

Graduate School Conference

Supporting postgraduate students' mental wellbeing on their academic journey and beyond.

2nd February / 9.30-2.00pm
The Graduate School

Presentations

Feed Your Brain: Link between Diet and Stress

Nutritionist Jane McClenaghan will deliver a talk on how postgraduates can feed their brains and nourish their minds. During the session, she will cover good mood foods as well as the gut-brain connection, and this will be followed by a cookery demo and opportunities to ask questions.

Looking After Your Mental Health: Strategies to Overcome Stress and Anxiety

This workshop will explore strategies to manage stress levels, reduce anxiety, engage in mindfulness exercises and activities to support individual's self-care and intentional wellbeing. In this workshop, Katie Matthews will also explore the terminology and definitions of Mental health, mental ill-health and mental illness, highlighting the differences between the terms and the importance of terminology.

Minding Your Mental Health: Avoiding Contamination in Toxic Workplaces

Research has found that toxic workplace culture is on the rise, which can cause serious adverse effects not just in terms of performance but also in terms of their personal health. Dr Patricia O'Lynn will explore what constitutes a toxic workplace is, how to identify and disarm toxic leaders and their followers before, discussing mechanisms through which individuals can avoid becoming contaminated by toxicity in the workplace and therefore protect their health.

Building your Self Confidence: Strategies to Develop Self-Awareness and Self-Compassion

This workshop will explore strategies to develop your self confidence, self love, self awareness and self compassion. Speaker Katie Matthews will also explore activities and exercises to continue strengthening your self awareness and nurturing your self-confidence allowing you to make progress and flourish in all aspects of your life.

Six Thinking Hats: Introduction to Parallel Thinking

Six thinking hats by Edward de Bono allows us to explore different perspectives towards a challenging problem or situation. Credited De Bono trainer Neil Whiteside's workshop will help improve your skills as a critical thinker and will enable you to make decisions more effectively without the need for conflict.

Welcome



Professor Archie Clements

On the day, Pro-Vice Chancellor for Research and Enterprise Professor Archie Clements will open the conference. A strong supporter of interdisciplinary research, he is a world-renowned thought leader and a great champion of the ability of research to have positive impact on society.

Speakers



Jane McClenaghan

Nutritional therapist and founder of Vital Nutrition. Jane takes a down-to-earth, realistic approach to evidence-based nutrition and healthy eating. In her session, she will discuss the link between diet and stress, which foods encourage a good mood, and the gut-brain connection.



Katie Matthews

Award-winning disabled entrepreneur, educator and mental health trainer. Katie spent 3 years as the Northern Ireland National Director for the Global Entrepreneurship Network UK, was a Judge for the National Start-Up Awards 2023, Chair of Pure Mental NI, and was the UK Director for Global Entrepreneurship Week UK 2022.



Dr. Patricia O'Lynn

Leadership and management training consultant, activist, campaigner and political strategist. Patricia is the CEO and founder of The Institute for Disruption, a company established to end the use of school exclusion, challenge the status quo and reframe disruptive behaviour as a force for social good.



Neil Whiteside

Postgraduate Training and Development Consultant. Neil is a qualified teacher and workplace assessor with over 6 years' experience in the education sector. Prior to education Neil had eight years industry experience in financial services. Neil is also a de Bono accredited trainer.



Megan O'Brien

Student Wellbeing Advisor. Megan has 30 years' experience in support, information, guidance and advice through youth work and community groups, probation project work and disability organisations. She has also worked as an Employment Officer with an emphasis on wellbeing and barriers to employment.

Itinerary

09.30-09.50

Registration, tea and coffee

09.50-10.00

Opening remarks from Professor Archie Clements

10.00-11.30

Feed Your Brain: Link Between Diet and Stress

11.30-11.45

Tea Break

11.45-12.45

Looking After Your Mental Health: Strategies to Overcome Stress
and Anxiety

OR

Minding Your Mental Health: Avoiding Contamination in Toxic
Workplaces

12.45-13.45

Building Your Self Confidence: Strategies to Develop Self-Awareness
and Self-Compassion

OR

Six Thinking Hats: Introduction to Parallel Thinking

13.45-14.00

Queen's University Resources for Students

14.00

Networking Lunch

**Please email pg.skills@qub.ac.uk should you require additional support during the
conference**