



COWDRAY

WELLBEING

DR BRIAN MARIEN
BRYONY GORDON
DR MARK WILLIAMS



WELLBEING EVENT
at
COWDRAY HOUSE
A day of inspirational talks and music

Hosted by Gillian Higgins

Saturday 10th March 2018
10.00am to 3.30pm

WELLBEING EVENT – *a day of inspirational talks and music at Cowdray House*

“As an International Advisor to the Oxford Centre of Mindfulness and with a strong passion towards Wellbeing and Holistic life choices, I am delighted to welcome such eminent ambassadors within their fields to share their thoughts and experiences whilst enjoying the beautiful setting of Cowdray House.” Marina Cowdray

Gillian Higgins, a leading international criminal barrister and meditation teacher, is hosting the event and will open proceedings at 10.00am.



Dr Brian Marien

Brian is a doctor of medicine and a health psychologist. He trained in cognitive and behavioural therapy at the Institute of Psychiatry and worked as a specialist in the Academic Department of Psychological Medicine, St Bartholomew's Hospital where he was involved in teaching, research and clinical practice. Brian is also a Co-founder and Director of the Positive Group. The Positive Group work with a wide range of organisations to create 'psychologically informed environments' by providing insights into human psychology designed to benefit the health and wellbeing of individuals and groups.



Bryony Gordon

Author, Telegraph columnist and features writer, Bryony's work in raising awareness about mental health issues has been widely acclaimed. Her bestselling book Mad Girl chronicles in a witty way her own battle with mental health issues. She also interviewed Prince Harry in the first episode of her new podcast, Mad World, where he shared his emotional struggles after Diana's death. Bryony recently received a 'Making a Difference' award from mental health charity Mind for the work she has done in raising awareness in this area.



Dr Mark Williams

An expert in the field of Mindfulness, Dr Mark Williams was a Professor of Clinical Psychology, Director of the Oxford Mindfulness Centre and Wellcome Principal Research Fellow in the University of Oxford Department of Psychiatry. Working with a team, he co-developed Mindfulness-based Cognitive Therapy to prevent new episodes of depression for those who are most vulnerable.



There will also be music and a short talk by the British Pilgrimage Trust, a charity dedicated to re-establishing the tradition of Pilgrimage in Britain.

Schedule for the day

Doors open 9.30am

Start 10.00am

Introduction by Master of Ceremonies Gillian Higgins

10.10am Speaker Dr Brian Marien

11.00am: Coffee break

11.30am: Speaker Bryony Gordon

12.30pm: Lunch

1.30pm: A musical interlude

1.50pm: Talk by British Pilgrimage Trust

2.15pm: Speaker Dr Mark Williams

3.15pm: Close



GENERAL INFORMATION

The day costs £75 per person to include access to the gardens, the full line-up of talks and music, refreshments and a vegetarian lunch.

Buy tickets from the Estate Office, by calling 01730 812423 or online: www.cowdray.co.uk/events/wellbeing-event/

Terms and conditions apply – schedule may be subject to change.

There is ample parking and disabled access where required.

This event is not suitable for children.

