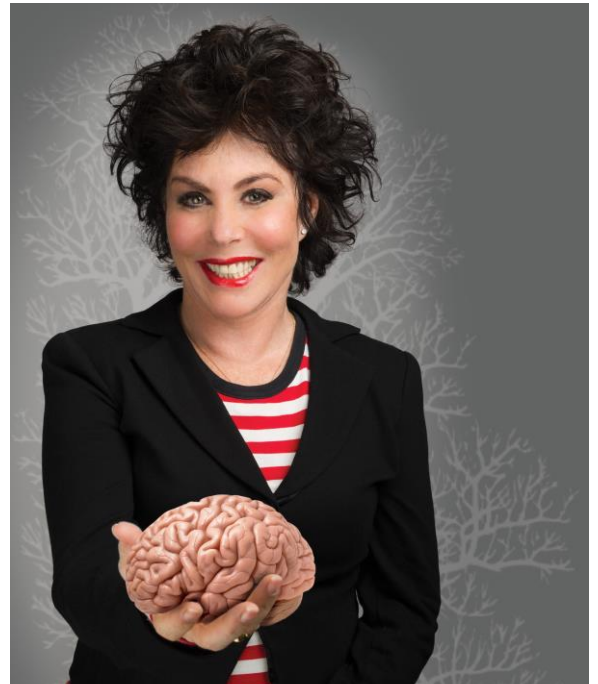


KEYNOTE

Frazzled: Personal Reflections on Mindfulness and Compassion



Ruby Wax OBE

Bio:

Ruby Wax is an internationally recognised comedian, scriptwriter (Absolutely Fabulous) and author. She has extensive experience in the areas of mindfulness, as outlined in her new book 'Frazzled'. She is interested in integrating compassion into mindfulness and is a patron of the Compassionate Mind Foundation. She received an OBE in 2012 for services to mental health.

Abstract:

We all know that the pace of life is fast and increasingly resulting in tumble dryer minds. In this talk I will explore my own experiences and explorations into mindfulness and compassion and why it is so necessary to bring these into the modern world.