



Festival of Wellbeing 2024

TIMETABLE

Saturday 5 October 10am – 5pm BST

- 10.00 – 10.45am **Welcome; Happy People, Happy Planet**
Satish Kumar, peace pilgrim, world-renowned author, life-long activist and founder of The Resurgence Trust
- 10.50 – 11.30am **Money is a Lot Like Water**
Galia Benartzi, technology entrepreneur, crypto innovator and author
- 11.30 – 11.40am **Break**
- 11.40 – 12.15pm **What Does It Mean to be Human in the Midst of a Nature and Climate Crisis?**
Craig Bennett, chief executive of The Wildlife Trusts and environmental campaigner
- 12.20 – 1.00pm **Into the Blue: Surfing, Cycles and Water's Power to Heal**
Easkey Britton, Irish surfer, scientist, ocean advocate and writer
- 1.00 – 1.30pm **Lunch break**
- 1.30 – 2.05pm **Science, Hope and Humility**
Gillian Burke, biologist, presenter, storyteller and podcaster
- 2.10 – 2.45pm **Salutogenesis, Regeneration and Wellbeing in the Art of Personal and Planetary Healing**
Daniel Christian Wahl, author, consultant, educator and activist
- 2.50 – 3.30pm **The Leadership Able to Bring About a 'Just Transition'**
Gail Bradbrook, co-founder of the social movement Extinction Rebellion
- 3.30 – 3.45pm **Break**
- 3.45 – 4.10pm **Tincture: Poems, Song and Earth Remedies**
Zena Edwards, poet, curator, project maker and environmental advocate
- 4.15 – 4.55pm **Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants**
Robin Wall Kimmerer, scientist, professor, author, and founder of the Center for Native Peoples and the Environment
- 4.55 – 5.00pm **Closing Thoughts**
- All times are BST (UTC+1:00)*

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