

**Part of
Changing
Futures
Week 2019**



**University of
Northampton**

Staff & Students' Wellbeing Day: Focus on You

Thursday 7th February 2019

9:30-12:30pm Learning Hub Foyer - Visit a range of stalls hosted by internal and external teams and organisations who can offer support with student and staff wellbeing, and volunteering opportunities in this area. You will also have the chance to shape how wellbeing is supported across the University community!

12:30-1:30pm Owl's Nest - Bring your lunch and listen to keynote speaker, Dr Mark Williamson, Director of the movement Action for Happiness

For more information, contact Michelle.Pyer@northampton.ac.uk

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**CHANGEMAKER
HUB**

Keynote Speaker: Dr Mark Williamson



Dr Mark Williamson is Director of Action for Happiness

(www.actionforhappiness.org), a movement of people taking action to promote mental wellbeing and create a happier society. Mark has a diverse range of experience across private and non-profit sectors, from start-ups through to large multi-national companies. He was previously Director of the Innovation unit at the Carbon Trust and spent a decade as a management consultant with Accenture, leading a wide range of projects relating to strategy, technology and change management. He has also worked for HP Labs and Orange. He holds an MBA from IMD business school in Switzerland, and a PhD in Electronics and Communications from the University of Bristol. He is a Sainsbury Management Fellow, a Chartered Engineer and a member of the Institute of Directors.

Click here to find out more about Dr Mark Williamson:

<http://www.actionforhappiness.org/director>

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