

**Day 1: Tues 5 Oct** **YOUTUBE LIVE** - A link will be emailed to each delegate

- 10:30 Welcome - Warren Evans (SCUK CEO)
- 10:45 Devotion - Team Talk
- 11:00 Session 1 - "Learnings from the pandemic"  
Q & A - Dave Courteen & Phil Manchester (SCUK Trustees)
- 11:45 Short Break - grab a coffee and sandwich  
[Re-join via Zoom - a link will be emailed to each delegate](#)
- 12:00 **WORKSHOP 1** - "Count it All Joy" - Prof John Swinton
- 13:00 Lunch
- 13:30 Session 2 - Team Refuel  
Intro to breakout groups in specific sport sectors - Matt Baker
- 13:40 Team Refuel (A) - "Count it All Joy" - praying & reflecting
- 14:10 Feedback
- 14:20 Team Refuel (B) - Strategy moving forward
- 14:50 Plenary - Phil Manchester (SCUK Chair)
- 15:00 Close

**ALL WORKSHOPS WILL BE VIA ZOOM MEETINGS - A LINK WILL BE EMAILED TO DELEGATES 24HRS PRIOR**

**Day 2: Wed 6 Oct** | "Resilience & Nurturing Hope"

- 10:00 Welcome
- 10:15 Devotion - Team Talk
- 10:30 Session 3 - Interview 1 - Matt Baker with Jamie Nieto
- 11:15 **WORKSHOP 2** - "Nurturing Hope" - Cleide Burgess
- 12:15 Plenary - Carolyn Skinner
- 12:30 Close

**Day 3: Thurs 7 Oct** | "Emerging from Covid - Mental Resilience Success Strategies"

- 10:00 Welcome
- 10:15 Devotion - Team Talk
- 10:30 Session 4 - Interview 2 - Phil Mason with Sharon Brittan
- 11:15 **WORKSHOP 3** - "Mental Resilience Success Strategies" - John Dabrowski
- 12:15 Plenary - Phil Mason/Matt Baker
- 12:30 Close



# PROGRAMME

## ONLINE | 5-7 OCT





## Conference Overview

**As we set out at the beginning of 2020, none of us could have imagined what was ahead and what would be the devastating impact of Covid 19 as it rapidly became a global pandemic.**

As chaplains we are serving our clubs and sports against this backdrop where people are broken by the impact of the pandemic. Many are grieving, many have lost their jobs, many have lost confidence and the mental health & well-being of the population has suffered greatly. It has impacted people in so many different ways and as chaplains it is important to acknowledge the context in which we serve and equip ourselves accordingly. The world is realising more than ever the need for a holistic approach to well-being.

As Christians we understand the connections between body, mind and spirit that make us human beings and God's children. The focus of the conference this year will be reflecting on this together and looking at a holistic approach to our work and the tools we need to build resilience for ourselves and those we serve. Through a series of presentations, workshops, prayer, worship and theological reflection from key note speakers we will be encouraged, challenged and stretched to become the people & chaplains God has called us to be.

## Workshops & interviews

### **"LEARNINGS FROM THE PANDEMIC"** *Dave Courteen*

Sharing from his own personal experience and journey of being involved in the community of sport as an owner and employer of hundreds of staff within the sports industry Dave will help us to reflect on some of the challenges faced in the last 18 months of the pandemic.

**Interview with Sharon Brittan** – as Chair of Bolton Wanderers FC Sharon will share from her wealth of experience in the world of business and particularly the turbulent journey of recovery she has been a part of at Bolton Wanderers.

### **"COUNT IT ALL JOY"** – *Prof John Swinton*

John is no stranger to us at SCUUK having delivered the key note address at our 25th anniversary conference in 2017. In this session John will help us to reflect theologically on some of the challenges, suffering and loss experienced through the pandemic. Expect to be challenged and encouraged as we consider a theology of mental health, sport and faithful disappointment.

**Interview with Jamie Nieto** – in this interview with 2 time Olympic high jump finalist we will be amazed, moved and encouraged by Jamie's incredible story. Following his paralysis in 2016 we will hear of his road to recovery and how he has continued to live his dream in all areas of life. If anyone can teach us what resilience means from a personal perspective Jamie is the person not just to listen to but be inspired by.

### **"NURTURING HOPE"** – *Cleide Burgess*

When you think about the future right now, are you filled with hopes or fears? This is a really important question because research shows that the way you feel about the future has a huge impact on your wellbeing, and as a result, how your life will turn out. This is an interactive workshop combining the Practice of Mindfulness and Positive Psychology Interventions. We will explore the importance of hope from 3 different perspectives: Cognitive aspects; emotional aspects; spiritual aspects. We will practice how we can nourish hope through these representations and investigate how to start moving from simply functioning into flourishing once again.

### **"EMERGING FROM COVID - MENTAL RESILIENCE SUCCESS STRATEGIES"** – *John Dabrowski*

Be inspired by an amazing story of Olympic perseverance. John will help us discover the positive impact of Gratitude. Learn how resilience leads to better physical and mental health. We will discover how to beat procrastination and gain motivation, learn some powerful techniques and as a man thinks so shall he be - discover the connection between your thoughts and feelings.