



How to Change Your Life

2024

Session 1

9.30 – 10.40am

Main Hall

LORRAINE CANDY

How to Live a Magnificent Midlife

Bestselling author and podcaster Lorraine Candy on how to embrace midlife and thrive.

VEX KING & KAUSHAL

Get Closer to Love

Mind Coach Vex King and his wife and Rising Circle co-founder Kaushal reveal how to transform our relationships.

Upper Hall

JIMMY VAN

A Poker Player's Guide to Success

What can poker teach us about living? Find out from surgeon – and poker champ – Jimmy Van.

KIRREN SCHNACK

How to Beat Anxiety

Clinical psychologist Kirren Schnack is here to help you beat anxiety and change your life.

Break

Session 2

11.00 – 12.30pm

Main Hall

CAMILLA NORD

The Balanced Brain

Camilla Nord reveals how neuroscience is revolutionising how we think about mental health.

GELONG THUBTEN

A Monk's Guide to Fearless Living

Buddhist monk Gelong Thubten shows us to transform fear into resilience and happiness.

DAVID NUTT

How Psychedelics Can Change Your Life

David shares his discoveries from 15 years of research into the therapeutic possibilities of psychedelics.

Upper Hall

ROS ATKINS

How to Communicate With Clarity and Confidence

The BBC's Ros Atkins shares the secrets to great communication.

ADAM PHILLIPS

What We Must Give Up To Feel More Alive

Psychoanalyst Adam Phillips meditates upon what we must sacrifice in order to feel more alive.

MARC ZAO SANDERS

How To Timebox

Discover 'timeboxing', the productivity method used by Bill Gates and Michelle Obama.

Lunch Break

Session 3

1.45 – 3.30pm

Main Hall

DR NIGHAT ARIF

Empowering the Menopause

Celebrated GP and female health expert Dr Nighat Arif offers guidance through the challenges of menopause.

DR JAMES KINROSS

The New Science of the Microbiome

Scientist and surgeon Dr James Kinross will show us how to optimize the microbiome to protect our health.

TIM SPECTOR

How to Eat Well For Life

Geneticist and founder of Zoe Tim Spector offers a new approach to eating to boost our own health and the planet's.

Upper Hall

VIV GROSKOP

How to Be Confident

Comedian, podcaster, author, and broadcaster Viv Groskop teaches the secrets of authentic and effortless confidence.

Break

Session 4

3.45– 4.45pm

Main Hall

RUBY WAX

On Mental Health

The beloved author and comic offers a frank and honest account of her mental health journey.