing”**

Venue: Hall Bar

Stephanie Rearick (Mutual Aid Network) in conversation with Leander Bindewald (IFLAS)

What has been learned from the thriving timebank in Dane County, USA, which helps people swap their time without money, that could be taken global ?



## Plenary Panel

10:00 to 11:00

**“Business Leadership for Wellbeing & Sustainability”**

Venue: Marquee

Ariane Thomas (L’Oreal), Mark Drewell (former head, Globally Responsible Leadership Initiative), Richard Little (Impact International) and Mark Cropper (James Cropper and Ellergreen Hydro). Hosted by Ed Gillespie (Futerra).

How can large corporations relate to the challenging message that the environmental crisis is communicating? How can senior leaders in such organisations help their colleagues to respond? What kind of leadership do we need to cultivate?

## In Conversation

10:45 to 11:15

**“Building resilient Supply Chains and Communities”**

Venue: Hall Bar

Trevor Waldo (Emerging Leaders/M&S) in conversation with Dr David Murphy (IFLAS)  
Why have M&S partnered with Emerging Leaders to roll out leadership skills to workers in their supply chains? How does the issue of leadership link to resilient communities & Supply Chains, is this really making a tangible difference? Is shifting mind-set the most important tool in delivering leadership training or are there other levers to pull?



## Refreshments

11:00 to 11:30

Venue: Marquee and Hall Terrace



## Futerra Buzz



**“Big Ideas for Sustainability”**

11:00 to 11:30

Venue: Founders

These buzz sessions are 15 - 20 minute explorations of how to create momentum for change in your organisation, led by the team from the sustainability consultants Futerra. In this session, the importance of aspiring for really meaningful goals is explored.

## Paper Session 2

11:30 to 13:00

Venue: Terrace, Wordsworth, Theatre and Coleridge.

Over 40 research papers are being presented at the Festival. In this session papers will be delivered in each of four locations. Refer to the paper programme.

## Emerging Leaders

11:30 to 13:00

**Aspiring Leaders Programme**

Venue: Syndicate Room 1

Friday 17th July

### In Conversation

11:30 to 12:00

“Addressing climate change impacts on agriculture”

Venue: Hall Bar

Åsa Giertz (World Bank) in conversation with Katie Carr (CDEC). A rapidly changing climate is affecting agriculture and therefore the wellbeing of us all. How are countries responding now and what needs to happen next?

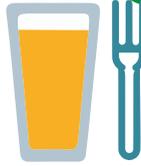
### In Conversation

“The UN and Sustainable Development”

Venue: Hall Bar

12:15 to 12:45

Elisa Peter (former head UN Non-Governmental Liaison Service) in conversation with Professor Malcolm McIntosh (former Director of Asia Pacific Centre at Griffith University) How will the United Nations lead global wellbeing and sustainability in the coming decade? What has been learned from attempts since 1992 to guide international cooperation? What are the implications for business, civil society and national governments?



### Lunch and Bar

13:00 to 14:00

Venue: Marquee and Hall Bar

### Photographic Presentation

Ashley Cooper

Venue: Hall Bar

13:20 to 14:00

Ashley has seen, at first hand, probably more of the impacts of climate change than any other person on the planet. He has documented these impacts for the last twelve years, and his work has taken him to every continent on the planet. In this presentation he will share his insights.



### Reflective Activities

14:00 to 15:30

Venue: Front Lawn and various locations

Check details on pages 30 to 31 for more info, and sign up now!



### World Café

14:00 to 15:30

“What does great leadership look like today?”

Venue: Marquee

The World Café methodology is a simple, effective, and flexible format for hosting large group dialogue. Delegates are invited to get to know each other by discussing the kind of leadership that they believe in today, where it comes from and how it can be enabled. Ideas will be harvested and incorporated into the festival proceedings.



### Refreshments

Venue: Marquee and Hall Terrace

15:30 to 16:00

### Futerra Buzz



15:30 to 16:00

“Engaging your team creatively”

Venue: Founders

These buzz sessions are 15 - 20 minute explorations of how to create momentum for change in your organisation, led by the team from the sustainability consultants Futerra.

### Plenary Panel

16:00 to 17:30

“Communities of Wellbeing”

Venue: Marquee

Professor Margaret Ledwith (University of Cumbria), Chris Batten (Francis C Scott Trust), Stephanie Rearick, Kim Farr (Incredible Edible). Hosted by Godfrey Owen (Brathay Trust). Conclusions from Jon Alexander (New Citizenship). What can be done at the level of local communities to promote collaboration to achieve more sustainable lifestyles with greater wellbeing? What is working and what are the barriers to scaling up these examples? Is this sufficient, or is a broader effort required between communities?

Friday 17th July

### Creative Readings

16:00 to 17:30

Venue: Hall Bar

Nicole Schwab reads from 'Heart of the Labyrinth', Professor Beattie reads poems based on the theme of his paper, 'Writing a world in transition', then open microphone for you to share your own readings. Hosted by Dr David Murphy and Philippa Chapman (IFLAS).

### Workshop

17:30 to 19:30

"Leadership Lessons from Tango"

Venue: Theatre or Front Lawn

Sue Cox. Argentine Tango is a complex, expressive dance that is improvised in the moment. In this interactive session, Sue draws from Tango to offer insights into the leader/follower dynamic and invites you to examine, and perhaps challenge, your own leadership practice. No prior knowledge of dance is required, simply the ability to move freely and a willingness to participate.

### Festival Fun

17:30 to 19:30

Venue: Various

A time for a break and something with a bit higher intensity! Challenge yourself on the Zip Wire, scale the Climbing Wall, play in the bay in the Kayaks, abseil out of the trees, challenge yourself with juggling and circus skills, or create the drum beat at the heart of the festival.

### In Conversation

17:45 to 18:30

"Creativity for the common good"

Venue: Hall Bar

Nandita Das (actor, director and Young Global Leader) in conversation with Lutfey Siddiqi (UBS and Young Global Leader). Following on from the opening plenary, what has been the experience of expressing oneself against prejudice and violence through movies? What can be learned for future efforts at social change that use creative media?

### In Conversation

18:45 to 19:30

"Talent Development in Zegna"

Venue: Hall Bar

Benedetta Zegna (Ermengildo Zegna) in conversation with Richard Little (Impact International). What motivates and enables talented staff in large organisations? How does this urgent commercial need relate to matters of wellbeing and wider sustainability? What is the experience of the large Italian luxury fashion firm Zegna?

### In Conversation

20:45 to 21:15

"Mindfulness and Wellbeing"

Venue: Hall Bar

Zeffi Kefala (Ancient Healing) in conversation with Helen Lawrie (Brathay Trust). What aspects of ancient wisdom are being rediscovered today and what are the implications for organisations and leadership? Should or should not these practices be explored in an overtly spiritual context? What pitfalls should we be aware of?



### Dinner

"Cumberland themed BBQ"

Venue: Marquee and Hall Bar

19:30 to 20:30

Bars open in marquee and Hall Bar 6pm - midnight.

### Striding Edge



### Entertainment

21:30 to 24:00

Venue: Marquee

Music and dancing in the evening with Matt Cowe and Striding Edge in the marquee.



## Breakfast

08:00 to 09:00

Plus early bird activities!

Venue: Main dining room and various locations

Early bird activities include; Yoga, Tai chi, Massage & Mindfulness (sign up if you want to take part).

## Zeffi Kefala

'Love and Kindness Meditation'

08:00 to 09:00

Venue: Woods or yurt (depending on weather)

## Reflective Activities

Venue: Front Lawn and various locations

09:00 to 11:00

Check details on pages 30 to 31 for more info, and sign up now!

## Open Space

09:00 to 11:00

Bring Your Topics!

Venue: Marquee



Open Space is a process for participants to organise their own topics and attract others to discuss and report back to the wider conference. It allows you to co-lead the agenda. If you attended the introductory session you can host a discussion. Otherwise, select from the various topics that are important to your fellow delegates.

## In Conversation

"The state of corporate sustainability"

Venue: Hall Bar

09:00 to 09:30

Professor Malcolm McIntosh (former Director of Asia Pacific Centre at Griffith University) in conversation with Jo Confino (Guardian / Huffington Post) After more than 20 years of the contemporary corporate responsibility and sustainability movements, what have we learned from both success and failure? Author of "Thinking the 21st Century" (2015) Professor McIntosh will discuss how best to engage business for social change today.



## In Conversation

"Activist Leadership"

Venue: Hall Bar

10:30 to 11:00

Jen Robinson (Bertha Foundation and Wikileaks) in conversation with Jon Alexander (New Citizenship) Is the space for people to resist and create transformative change toward wellbeing and sustainability currently shrinking, growing or shifting? What strategies and tactics might be opening up for activists today? What does activist leadership look like?

11:00 to 11:30

## Refreshments

Venue: Marquee and Hall Terrace



## Futerra Buzz

"Taking the message beyond your organisation"

Venue: Founders

11:00 to 11:30

These buzz sessions are 15 - 20 minute explorations of how to create momentum for change in your organisation, led by the team from the sustainability consultants Futerra. This session focuses on how to engage stakeholders and the public in wider change efforts.

11:30 to 12:30

## Plenary Panel

"On Love and Leadership"

Venue: Marquee

Charlotte Millar (Finance Innovation Lab), Jo Confino (The Guardian / Huffington Post), Zeffi Kefala (Ancient Wisdom) and Ramin Kaweh (Nexus Consulting). Hosted by Lynne Franks (SEED). To what extent are the practices and organisations we seek to promote about loving consciousness? What are the pros and cons of bringing love into the discourse of organisations, leadership, social change and even politics?

Saturday 18th July

## Roundtable

11:30 to 12:30

**“The Leadership Development Research Agenda: key questions”**

Venue: Theatre

Hosted by Richard Little, Impact International. This is a roundtable discussion for those planning future research on either leadership or leadership development and seeking to collaborate with other research festival attendees. Little and Sutherland are joint guest editors with Professor Bendell of a special issue of the ‘Sustainability Accounting, Management and Policy Journal’, that will be based on the papers presented at the festival.

## Lunch and Bar

13:00 to 14:00

Venue: Marquee and Hall Bar

## Paper Session 3

11:30 to 13:00

Venue: Terrace, Wordsworth, Theatre and Coleridge.

Over 40 research papers are being presented at the Festival. In this session papers will be delivered in each of four locations. Refer to the paper programme.

## Emerging Leaders

13:30 to 15:00

Aspiring Leaders Programme

Venue: Syndicate Room 1

## In Conversation

13:35 to 14:05

**“Beyond Burnout”**

Venue: Hall bar

Raj Thamotheram (Founder, Network for Sustainable Financial Markets) in conversation with Elisa Peter (former head UN-NGLS). What are the dangers of purpose-led professionals undermining their own wellbeing? What might be the benefits from moments of such suffering? How can we integrate highs and lows into sustained efforts at personal and social development?

## In Conversation

**“The Lake District & Leadership”**

14:15 to 14:45

Venue: Hall bar

Richard Little (Impact International) in conversation with Chris Batten (FCSCCT). Following on from Anna Zegna’s keynote on drawing from cultural heritage and the festival discussions, what can this Lake District place offer on leadership for greater wellbeing and sustainability?

## Walking workshop 1

16:30 to 19:00

**“Walking in the footsteps of poets and painters: 5 mile ecophilosophy tour”**

Venue: Departs from Brathay Hall (sign up the day before)

Jamie McPhie (University of Cumbria) and David Clarke A guided walk and talk from Brathay to Rydal, which will follow a historicised path from Descartes to the Sublime, critiquing the aesthetics of a Romantic Gaze along the way. The active and participatory nature of the walk and talk will hopefully stimulate some lively and engaging conversation (perhaps finishing in the local pub). Be prepared for a darker ecology than any ‘re-connection to nature’. Participants are advised to bring waterproof clothing and appropriate footwear.

15:00 to 16:00

## Closing Plenary Panel

Venue: Marquee

Includes report back from academic paper session chairs (IFLAS advisory board or Festival academic panel members) chaired by Mark Drewell (former head, GRLI). Concluding thanks by MC Jon Alexander (New Citizenship).

16:30 to 19:00

## Walking workshop 2

**“Leadership inspired by Nature”**

Venue: Departs from Brathay Hall (sign up the day before)

Nadine Andrews (cultureprobe) This outdoor experiential workshop draws on ideas from ecopsychology, mindfulness and biomimicry to guide participants through practices for connecting with and learning from nature to help gain insight into situations, work through problems, and get creative inspiration. We will discuss ways of integrating these practices into day-to-day personal and organisational life. Participants are advised to bring waterproof clothing and appropriate footwear.

## Early Bird Activities

First things first!

**Friday 8:00 to 9:00 & Saturday 8:00 to 9:00 (sign up required)**

Yoga: Amisha Ghadiali (Syndicate Room 1).

Tai Chi: Christopher Shaw (Syndicate Room 2).

Mindfulness: Martin Ibbotson (Yurt 2).

Meditation: Zeffi Kefala (Woods or Yurt 1 depending on the weather).

Massage: Eva Vavrova.

You will find more information about all of these in the sign ups area.



## Festival Fun

**Friday 17:30 to 19:30**

**A time for a break and something with a bit higher intensity!**

Zip wire (marked on map) - challenge yourself.

Climbing Wall (marked on map) - scale it.

Kayak (meet at the Boat House) - play in the bay.

Abseil (marked on map) - out of the trees.

Juggling and circus skills - Andy Jester (Meet at the gazebo on the front lawn).

Leadership drumming - create the drumbeat at the heart of the festival with Kevin Sharkey (Yurt 1)



HEART OF THE LAKES

**Thursday 18:00 to 19:30 / Friday 14:00 to 15:30 /**

**Saturday 9:00 to 11:00**

**If you fancy a break from the main programme to make sense of it all ....**

**Canoeing:** meet on the front lawn by the 'Canoeing' sign. A gentle paddle down the River Brathay to reflect on the festival's inputs. A stop on the river bank for a discussion with peers, experientially guided by one of Brathay's Learning and Development Consultants.

**Whaling:** meet on the front lawn by the 'Whaling' sign. Working with a team of five to ten of your festival peers, you will row Brathay's replica whaling boats out into the middle of Lake Windermere to reflect on the festival from a different perspective.

**Bushcraft:** meet on the front lawn by the 'Bushcraft' sign. Taking time out with nature and going back to the basics of creating warmth, shelter and food. We will reflect on the messages nature has for us in our understanding of leading wellbeing.

**Mindful walking:** meet on the front lawn by the 'Mindful Walking' sign. Martin Ibbotson will encourage you to stop and be mindful of your festival experience. Mindfully stretch

your legs and get some fresh air on a non - strenuous, guided, structured and skilfully facilitated walk, to make sense of the festival talks and connect with yourself and other participants, while enjoying the stunning location around the Brathay site and the shores of Windermere. Suitable footwear required.

**Storytelling Tent:** (Yurt 1) Come, listen and share tales of personal transformation! Led by Georgia Wingfield-Hayes. This session builds on Thursday's Workshop ... or just come and listen. (Friday 14:00 to 15:30; Saturday 10:00 to 11:00).

**Creative writing:** Ian Chapman (Hall Bar). Join Ian to explore your creative side in this interactive workshop session.

**Yoga:** Tray Hughes and Amisha Ghadiali (Syndicate 1 room).

**Tai Chi** - Christopher Shaw (Syndicate 2 room).

**Massage:** Eva Vavrova (Yurt 2).

**Reiki:** Sue Jackson (Thursday / Saturday only, please sign up).



## Adam Grodecki

Consultant at Boston Consulting Group and London Curator for World Economic Forum Global Shapers. Also co-founder and ex-Chairman of 'Student Hubs', a network of more than 25,000 socially aware students at UK universities.

## Alan Beattie



Emeritus Professor of Public Health at Cumbria University; tutor-researcher at Lancaster University since 1989. Cumbria-born; trained/worked in dance theatre (helped to invent experimental dance in 1960s); also in medicine (developed eco-social approaches to child health and mental health, using community action and celebratory arts). Currently studying and writing eco-poetry.

## Anna Zegna



President of the Zegna Foundation, based in Italy, which funds conservation, community development, medical and scientific research as well as education and training for young people.

## Ariane Thomas



Head of Environmental Affairs for the L'Oréal Group. Ariane has played a key role in the L'Oréal social audit program and the Carbon Disclosure Project Supply chain project, and leading efforts to halve the Group's environmental footprint by 2015.

## Åsa Giertz



An Agricultural Specialist at the World Bank where she currently works on agricultural risk management. Åsa has worked with agriculture development and food security for over 10 years, for the World Bank and the UN Food and Agriculture Organization, and has experience from Africa, Europe, Latin America, and Central and South Asia.



## Ashley Cooper

An award winning environmental photo journalist, Ashley's work appears regularly on the front covers of books, newspapers and magazines around the world. The world's only climate change photo agency, Global Warming Images, supplies images to the Met Office, United Nations Climate Change Program and many others, his work is sponsored by the World Wide Fund for Nature, International (WWF).

## Benedetta Zegna



Head of Talent Management at the global fashion group Ermengildo Zegna. With over 560 boutiques worldwide, one of the biggest global producers of fine fabrics (2.3 million metres per year) and a turnover of €1.2 billion (2012), Zegna is a major force in the men's luxury clothing sector worldwide.

## Charles Eisenstein



Author and public speaker, emerging as a key philosopher for the contemporary environmental, social justice and wellbeing movements. He is the author of several books including *The Ascent of Humanity* (2007), *Sacred Economics* (2011), and *The More Beautiful World Our Hearts Know Is Possible* (2013).

## Charlotte Millar



A co-founder of the Finance Innovation Lab, Charlotte works to build movements of people who are creating alternatives to current unsustainable economic systems. Specifically, she helps leaders within these movements develop the inner strength and the strategies they need to scale their work.

## Chris Batten



Director of the Francis C Scott Trust, which commits over £1 million every year to charities operating in Cumbria and the very north of Lancashire. This includes funds for the Aspiring Leaders Programme, through which Brathay Trust and the University of Cumbria offer a Bachelors degree in social enterprise for young community leaders from the region.



**David Murphy**

Deputy Director of IFLAS, and formerly with the UN System Staff College, David has vast international experience in training senior executives. In 1997 Dr Murphy and Jem Bendell co-wrote the first book on sustainability partnerships. David is the course leader for the Postgraduate Certificate in Sustainable Leadership.

**Ed Gillespie**



Creative Director and Co-Founder of Futerra, a fast growing communications consultancy specialising in sustainable development, advising organisations from the largest multinational corporations to campaign groups. Ed is an investor in social enterprises, and author of Only Planet, which chronicles his circumnavigation of the globe without flying.

**Elisa Peter**



Former director of the United Nations Non-Governmental Liaison Service (NGLS) and The Elders, an organisation convening leading statespersons from around the world. Formerly a fellow at the Hauser Center for Nonprofit Organizations at Harvard University.

**Georgia Wingfield Hayes**



A therapist who works with a combination of nutrition and other techniques to promote an integrated approach to wellbeing. She is a current post-graduate student at the Institute for Leadership and Sustainability (IFLAS). Contributor to OpenDemocracy.net.

**Godfrey Owen**



Godfrey has extensive experience working in the private and voluntary sector in a variety of roles. His professional training was as a Human Resources Manager, specialising in learning and development for Securicor plc in specialist and divisional manager roles. He became Chief Executive of Brathay Trust in 2004, overseeing the three strands of the charity's work: Children and Young People Services, Brathay Research Hub and People & Organisation Development.

**Helen (Aitch) Carter**



The director of the Aspiring Leaders Programme, which equips Cumbrian civil society leaders with leadership skills and a degree. An experienced educator of young people by using reflective and experiential processes, Aitch is also a Postgraduate student with IFLAS.

**Helen Lawrie**



A freelance facilitator and educator of adults and young people. Helen has worked with individuals with addictions for the past 5 years which has led her to mindfulness training. She is currently engaged with mindfulness teacher training and teaches both adult 8 week courses and mindfulness in schools across the county.

**Jem Bendell**



Founder of the Institute for Leadership and Sustainability (IFLAS) in England's Lake District, which now runs the world's largest specialist sustainability MBA. He is a strategist and educator on social and organizational change, with 20 years of experience on sustainable development issues. Previously at the United Nations and environmental group WWF, then as a management consultant, Dr Bendell lived and worked in 9 countries. The World Economic Forum recognised Jem as a Young Global Leader. He is author of Healing Capitalism.

**Jennifer Robinson**



Human-rights lawyer, working with Bertha Foundation in London & as Adjunct Lecturer at the University of Sydney Law School. She provides legal assistance & advice to activists from West Papua & Wikileaks.



## Jo Confino

Executive editor of the Guardian newspaper and chairman and editorial director of Guardian Sustainable Business, now the world's leading source of news for sustainability professionals. He also advises Guardian News & Media and Guardian Media Group on their sustainability strategies.

## Jon Alexander



Founder of New Citizenship which develops innovative projects for citizen participation. These include MyFarm, which saw the National Trust hand over the running of a real working farm to the public through the web and the Wild Network of cross-sector organisations working together to get children back into nature. Previously an advertising executive developing brand strategies for organisations like Sainsbury's, Orange, Cadbury, Sony and Eurostar.

## John Foster



Philosophy Lecturer at University of Lancaster and author of *After Sustainability* (Earthscan, 2014), which explores the psychological barriers to professionals accepting abrupt climate change is probable, and the philosophical implications of considering that it is probable.

## Karen Stuart



Formerly head of Research and Evaluation at Brathay Trust, Dr Stuart is an independent consultant providing leadership, management, research and evaluation services for any individual or organisation supporting children, young people and families. Kaz is also director of My Way Code, developing an online programme and app with gamification to help emotional wellbeing, resilience & identity.

## Katie Carr



Director of Cumbria Development Education Centre (CDEC), a charity that supports educators across Cumbria to critically engage with development and sustainability issues, in order to embed education for a fair and sustainable world. She is also a student on the IFLAS PGC in sustainable leadership.

## Kim Farr



Kim Farr manages a socially inclusive volunteer programme at a community park in South Cumbria and set up the Incredible Edible project in Ulverston. She is editor of the only newspaper written by prisoners at HMP Haverigg and she set up the Successful Transitions Programme to help people with chronic sickness problems to move into volunteering, training and employment.

## Leander Bindewald



Senior researcher on Complementary Currencies at the New Economics Foundation. He coordinated their EU-funded project Community Currencies in Action (CCIA) and is an IFLAS PhD student. Leander has co-ordinated the abstract submission process for the Festival.

## Lucy Maynard



Head of Research and Evaluation at the Brathay Trust. Dr Maynard specialises in young people's empowerment, including methods for how people in non-formal and experiential learning situations can develop their agency.

## Lutfey Siddiqi



A Managing Director at UBS Investment bank and an Adjunct Professor at the National University of Singapore (Risk Management Institute). He is a member of the World Economic Forum's Global Agenda Council (Financing & Capital) and the Young Global Leaders' community. He is an alumnus of the London School of Economics, University of York and UWC Atlantic College.

## Lynne Franks



Celebrity business woman, author, broadcaster and speaker. Famous for her leadership in public relations, she is the founder of SEED – Sustainable Enterprise and Empowerment Dynamics – a provider and community for women's learning and coaching programmes on economic empowerment, sustainable business practices and creative leadership. SEED programmes have been taught across society, from women's prisons to the corporate world and have changed women's lives in many countries.

## Malcolm McIntosh



FRSA, is former Director of the Asia Pacific Centre for Sustainable Enterprise, Griffith University, Australia. Professor McIntosh is the producer, author and co-author of more than 20 books and numerous articles, and is a frequent commentator on social issues and business responsibility and has been a Special Adviser to the UN Global Compact. His latest book, *Thinking the Twenty-First Century: Ideas For The New Political Economy* published in April 2015: [www.greenleaf-publishing.com/thinking](http://www.greenleaf-publishing.com/thinking).

## Margaret Ledwith



A leading researcher on community development, and author of a number of key texts such as "Community Development: A Critical Approach" (2011, The Policy Press), Dr Ledwith is an Emeritus Professor with the University of Cumbria.

## Mark Cropper



Chairman of paper and advanced materials company, James Cropper plc, a bespoke developer and manufacturer of fine paper and advanced materials. Mark also founded Ellergreen Hydro in 2008 to lead a renaissance in hydro in the Lake District, building on a career in renewable energy finance and his experience within the James Cropper plc business.

## Mark Drewell



Former head of the Globally Responsible Leadership Initiative (GRLI) and a Senior Associate of the University of Cambridge Institute for Sustainability Leadership. He authored "50+20 – Management Education for the World" (GRLI, 2012). He is senior partner at the Stockholm headquartered Foresight Group advising large organisations on how to speed up and leverage change on major ambitions relevant to our times.

## Martin Ibbotson



Learning and Development Consultant with Brathay Trust, delivering personal and professional development training for young people, apprentices, graduates, business teams and leaders, and fellow consultants. Martin is currently engaged with Mindfulness Teacher Training, and he is leading the integration of mindfulness into working life and professional practice at Brathay.

## Nadine Andrews



Founder of cultureprobe: mindfulness and nature based approaches to coaching, facilitation, consultancy and research, and teaches Mindfulness Based Stress Reduction courses. PhD researcher at Lancaster University exploring psychosocial factors influencing pro-environmental decision-making in organisations.

## Nandita Das



Indian film actress and director. As an actress, she is known for her performances in *Fire* (1996) and *Earth* (1998), amongst others. As a director, she is known for her directorial debut *Firaq* (2008), which has won a number of national and international awards. She has been awarded the Chevalier of the Ordre des Arts et des Lettres by the Government of France for her work. Nandita is a trained social worker and an activist on race and gender issues. She was recognised by the World Economic Forum as a Young Global Leader.

## Nicole Schwab



Author and social entrepreneur, co-founder of the Forum of Young Global Leaders, and EDGE – a global scheme certifying organizations for closing the gender gap in the workplace. Her book, *The Heart of the Labyrinth*, gives voice to her engagement on behalf of a world that values and honours the feminine principle and is rooted in our connection to the Earth as a living being.

## Paula Lernelius



Student on the IFLAS PGC in sustainability leadership. Paula is an executive coach facilitator working with senior teams on leadership development programmes. She spent 4 years as head of marketing & sales at Brathay Trust. She is currently Learning Manager for Earthwatch Institute delivering sustainability programmes to their corporate clients globally.

## Philippa Chapman

Manager of the Institute for Leadership and Sustainability (IFLAS), Philippa supports and coordinates the activities of the Institute. She has a broad ranging work history incorporating leadership development, women's entrepreneurship and equality of opportunity in business.



## Raj Thamotheram

One of the world's leading pioneers and commentators on responsible investment, with 20 years working in the sector, including the Universities Superannuation Scheme and Axa. Led the creation of a range of industry initiatives. Dr Thamotheram is former chief executive of the Ethical Trading Initiative.



## Ramin Kaweh

Founder and Managing Director of Nexus Consulting, based in Geneva. Having serviced more than 30 UN agencies, multi-national corporations and public sector companies in 35 countries, he is a renowned facilitator and trainer, specialising in leadership and management for multicultural teams. He has facilitated numerous large-scale international workshops with high-level political impact in the past 20+ years.



## Richard Little

Senior consultant with Impact International, the leadership development professionals. He has thirty years' experience in leadership development across the world, for organisations large and small. Richard is an Associate Scholar at IFLAS, University of Cumbria.



## Russell Cook

As Senior Learning Manager with the Leadership for Environmental and Development (LEAD) training organisation, Russell is co-facilitating the Leading for Sustainability Programme, a 6 month, highly experiential programme for mid-senior professionals. Previously with PwC's Sustainability and Climate Change team.



## Stephanie Rearick



Founder and Co-Director of the Dane County TimeBank in Madison, Wisconsin, and Founder of the global cooperative economy project, Mutual Aid Networks. Previously co-chair of Timebanks USA and Madison office director of the international environmental organization Greenpeace (1989 - 1995). Stephanie is an independent solo musician and founding member of the band Ladyscissors.

## Sue Cox

Independent Learning and Development Facilitator and Coach and a guest lecturer on the Post-Graduate Certificate on Sustainable Leadership. She works with leaders and teams, particularly in relation to change and sustainability. She is also a dancer and the founder of Ballroom2Boardroom, exploring Leadership Development through Tango.



## Trevor Waldock



Founder and Chief Executive of the charity 'Emerging Leaders', Trevor has spent the last two years in Kenya and South Africa supporting the delivery of leadership skills to grassroots communities and working with Marks and Spencer plc on its supply chain there. Author of 'The 18 Challenges of Leadership' and 'To plant a Walnut Tree'.

## Zeffi Kefala

Medical intuitive, healer, and spiritual counsellor, offering healing sessions, workshops, ceremonies, and tours to spiritual sites in the United States, Europe, and Asia. Her work is based on a lifetime of study of the Mystery Schools, the True Yogini path, Tantric Buddhism, and Native American teachings, and her exploration of all of these techniques through her life experience has made her a true healer.



# Useful information...

**Festival HQ** is in the Main Hall. For any questions, signposting, emergencies or first aid requirements.

**Toilets** are in the Main Hall and Theatre and there are extra portaloos in the Courtyard.

**Parking:** Vehicles will be directed to designated parking areas (marked on the map). Please note there is no parking outside the Main Hall.

**Mugs:** You have been given a mug which you can use for drinking water (you will find water urns at various locations around the site). You may also choose to use your mug for tea and coffee breaks, helping us to reduce usage of plastic and paper cups.

**Children's programme** drop off and pick up times and location are indicated in the programme (pages 8 to 13).

**Bikes** are available for loan (helmets and locks provided). See Martin if you are interested in borrowing one - follow the sign. Over 18s only. Return by 12noon Saturday latest.

**Contact telephone numbers:**  
 Lucy: 07739 646162  
 Phil: 07713 069790  
 Brathay: 015394 33041

**Shuttle buses** will run between the Brathay site and Ambleside Town Library at key times. See schedule below:

	am	pm
Thursday 16th July	Departs Ambleside Town Library regularly between: 12.15 & 14.30	Departs Brathay at: 21.30, 22.30, 23.15
Friday 17th July	Departs Ambleside Town Library at: 07.30, 07.45, 08.30 & 08.45	Departs Brathay at: 21.30, 22.30 & 00.15
Saturday 18th July	Departs Ambleside Town Library at: 07.30, 07.45, 08.30 & 08.45	Departs Brathay at: 16.15 & 16.30

There is also a regular bus (number 505 – see leaflet) or you can walk into Ambleside in about 20 minutes.



"We sense that 'normal' isn't coming back, that we are being born into a new normal: a new kind of society, a new relationship to the earth, a new experience of being human."

Charles Eisenstein

## Further Information

Website for the festival is: [www.leadingwell.org](http://www.leadingwell.org)  
Accommodation queries to: [wellbeing@brathay.org.uk](mailto:wellbeing@brathay.org.uk)  
All other queries to: [iflas@cumbria.ac.uk](mailto:iflas@cumbria.ac.uk)

Access wifi with the following code:

**brathaywifiaccess**

Twitter Feed  
Hashtag:  
**#leadingwell**

