

Mind Management: Change from Within

A Changemakers Virtual Residential

23-24 March 2022

Full Schedule – with session description and guest bios

This Virtual Residential focuses on mind management for the modern world. Many of us have busy, stressful lives and we also face huge planetary challenges in the form of climate emergency and pandemic disease. A major part of succeeding in this world -and making positive, profound change- is how you manage your perspectives & emotions, your thought-processes & internal narratives.

This 2-day residential invites you to explore the human mind, how it works and how it has been understood and managed by humans through time. A series of guest faculty will help you explore how minds work at both an individual and societal level. We'll look at the history of limiting assumptions which can inhibit social change and the ways in which they are embedded -and overcome- in everyday life. We'll explore the powerful impact adjusting our self-awareness and self-talk can have. There will also be the opportunity to explore tools and techniques for safeguarding our mental health. With the guidance of experts, we'll look at how to overcome challenges that seem huge by starting small.

As always, Changemakers does not promise answers, but works to develop and challenge your thinking, assumptions and questions. You'll get to do this via hands-on experience and access to experienced coaches and guest teachers.

Our work together will include the following: group presentations and discussions; breakout room discussions in small groups or pairs; peer-coaching circles; and solo exercises. Readings, references, slides and the group chat channel will be available via CM Teams for twelve months after the residential.

Wed 23 Mar

10am

Setting Intentions & Setting the Scene

Dr Alison Wood, Academic Director, Homerton Changemakers

Dr Frankie Moore, College Lecturer, Homerton College

Here we set the scene for our work together:

- setting our individual & collective intentions
- exploring how we can engage critically & meaningfully with various approaches to the mind - biomedical, neurological, philosophical, emotional, artistic, embodied, textual
- beginning the conversation on the embattled present: understanding where we are

11.15am

Break

11.30am

Mind your Ps and Qs

Steph Cullen, Head of Manufacturing and UK Exec member at IRI.

Performing under pressure, delivering against high expectations, and executing significant change can be made more challenging, if not impossible, if the hearts and minds of those involved are not fully on board, even for those things we think or know we want. In this session, I will take participants through the practices I have learned over the many times I have had to deliver significant results, with a view to providing them with insight and tools to managing themselves, and others, through the challenges and change they wish to face and lead in the future.

1-4pm

Offline. *A break; reflection and reading; your second coaching circle*

4-5.15pm

Addiction is a brain disorder and no one is absolutely immune to it **Professor David Belin, Faculty of Neuroscience, University of Cambridge;** **Director of Studies in Psychology & Behaviour Studies, Homerton College**

A conversation on how brain function influences our behaviours, with a focus on both neuroscience and psychology.

7.30-9pm

An Evening of Rest

Inspired by Claudia Hammond's *The Art of Rest*

Thurs 24 Mar

- 10am **Mind, Creativity and Flourishing**
Swapnil Gaikwad, Flourishing Minds Foundation, India
Dr Alison Wood
A practical session exploring artistry and perspectives on wellbeing
- 11.15am **Break**
- 11.30am **Master your emotions: How to stay in charge when things get tough**
Anna Conway-Morris, Consultant Psychiatrist
A rare opportunity to hear from & be in conversation with a leading NHS psychiatrist: on emotions, behaviours and focusing on biomedical understandings of mind and experience
- 1-4pm **Offline.** *A break; reflection and reading; your third coaching circle*
- 4-5.15pm **Reflecting on the learning**

BIOGRAPHIES of the TEAM



Professor David Belin

Our research is interested in the neural, cellular and molecular substrates of inter-individual vulnerability to develop impulsive/compulsive disorders such as drug addiction, Obsessive / Compulsive Disorder,

Tourette's syndrome, pathological gambling or dopamine dysregulation syndrome in Parkinson Disease.

Our working hypothesis is that impulses, originating from the amygdalo-insular networks can drive the behaviour through explicit knowledge involving prefrontal and orbitofrontal loops or implicit mechanisms that instead depend upon the functional relationships of these structures with several domains of the striatum.

We suggest that inter-individual vulnerability to develop impulsive/compulsive neuropsychiatric disorders stem from aberrant plasticity processes within the corticostriatal networks governing the translation of impulses into actions that ultimately result in a so-called abnormal incentive habit process.



Steph Cullen

Steph is the Head of Manufacturing and UK Exec member at IRI, a leading provider of big data, predictive analytics and insights that help FMCG and related companies grow their businesses. Responsible for over 300 clients, a

team of 80, and over half of the company's UK revenue, Steph's role is high pressure and fast paced – however, she crafted her ability to perform in this environment outside of the office, having spent 3yrs in the GB Rowing Team, culminating in winning the World Championships

in 2011. Sport remains important to Steph and having competed in rugby and CrossFit since retiring from rowing in 2012, she is currently training for her first bodybuilding competition and trail half marathon later this year. Steph is also passionate about personal development, optimising potential and cultivating leadership, and completed a Diploma in Transformational Coaching in 2019 to build her ability to lead and develop others.



Swapnil Gaiwad

Swapnil leads Project Re:Imagine, and his work at Flourishing Minds Foundation lies in the intersection of art, pedagogy and therapy. Much before he joined the learning space, his artistic leaning had

always been around issues of social justice and wellbeing. He is a graduate from the National Institute of Design, Ahmedabad and has worked as a guest lecturer at the AJK Mass Communication and Research Centre, Delhi.

In 2012, he joined FMF intending to explore the role of art in the space of education. He pursued an MA in Education from TISS, Mumbai. Drawing from his dissertation work, Swapnil has, over the years, innovated ways to employ art in pedagogy and culture building.

As an educator, counsellor and artist, Swapnil's body of work rests on the belief that the essential ingredient of true learning is a sense of inner wellbeing. And that art is a wonderful means to foster that.



**Dr Soraya Jones,
Facilitator for the
Residential**

Soraya is the Senior Programme Lead for the innovative Homerton Changemakers Programme. After many years as part of

the senior leadership team of Tribal Technology (part of Tribal Group Plc), Soraya became the first CEO of Cambridge Wireless (CW) from 2007 to 2015, where she was successful in growing the business from a one-person company to a membership cluster of over 425 companies and 20 industry-focused Special Interest Groups Forums, making it one of the premier tech clusters in the UK. She stepped down in 2015 to pursue other ventures including becoming an entrepreneur-in-residence at St. John's Innovation Centre and setting up her own consultancy business. She is also on the board of UEA Innovation Advisory board and is also the INNOVATEUK Ambassador for Women in Innovation. Born in Malaysia, Soraya holds BSc and MSc degrees from Indiana University, USA, and a PhD from the University of Cambridge (Education). She is driven by her passion to promote innovation and entrepreneurship, especially amongst the next generation.



**Dr Francesca
Moore, Co-curator
of the Residential**

Francesca Moore is Associate Professor of Geography at Homerton College. Her research speciality is feminist historical geography. She focuses

on gender politics from the 19th century to the present day including cultures of harassment and the #MeToo movement. Francesca takes an historical approach in her work, looking at the ways in which ideas and social norms from the past such as the 'good mother' can be found in

different forms in the present. She has written extensively on women's protest, cultures of motherhood, illegal abortion and the theoretics of power. Francesca is currently writing her first book.

**Dr Anna Conway
Morris**

Dr Anna Conway Morris is a consultant psychiatrist specialising in eating disorders. I work full time in the NHS alongside my role as training programme director for psychiatry in



the East of England. My research interests are in eating disorders and obsessive compulsive disorder in a research group in the University of Cambridge department of psychology. I am a fellow of the Royal College of Psychiatrists and the education lead in the eating disorders faculty. My claim to fame is my contribution to the BBC online series "ADHD is my superpower". In my personal life I am interested in the link between sports and mental health and love watching live sports. I support Cambridge United and manage a youth football team – the Trumpington FC Blues.



**Dr Alison Wood,
Director of the
Residential.**

Alison is a Fellow of Homerton College and directs Homerton

Changemakers, a pioneering programme equipping students to be wise change-agents amidst complexity and challenge. Her work takes in scholarly & popular domains, focused on the philosophy of education, the future of Universities, and ideas of modern selfhood. Right now she is turning those interests more explicitly to the role that universities must play in building educated selves and societies crucial for whole-system-thriving in the era of climate emergency. Australian born and bred, she's also a musician and has long-standing interests in arts, psychotherapy, high-performance, and institutional reform.