

Programme ENAS Forum & Assembly 2021

11 - 12 November 2021 - Online Event

Please note that the time zone is UK time (GMT)

DAY ONE Thursday 11 November	
Time	Proposed Session
07.30 - 08.15	Morning Workout
09.30 - 09.35	Welcome by Cathy Gallagher, Executive Director of Sport, University of Stirling
09.35 - 09.45	Welcome by ENAS President, Mr Mel Parker
09.45 - 10.00	Welcome by Uni. Of Stirling Deputy Principal (Internationalisation), Professor Neville Wylie
10.00 - 11.00	Wellbeing in Performance Sport – Delivering Olympic Success Amidst a Global Pandemic Steve Tigg, Head Performance Swim Coach, University of Stirling & Team GB Coach
11.00 - 11.30	Active Break (Podcast)
11.30 - 12.30	Breakout Session: What are the most significant wellbeing challenges in our universities just now? What can we do as a collective (ENAS family) to help address these?
12.30 - 13.30	Lunch Break
13.30 - 15.00	Best Practice Session: Ilaria Bibbiani (Active Break) Lisa Cafferky, Trinity College Dublin (Mind Body Boost) Nicole Ebben, Fontys University of Applied Sciences (Sustainable Happiness, ENAS Award Winner 2020)
15.00 - 15.15	Wrap up and Look Ahead to Day 2
15.15 - 16.45	ENAS Members Only - EC & Members discussion on ENAS Strategy and Members Engagement
19.00 - 20.00	Big Stirling Quiz

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DAY TWO	
Friday 12 November	
Time	Proposed Session
07.30 - 08.15	Morning Workout
08.30 - 09.15	ENAS National Representatives Meeting
09.30 - 09.45	Outline of the day and any salient updates
09.45 - 10.45	The Changing World of Fitness and Wellbeing....what we need to know Technogym
10.45 - 11.00	Coffee Break
11.00 - 12.30	Student Wellbeing Keynote Speech: Wellbeing as a Key Component of the Student Experience Jim Dickinson, Wonkhe Su's Panel Discussion on Projects Cardiff University Men's Football Team (Chaperon Service) Edinburgh University Women's Hockey Team (Lead the Way Programme)
12.30 - 12.35	Announcement of Asbjorn Cup Winners
12.35 - 12.45	Announcement of the ENAS Forum 2022 in Porto
12.45 - 13.00	Wrap Up and Closing Ceremony
13.00 - 14.00	Lunch Break
14.00 - 16.00	ENAS General Assembly 2021

Please note that the programme may be subject to change.