

SMC Annual Conference 2019

New Frontiers in Mindfulness-Based Approaches

Friends Meeting House, Ship Street, Brighton BN1 1AF

Friday 25th October 2019

9:30am to 4:30pm (registration from 9am)

Conference highlights:

- Keynote: Rebecca Crane (Director of the Centre for Mindfulness Research and Practice, Bangor University) on 'What makes an effective mindfulness teacher?'
- Keynote: Jason Gonzalez (Principal Facilitator of The Mindful Leader programme, in partnership with Queen's University Belfast William J. Clinton Leadership Institute) on 'Mindful Leadership'
- Workshop: Bridgette O'Neill (Trainer, Sussex Mindfulness Centre) and Robert Marx (Co-lead, Sussex Mindfulness Centre) on 'Compassionate approaches to mindfulness: Mindful Self-Compassion & Mindfulness-Based Compassionate Living'

The conference is free for SMC advocates and for current/recent Sussex Partnership service users, SPFT Staff and SMC Trust Approved Teachers and SMC researcher staff and students. The conference is £90 for other attendees. You will be provided with a Continued Professional Development certificate.

Tickets bookable via Eventbrite: <https://smc2019conference.eventbrite.co.uk>

Tea and coffee will be provided. Lunch is not provided.



@Sussexmindful_SPFT #SMC2019 for live tweeting



Sussex Mindfulness Centre