



MIND MATTERS

Programme

- 09.30am Welcome and Introductions
- 09.35am Session 1: THE AMAZING POWER OF THE BRAIN (10m)**
- 09.45am Meet Your Buddy Group 1 (5m)**
- 09.50am Session 2: WHAT DAMAGES OUR BRAIN HEALTH? (15m)**
- 10.05am Buddy Group 2 (15m)**
- 10.20am Break (5m)**
- 10.25am Session 3: THE BRAIN, TRAUMA AND MEMORY (20m)**
- 10.45am Buddy Group 3 (15m)**
- 11.00am Break (5m)**
- 11.05am Questions, Comments and Discussion (10m)**
- 11.15am Session 4: : THE NEURODIVERGENT BRAIN (20m)**
- 11.35am Buddy Group 3 – 10 mins**
- 11.45am Session 5: HOW CAN WE HELP OUR BRAINS? (20m)**
- 12.05am Break – (5m)**
- 12.10pm Session 6: MAXIMISING BRAIN POWER (20m)**
- 12.30pm Session 7: WHERE IS IT ALL HEADING? (5m)**
- 12.35pm Questions, Comments and Discussion (10m)**
- 12.45pm Say Goodbye to Buddies (5m)**
- 12.50pm Resources
- 13.00pm Finish