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VIRTUAL SESSIONS & RETREAT

with **Dr Linda S Spedding**,
International Legal Adviser,
Visiting Professor,
Author and Mentor

Balance, Resilience and Life Management in Turbulent Times

FRIDAY
AUGUST 7
2020
10:00-13:30
(Online)

Join us for a 3-hour Retreat in an informal, relaxed virtual setting from the comfort of your own home or selected environment with Dr Linda Spedding for uplifting - yet practical - sessions that include periods of discussion and pause for silent contemplation. The intention is to support a break from the daily duties to self empower and reflect on work life priorities in these unprecedented turbulent times. Linda's focus on aspects of life management and resilience practices - as we deal with the experience of the COVID 19 Crisis, the stress of modern living and this era of global change - is based upon traditional Vedic guidelines.

ICLAIM stands for Centre for Law, Alternative and Innovative Methods. It is a non-profit organisation based in Cyprus. Envisioning a world where citizens, small businesses and the industry engage with applied research and creative legal solutions, widening access to rights and impacting society, our mission aims at transmitting knowledge and enabling the wider public to have access to their rights through innovative and alternative legal solutions, the pioneering of new solutions with an impact on the creation, implementation, enforcement and reform of rights in a modern society.

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<https://www.iclaimcentre.org/well-being/>

PROGRAMME

The three sessions will include an informal presentation and some practical relaxation techniques

- 10:00:** Session 1. Introductions to Linda and Attendees and Overview - Work-Life Balance
- 11:00:** Break
- 11:15:** Session 2. Resilience - Self Responsibility and Empowerment
- 11:45:** Q&A
- 12:00:** Break
- 12:15:** Session 3. Life Management - Integration, Prioritisation, Health and Happiness
- 13:00:** Q&A and Closing

TARGET GROUPS AND REGISTRATION

This Retreat is open to academics, staff and friends of UCLan Cyprus as well as representatives of civil society organisations and members of the general public, willing to take time off to enjoy a new experience.

The Retreat is powered by ICLAIM and is offered at the special price of €60 per participant. Individualised online coaching sessions may be offered as a follow-up.

Certificates of attendance will be issued.

For further information and registration please send an email to info@iclaimcentre.org



THE TRAINER

About Dr Linda S Spedding - Linda is an International Lawyer and Adviser, qualified as a Solicitor (England and Wales), Advocate (India) and Attorney at Law (USA). She has worked at the Legal Service of the European Commission and in matters before the European Court. She provides consultancy to law firms and clients in the private and public sectors, as well as in the not for profit sector. As a practitioner and Visiting Professor she has advised, trained and spoken on sustainable development, CSR, alternative energy and climate concerns, business risk and crisis management, responsible, ethical and transparent business relationships. Dr Spedding's professional writings have been published extensively: her prime focus has been to make laws and values accessible and therefore implemented more effectively. In this context she has also worked on substantive legal and lifestyle issues of women in law and pioneered Women in Law International in order to integrate and apply her core values relating to positive living, empowerment and values: see www.womeninlaw-international.com. As Vice President of Adhyatmik Foundation Linda is increasingly concerned with disseminating the link between traditional positive values and modern living: see www.lindaspedding.org and www.balancedlives.info