

Alexander in Education Conference 2020 – The Developing Self

Saturday July 4th 2020

9.00: Registration

9.25: Welcome

<p>09.30 – 10.15</p>	<p>Teaching Teenagers at High School - Kirsten Harris MSTAT</p> <p>Kirsten will talk about how she introduces Alexander Technique to children, with practical demonstrations and ideas. Teaching in a state education context Kirsten has developed a largely hands-off way of working with the children. This is the first time she has presented her discoveries of how to do this to teachers.</p>	<p>Hypermobility in Teens - An AT perspective Roxani-Eleni Garefalaki MSTAT</p> <p>This will be a talk on the effects of hypermobility in Teens, in relation to education and other activities, with special focus on how the Alexander Technique can be the best way to prevent misuse and harmful situations.</p>
<p>10.15 – 11.00</p>	<p>Sport in Schools: Achieve the Gain Without The Pain Andy Smith</p> <p>The presentation will look at how AT can help sports students amid a typical culture of 'no pain, no gain'. It will address some of the challenges of how to get AT into school sports and include ideas on how to approach sports departments and how to work practically with children in a sports setting. I will also share some useful photo and video resources to help introduce key Alexander principles into sport.</p>	<p>Collaborating with Teenagers Polly Waterfield, Catherine Fleming & Victoria Cresswell</p> <p>This will be an interactive workshop on collaborating with teenagers, helping them to own their experience and articulate it in a way that is meaningful to them.</p>

11.00 – 11.30: Tea Break

<p>11.30 – 12.00</p>	<p>Working in Pre-Schools and Primary Schools Ellie Rouse A talk on working in a nursery with groups of 4-year olds before moving onto primary school. Creating a curriculum using The Developing Self training. Workshops for children in Primary schools. Approaching schools and finding where the AT can fit into the school curriculum.</p>	<p>STAT’s Strategic Education Project- Value Proposition Design and the importance of evidence-based courses. Esther Miltiadous BSc, MSc, MSTAT This talk will summarise what Value Proposition Design is and how and why it has been used in this project. It will also present the reasons for considering producing evidence-based courses for the education market and how STAT envisages achieving this.</p>
<p>12.00 – 12.30</p>	<p>Learning Other Ways of Being: The Alexander Technique and Learning to Speak a Foreign Language Harriet Anderson Ph.D., MSTAT In this short workshop we will explore and share some practical ways in which applying the principles of AT can support adults who are learning to speak a foreign language. We will also consider how similar learning processes are involved in learning AT and foreign language learning.</p>	<p>Working with Mothers and Babies Daniela Sangiorgio I have developed a 5-week course for mums and babies, during which mums explore how to take care of themselves when lifting, carrying and feeding their babies, as well as pushing their prams and playing with them. During the sessions mums also learn strategies to deal with their anxiety and daily challenges. In this workshop, I will give a practical demonstration of how I run the Alexander Technique class for mums and babies. I will show how I incorporate singing and movement which are an important part to involve the babies and encourage bonding. I will explain how I structure the lesson and the difficulties and realisations I have encountered in teaching this group.</p>

12.30: End of Saturday Conference Session – conference resumes on Sunday

1.30 – 3.30: STAT AGM

3.30 – 4.00: Break

4.00 – 5.00: Memorial Lecture – Peter Buckoke: **Learning How to Learn**

Sunday July 5th 2020

9.30 am: Registration

10.00 – 10.30: Welcome and Movement Circle

15 min presentations + 15 min Q&A

10.30 – 11.00	Sue Merry	Learning to Be Safe What is the connection between learning and anxiety? Is there a connection? Can these questions possibly be answered in a 15-minute presentation? I certainly hope not; but we might make some headway. I am inviting you to help me to understand how the nervous system is hard-wired to keep us safe and if that is why education can so often be a stressful experience. And if so, what can we do about it?
11.00 – 11.30	Polly Waterfield, Judith Kleiman and a panel of young people.	Young People’s Panel – Education in a Changing World We will hear from young people themselves about how they see their lives, their education, and how Alexander work might help with the challenges facing young people today and in the future. A panel of teenagers from different backgrounds including Extinction Rebellion and Educare, in conversation with Judith Kleinman and Polly Waterfield.

11.30 – 11.35: Movements Break

11.35 – 11.55: Tea Break

11.55 – 12.00: Movements Break

Presentations + 15 min Q&A

12.00 – 12.45	Ron Colyer	Childhood Reflexes & Neural Developmental Delay
12.45 – 13.10	Judith Kleinman	<p>Transforming Anxiety in Secondary Education</p> <p>Judith will share ideas, games and discussions that can introduce Alexander to teenagers and young adults. The workshop will link the work to integrating emotional intelligence and embodied awareness, focusing on ways to identify the signals of threat and anxiety and how to cue in safety and ease. This gives young people the skills of how to be calm, confident and coordinated when dealing with the pressurised world of secondary education.</p>

13.10 – 13.15: Movements Break

13.15 – 14.15: Lunch

14.15 – 14.30: Semi-Supine

14.30 – 15.30	<p>Rod Cunningham</p> <p>Rod Cunningham has worked as a mathematics educator for over 30 years. He has been facilitating P4C since 2006. As a SAPERE trainer and trustee he works with teachers and schools to embed P4C practice as a central strand of the school's life and activity. SAPERE is the charity which promotes, and quality assures P4C training in the UK. www.sapere.co.uk</p>	<p>An Introduction to Philosophy for Children (P4C)</p> <p>In this session I hope to address the following questions: What is P4C? What does it hope to achieve? Where does it come from? How does it operate in the UK? ... and along the way I will get you doing some activities and watching video clips of children in P4C sessions.</p>
----------------------	--	---

15.30 – 15.35: Movements Break

15.35 – 15.55: Tea Break

15.55 – 16.00: Movements Break

16.00 – 17. 15	Peter Buckoke MSTAT, HonRCM chairs a panel of teachers including: Liz Steintal (Educare), Stephen Williams (Bryanston) Lynette Easterbrook (RCM)	Education Now Panel A discussion on A in Ed going forwards
-----------------------	--	--

17.20 (approx.) – 17.30: Short round-up and close. Ending with Movements

IMPORTANT:

The conference content may change due to circumstances beyond our control or possibly because we think of something better! Any changes will be posted on our website.