

Monday 12 June	Tuesday 13 June	Wednesday 14 June	Thursday 15 June	Friday 16 June	Saturday 17 June	Monday 19 June	Tuesday 20 June	Wednesday 21 June	Thursday 22 June	
11:30–11:40 Welcome to Thriving at Oxford 2023 Professor Irene Tracy, Vice-Chancellor Andrew Wiles lecture Theatre	10:00–11:00 Childcare Services briefing Childcare Services Team Online	10:00–11:00 Financial Wellbeing: Empowering Women and Breaking Outdated Biases StrongFin Online	12:00–13:00 Zumba in the Parks Oxford University Sports University Parks	Take some time to volunteer or reflect	09:00–10:00 Outdoor Circuits Oxford University Sports Iffley Road Running Track	10:00–11:00 Coaching and mentoring for personal growth Sarah Lewis Online	10:30–11:30 Staying Well: Practical Strategies to Promote Good Mental Health and Emotional Resilience Dr Ruth Collins Online	07:00–08:00 Stages Cycling Oxford University Sports GLD Studio	10:00–11:00 Financial Wellbeing: Empowering Women and Breaking Outdated Biases– Q&A StrongFin Online	19:00 onwards OxRSS Pub Social (everyone welcome) The Chequers
11:40–12:30 Wellbeing at work– Insights from the world’s largest study on employee wellbeing Prof Jan-Emmanuel De Neve Andrew Wiles lecture Theatre	12:15–12:50 Flourishing Prof Willem Kuyken Online	12:00–13:00 Pitt Rivers Museum Touch Tour Susan Griffiths Pitt Rivers Museum	12:30–13:30 Grow in Nature: Walking with Roddy Bray Researcher Hub University Parks or South Parks	12:30–13:30 Breathwork with Laurène Researcher Hub Cricket Pavilion, University Parks		12:00–12:30 Nutrition and Physiological Health– “Is sugar really killing us?” AddedHealth Online	12:00–13:00 Urban Safety Rising Spirit Academy In person, location TBC	11:30–12:30 Thriving as a team– using a Daily Update Sara Passmore Online	11:30–12:00 Supporting You with Care Responsibilities Emma Dean Online	19:00–20:00 Outdoor circuits Oxford University Sports Iffley Road Running Track
13:00–14:00 Painting plants Dr Chris Thorogood Online	14:00–15:00 Accessible Yoga Prana Yoga Oxford St Luke’s Chapel, Woodstock Road	13:00–14:00 Tour of the Bodleian Libraries Bodleian Library Tour Guides Bodleian Library	12:00–13:30 Birds in the City of Oxford Prof Ben Sheldon University Parks (gate by Linacre College)	15:30 onwards Ice Cream in the Parks Researcher Hub Cricket Pavilion, University Parks	10:00–11:00 Bodycon Oxford University Sports Acer Sports Hall	12:30–13:30 Grow in Nature: Walking with Roddy Bray Researcher Hub Cricket Pavilion	12:15–13:15 Outdoor bootcamp Oxford University Sport University Club, Mansfield Road	13:00–13:30 MultakaOxford History of Science Museum Tour Multaka tour guide volunteers History of Science Museum	12:30–13:30 Introducing a deeper approach to wellbeing Researcher Hub Seminar Room, IDRM Building	
13:00–13:30 MultakaOxford Pitt Rivers Museum Tour Multaka Volunteer Tour Guides Pitt Rivers Museum	16:00–18:00 City of Oxford Walking Tour Bodleian Library Bodleian Old Library	15:00–17:00 Everyone can thrive at Oxford Sharon Naylor, Sarah Stephenson–Hunter and panellists Weston Library Lecture Theatre (hybrid)	14:00–14:30 Supporting you: a Dad’s perspective Emma Dean Online			13:00–14:00 The Science and Art of Crafting Better Wellbeing–An introduction and overview Tailored Thinking Online	13:00–14:00 Tour of the Bodleian Libraries Bodleian Library Tour Guides Bodleian Library	13:45–14:15 MultakaOxford History of Science Museum Tour Multaka tour guide volunteers History of Science Museum	12:30–14:30 City of Oxford Walking Tour Bodleian Libraries Weston Library	
13:45–14:15 MultakaOxford Pitt Rivers Museum Tour Multaka Volunteer Tour Guides Pitt Rivers Museum	17:00–19:00 OUS Fitness Games Oxford University Sport Iffley Road Running Track	17:00–18:00 Yoga in the Parks Oxford University Sports University Parks	16:00–17:00 Online neurodivergent retreat Online			14:00–15:00 Unlocking the power of emotions at work Kate Bunce Online	13:00–14:00 Careers Club POD Online	14:30–15:30 Sleep Better Feel Better Dr Ruth Collins St Luke’s Chapel, Woodstock Road	13:30–15:00 The Act of Crafting Better Wellbeing–An interactive action–orientated workshop Tailored Thinking Online	
14:30–15:30 Introduction to Mental Health Awareness Dr Ruth Collins Oxford Quaker Meeting House	20:00–23:00 OxRSS Board games night Thirsty Meeples	17:30–19:00 Fairytales for grown-ups: The grateful and the dead Benjamin Haggarty University of Oxford Botanic Gardens 19:00 onwards OxRSS LGBT+ friendly pub social (everyone welcome) The Jolly Farmers				16:00–17:00 Breathwork with Laurène Researcher Hub Cricket Pavilion	14:30–15:45 7 Steps to recovery from a debilitating stroke David Festenstein IDRM Seminar Room – Hybrid	16:00–17:00 Bodleian History Trail for Neurodivergent Staff Bodleian Library	15:00–16:00 Accessible Yoga Online Prana Yoga Oxford Online	
16:00–17:00 University MHFA networking event University Club, Mansfield Road									16:30–18:30 Professional Services Garden Party	

Sunday 18 June

Friday 23 June



For more information and to book scan the QR code or visit:
staff.admin.ox.ac.uk/thriving-at-oxford-2023

THRIVING AT OXFORD

12 – 23 JUNE 2023

