



CREATING A CULTURE OF WELLBEING


UPRIGHT projects final conference

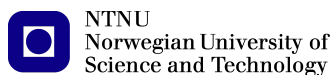
1 December 2021, 9:30-16:30 CET online



As the UPRIGHT project is running its course by 31 December 2021, a final conference has been organised. Stakeholders, partners, and others interested in adolescents' mental health and well-being, school-related matters and resilience are invited to attend the conference. The event will take place online, via Zoom on 1st December (9.30-16.30 CET).

Our keynote speakers are Ilona Boniwell, the managing Director of Positran, author and speaker, she will give a presentation on Resilience and Sue Roffey, psychologist, academic, author, and speaker who will present on Teacher´s well-being. Furthermore, participants will hear more about the UPRIGHT program, results of the intervention, advice on successfully implementing the program, policy recommendations and more.

The event is open to everyone and free of charge. Registration is now open, please register [here](#), you have to complete the registration form to attend and receive the link to the event. Conference language: English. Conference agenda 



Conference agenda

- 9:30 **Welcome** – Itziar Larizgoitia, Director, Public Health, Ministry of Health, Basque Country
- 9:45 **European Commission** – Dirk Hadrich, Policy Officer responsible for Mental Health in RTD
- 10:05 **Adolescent's mental health and well-being** – Dóra Guðrún Guðmundsdóttir, Director, Public Health, Directorate of Health in Iceland
- 10:30 **UPRIGHT research and innovation project**

10:45-11:00 Break

- 11:00 **Resilience** - Ilona Boniwell, Managing Director of Positran, Author, Speaker
- 11:30 **How to create and implement a school-based intervention of resilience?**
- 🌱 Co-creation of the UPRIGHT intervention
 - 🌱 Implementation of the UPRIGHT intervention
 - 🌱 Teachers' role in UPRIGHT
 - 🌱 Pilot site experience
 - 🌱 Q&A

12:45-13:15 Lunch

- 13:15 **UPRIGHT resilience-based program**
- 🌱 Presentation of the UPRIGHT WELL-BEING FOR US and WELL-BEING FOR ALL programs
 - 🌱 Q&A
- 13:55 **UPRIGHT evaluation results**
- 🌱 Presentation of the quantitative and qualitative results of the UPRIGHT intervention
 - 🌱 Q&A

15:00-15:10 Break

- 15:10 **Teacher's well-being** - Sue Roffey, psychologist, academic, author, and speaker
- 15:40 **Future of the UPRIGHT program**
- 🌱 Policy recommendations
 - 🌱 Exploitation
 - 🌱 Q&A
- 16:10 **Conclusions and key findings**
- 16:30 **End of the conference**



Moderator: Hans Henrik Knoop, Associate Professor, Department of Education (DPU), Aarhus University and Extraordinary Professor, Optentia, North-West University, South Africa

[Registration](#)



This conference is part of the UPRIGHT project, that has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement no. 754919. The information reflects only the authors' view and the European Commission is not responsible for any use that may be made of the information it contains.