



## Workshop Agenda

### Objectives:

1. Build the team: develop relationships, explore equitable research partnerships, and deliver training for current and upcoming WPs.
2. Launch the project: engage Rwandan policy actors in a project launch and overview.
3. Train the Teacher Educator team in teaching mindfulness, train the Mindfulness Champions in mindfulness, and begin developing the intervention.

### Outline of the agenda

This workshop has three separate strands, or “themes”.

- Theme 1 is Research. This applies to all co-Is, except WP2, PDRs and PhD students.
- Theme 2 is Mindfulness. This applies to WP2 co-Is, primary teacher educators, and mindfulness champions.
- Theme 3 is Admin – this applies to the support staff and Management Group only.

The theme you are working on is listed against your name in the participant list enclosed within the workshop pack. You will generally be attending the sessions against your theme, unless otherwise stated.

The agenda lists the session times in the first column, an indication of activity type in column two, general activities in column three, and then activities by theme in columns four to six.

The room the session will take place in is in bold under each session title. The session convenor(s) initials are in brackets next to the session title.

Refreshments will be available on the breaks in Harvard / Main Hall.

**The mindfulness team have the Video Conferencing Room available to use for break-out discussions (max 12 people).**

## Monday 11<sup>th</sup> September

Time	Activity	General Activities People required to attend (unless otherwise specified): All co-Is, PhD students, PDRs.	Theme 1: Research People required to attend (unless otherwise specified): WP1&3 co-Is, PhD students, PDRs.	Theme 2: Mindfulness People required to attend (unless otherwise specified): WP2 co-Is, primary teacher educators, mindfulness champions.	Theme 3: Admin People required to attend specified by session.
<b>AM slot 1 (9-10.30)</b>	Welcome to the Workshop & Introductions <b>Harvard/Main Hall</b>	All PA & WN		Mindfulness Champions and Primary Teacher Educators Introductory Session What is mindfulness and why practice it? (JN) <b>Tele-Education room</b>	
<b>Break</b>					
<b>AM slot 2 (11-12.30)</b>	See theme-specific activities.		Run through of the research project (PA) <b>IAC Seminar Room</b>	-Settling the Mind (JN) -Small groups/ Big group discussion <b>Tele-Education room</b>	
<b>Lunch (12.30-13.30)</b>	Lunch <b>Harvard/Main Hall</b>	All			
<b>PM slot 1 (13.30-15.00)</b>	See theme-specific activities.		a) Preliminary findings: Ethiopia situation analysis (KE) b) Analysis 1: PEA themes/concepts (LD/PA) c) Analysis 2: Framework analysis (LD/PA) <b>IAC Seminar Room</b>	-Mindfulness for children session 1 (JN) -Geographical groups discussion (Wakgari, Ali, Elias) -Big group discussion (Wakgari, Ali, Elias) <b>Tele-Education room</b>	
<b>Break</b>					
<b>PM slot 3 (15.30-17.00)</b>	See theme-specific activities.		d) Preliminary findings: Rwanda situation analysis (LN) a) Analysis 1: PEA themes/concepts (LD/PA)	-Live Q & A with Jane -End of the day Round up (Wakgari, Ali, Elias) <b>Tele-Education room</b>	

			b) Analysis 2: Framework analysis (LD/PA) <b>IAC Seminar Room</b>		
<b>Evening (optional)</b>	Dinner at Hotel Chez Lando	All travellers, UOR-team based in Kigali welcome to join.			

## Tuesday 12<sup>th</sup> September

<b>Time</b>	<b>Activity</b>	<b>General Activities</b> People required to attend (unless otherwise specified): All co-Is, PhD students, PDRs.	<b>Theme 1: Research</b> People required to attend (unless otherwise specified): WP1&3 co-Is, PhD students, PDRs.	<b>Theme 2: Mindfulness</b> People required to attend (unless otherwise specified): WP2 co-Is, primary teacher educators, mindfulness champions.	<b>Theme 3: Admin</b> People required to attend specified by session.
<b>AM slot 1 (9-10.30)</b>	See theme-specific activities.		Reviewing literature / an overview of systematic literature reviews (PA) <b>IAC Seminar Room</b>	Embodiment and Bodyscan session(JN) <b>Tele-Education room</b>	
<b>Break</b>					
<b>AM slot 2 (11-12.30)</b>	See theme-specific activities.		What is wellbeing and how to measure it (DG) <b>IAC Seminar Room</b>	-Mindful Movement (JN) Recorded -Small group and big group discussions (Wakgari, Ali, Elias) <b>Tele-Education room</b>	
<b>Lunch (12.30-13.30)</b>	Lunch <b>Harvard/Main Hall</b>	All			
<b>PM slot 1 (13.30-15.00)</b>	See theme-specific activities.		Research with children (RS) <b>IAC Seminar Room</b>	-Mindfulness for children session 2 (JN) -Geographical groups discussion (Wakgari, Ali, Elias)	

				-Big group discussion (Wakgari, Ali, Elias) <b>Tele-Education room</b>	
<b>Break</b>					
<b>PM slot 3 (15.30-17.00)</b>	See theme-specific activities.		CEI and PAR (LD, LN, KE) a) PAR and WP1 b) CEI + Ref Groups, Rwanda c) CEI + Ref Groups, Ethiopia  <b>IAC Seminar Room</b>	-Live Q & A with Jane -End of the day Round up (Wakgari, Ali, Elias) <b>Tele-Education room</b>	
<b>Evening (optional)</b>	Dinner at Hotel Chez Lando	All travellers, UOR-team based in Kigali welcome to join.			

## Wednesday 13<sup>th</sup> September

Time	Activity	General Activities People required to attend (unless otherwise specified): All co-Is, PhD students, PDRs.	Theme 1: Research People required to attend (unless otherwise specified): WP1&3 co-Is, PhD students, PDRs.	Theme 2: Mindfulness People required to attend (unless otherwise specified): WP2 co-Is, primary teacher educators, mindfulness champions.	Theme 3: Admin People required to attend specified by session.
<b>AM slot 1 (9-10.30)</b>	Rwandan Policy Actor Event.	WN & AKB WP1&3 co-Is PDRs PhD students		-Our relationship with Kindness (JN) <b>Tele-Education room</b>	
<b>Break</b>					
<b>AM slot 2 (11-12.30)</b>				-Loving Kindness practice (JN) Recorded -Small group and big group discussions (Wakgari, Ali, UOR facilitator TBC) <b>Tele-Education room</b>	
<b>Lunch (12.30-2.30)</b>	Lunch <b>Lemigo Hotel – Event Attendees</b>	All			

	<b>Harvard/Main Hall – Everyone else</b>				
<b>PM slot 1 (2.30-3.30)</b>	PhD / PDR meetings with Rachel & with supervisory teams.	Dr Rachel Shanks. PhD students & PDRs (names TBC). Supervisory teams (TBC). <b>Smart room</b>		-Mindfulness for children session 3 (JN) -Geographical groups discussion (Wakgari, Ali, Elias) -Big group discussion (Wakgari, Ali, Elias) <b>Tele-Education room</b>	
<b>Break</b>					
<b>PM slot 3 (16.00-17.30)</b>	Executive Committee Meeting	All members of the EC and the secretariat <b>IAC Seminar Room</b>		-Live Q & A with Jane -End of the day Round up (Wakgari, Ali, Elias) <b>Tele-Education room</b>	
<b>Evening (optional)</b>	Evening Dinner with Policy Actors (invitation only)  Dinner for project team at Hotel Chez Lando				

## Thursday 14<sup>th</sup> September

<b>Time</b>	<b>Activity</b>	<b>General Activities</b> People required to attend (unless otherwise specified): All co-Is, PhD students, PDRs.	<b>Theme 1: Research</b> People required to attend (unless otherwise specified): WP1&3 co-Is, PhD students, PDRs.	<b>Theme 2: Mindfulness</b> People required to attend (unless otherwise specified): WP2 co-Is, primary teacher educators, mindfulness champions.	<b>Theme 3: Admin</b> People required to attend specified by session.
<b>AM slot 1 (9-10.30)</b>	See theme-specific activities.		Overview of WP3 tasks and timelines (PMcN) <b>IAC Seminar Room</b>	The observer and the undercurrent model (JN) <b>Tele-Education room</b>	
<b>Break</b>					

<b>AM slot 2 (11-12.30)</b>	See theme-specific activities.		Rwanda – WP3 workplan & resources (PMcN & ER) <b>IAC Seminar Room</b>	-Attitude of the observer (JN) Recorded -Small group and big group discussions (Wakgari, Ali, Elias) <b>Tele-Education room</b>	
<b>Lunch (12.30-13.30)</b>	Lunch <b>Harvard/Main Hall</b>	All			
<b>PM slot 1 (13.30-15.00)</b>	See theme-specific activities.		Ethiopia - WP3 workplan & resources (PMcN & WP3 Ethiopia lead TBC) <b>IAC Seminar Room</b>	-Mindfulness for children session 4 (JN) -Geographical groups discussion (Wakgari, Ali, Elias) -Big group discussion <b>Tele-Education room</b>	
<b>Break</b>					
<b>PM slot 3 (15.30-17.00)</b>	See theme-specific activities.		Health economics training – health & well-being outcomes, including Quality Adjusted Life Years (QALYs) <b>IAC Seminar Room</b>	-Live Q & A with Jane -End of the day Round up (Wakgari, Ali, Elias) <b>Tele-Education room</b>	Management Group Meeting (PA, WN, MY, TH, IS, EN)
<b>Evening (optional)</b>	Dinner at Hotel Chez Lando	All travellers, UOR-team based in Kigali welcome to join.			

## Friday 15<sup>th</sup> September

Time	Activity	General Activities People required to attend (unless otherwise specified): All co-Is, PhD students, PDRs.	Theme 1: Research People required to attend (unless otherwise specified): WP1&3 co-Is, PhD students, PDRs.	Theme 2: Mindfulness People required to attend (unless otherwise specified): WP2 co-Is, primary teacher educators, mindfulness champions.	Theme 3: Admin People required to attend specified by session.

<b>AM slot 1 (9-10.30)</b>	See theme-specific activities.		NVivo 1 (RS) Qualitative research team, PDRs and PhD students. <b>Smart room</b>	Quantitative survey team (PMcN) Smart room <b>IAC Seminar Room</b>	Acceptance and Self Compassion (JN) <b>Tele-Education room</b>	
<b>Break</b>						
<b>AM slot 2 (11-12.30)</b>	See theme-specific activities.		NVivo 2 (RS) Qualitative research team, PDRs and PhD students. <b>Smart room</b>	Quantitative survey team (PMcN) <b>IAC Seminar Room</b>	-RAIN Bodyscan (JN) -- Recorded -Small group and big group discussions (Wakgari, Ali, Elias) <b>Tele-Education room</b>	
<b>Lunch (12.30-13.30)</b>	Lunch <b>Harvard/Main Hall</b>	All				
<b>PM slot 1 (13.30-15.00)</b>	See theme-specific activities.		WP 5 – Publications Plan PA <b>IAC Seminar Room</b>		-Mindfulness for children session 5 (JN) -Geographical groups discussion (Wakgari, Ali, Elias) -Big group discussion <b>Tele-Education room</b>	
<b>Break</b>						
<b>PM slot 3 (15.30-17.00)</b>	Project team meeting & close	Co-Is, PhD students, PDRs PA & WN				
<b>Evening (optional)</b>	Dinner at Hotel Chez Lando for remaining staff.  UOA team air transfers.					