

# Wellbeing Conference

Aspen Heights British School  
Abu Dhabi, UAE

**20**  
**January 2024**  
**Programme**



**Aspen Heights**  
BRITISH SCHOOL

For more information, please contact  
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 **komodo**

In partnership with Komodo Wellbeing

# Programme

08.00 - 08.30	<b>Registration, Exhibitions and Networking</b>		
08.30 - 08.45	<b>Opening Remarks</b> Emma Shanahan   Principal, Aspen Heights British School Auditorium		
08.45 - 09.30	<b>Keynote 1</b> <b>Designing Thriving Education Systems: Wellbeing to Wholebeing</b> Andrea Downie   Educator, Researcher & Speaker Auditorium		
09.30 - 10.15	<b>Keynote 2</b> <b>Warm Streets: An Argument for Holism</b> Matthew Savage   Educator, Speaker & Coach Auditorium		
10.15 - 10.45	<b>Morning Break</b>		
10.45 - 11.30	<b>Workshop 1</b>		
<b>Stream 1:</b> <b>Measuring Wellbeing</b> Auditorium	<b>Stream 2:</b> <b>Designing Wellbeing</b> Wellbeing Hub	<b>Stream 3:</b> <b>Leading Wellbeing</b> Humanities 1 Classroom	<b>Stream 4:</b> <b>Supporting Wellbeing</b> Humanities 2 Classroom
<b>The Wellbeing Data Wheel</b> Matthew Savage   Educator, Speaker & Coach	<b>Fundamental Culture Design Considerations - Framework for Complex Communication (Part 1)</b> Andrea Downie   Educator, Researcher & Speaker	<b>Leading Wellbeing - Why Won't it Stick?</b> Jamie O'Dowd   Assistant Head of Senior School, St Christopher's School Bahrain	<b>Counselling</b> Dr Lene Rensburg   Head of Wellbeing, Brighton College Dubai
11.45 - 12.30	<b>Workshop 2</b>		
<b>Stream 1:</b> <b>Measuring Wellbeing</b> Auditorium	<b>Stream 2:</b> <b>Designing Wellbeing</b> Wellbeing Hub	<b>Stream 3:</b> <b>Leading Wellbeing</b> Humanities 1 Classroom	<b>Stream 4:</b> <b>Supporting Wellbeing</b> Humanities 2 Classroom
<b>The Leuven Scales of Wellbeing and Involvement</b> Fiona Carter   Wellington College International	<b>Fundamental Culture Design Considerations - Framework for Complex Communication (Part 2)</b> Andrea Downie   Educator, Researcher & Speaker	<b>Student Leadership of Wellbeing</b> Amy Carroll   Vice Principal, Ranches Primary School	<b>Staff Wellbeing</b> Hayley Lamb   Ranches Primary School

# Programme

12.30 - 13.45	Lunch, Exhibitions and Networking		
13.45 - 14.30	Workshop 3		
<b>Stream 1:</b> <b>Measuring Wellbeing</b> Auditorium	<b>Stream 2:</b> <b>Designing Wellbeing</b> Wellbeing Hub	<b>Stream 3:</b> <b>Leading Wellbeing</b> Humanities 1 Classroom	<b>Stream 4:</b> <b>Supporting Wellbeing</b> Humanities 2 Classroom
<b>Defining wellbeing</b> Matthew Savage   Educator, Speaker & Coach	<b>Case Studies  </b> <b>Designing Wellbeing</b> <b>Curriculums: Practical</b> <b>Advice</b> Amy Cooper   GEMS Wellington Silicon Oasis Sabrina Grange   Cambridge International Dubai	<b>Checking in</b> Komodo and Leanne Fridd & Linda Marmion   Safa Community School	<b>Turning Challenge into</b> <b>Purpose</b> Sofy Leon Garcia   Sharjah English school
14.30 - 15.15	Workshop 4		
<b>Stream 1:</b> <b>Leading Wellbeing</b> Auditorium	<b>Stream 2:</b> <b>Designing Wellbeing</b> Wellbeing Hub	<b>Stream 3:</b> <b>Measuring Wellbeing</b> Humanities 1 Classroom	<b>Stream 4:</b> <b>Supporting Wellbeing</b> Humanities 2 Classroom
<b>Systems Leadership in</b> <b>Education for Wellbeing</b>  Andrea Downie   Educator, Researcher & Speaker	<b>Curriculum/Social and</b> <b>Emotional Learning</b> Shahana Salman   GEMS Cambridge International School	<b>PASS Survey</b> Mary Rose Connolly   Aquila School Dubai	<b>Mental Health First Aid</b> George Peterkin   Mind Your Health
15.15 - 15.45	Afternoon Break		
15.45 - 16.30	<b>Panel Discussion</b> Andrea Downie   Educator, Researcher & Speaker Matthew Savage   Educator, Speaker & Coach Redah Khan   School Counsellor, Aspen Heights Auditorium		
16.30 onwards	<b>Closing Remarks</b> Debra Forsyth, BSME Auditorium		

