



HG Conference

Saturday 12th and Sunday 13th May 2018

EARLY BIRD DISCOUNT

SAVE £25 when you book
before 14th Feb 2018

See overleaf for details

Living with uncertainty

Over millions of years, our brains evolved to reduce uncertainty. We learn in order to make us resilient and thus have a survival advantage. We study the past to try and read patterns of possibility in situations around us in the present. We observe, reflect and try to peer into the future in order to predict threats, or deduce how people might react to us, see round the next bend, so to speak.

In other words it is uncertainty that impelled us to develop and unfold our powers. That is the positive side of living with uncertainty.

From the point of view of mental health, accepting uncertainty and living well with it is essential but many are unable to do this, which is a contributing factor to anxiety disorders, depression and breakdowns.

In an ever more rapidly changing world, with 24-7 global news coverage, the unexpected event is always with us creating a miasma of low-level anxiety in the population ensuring a continued rise in mental illness. And modern media ramp it all up using fear to focus attention on the latest health scares, cyber-hacking, financial uncertainty, terrorism, and so on. Absurd levels of bureaucracy and media manipulation also constantly undermine our need for security and control interfering with our ability to discriminate between true and false, useful and harmful, honest and dishonest, safe and unsafe.

You are invited to join us at the beautiful Woodland Grange in Royal Leamington Spa to consider these issues and draw inspiration from what promises to be another richly rewarding and enjoyable HGI event.



Join us for a weekend full of stimulating presentations, talks and networking opportunities

"Excellent standard of speakers – diverse, relevant, thought-provoking, stimulating and wonderful to meet so many interesting attendees"

C. Drakard

"It's been a real joy ... I leave with many new ideas, a newly focused vigour and the sense that I have much to think about"

D. Lobbet



"An excellent blend of theoretical, intellectual, political and practical ideas and a fantastic forum for sharing ideas"

R. Brook

The Speakers

The conference will be chaired by Dr Declan Lyons, Consultant Psychiatrist at St. Patrick's University Hospital, Dublin. The full programme will be announced shortly. As ever the speakers, who will explore the topic from multiple angles, will be drawn from a wide range of backgrounds. The final list is currently being decided upon and will be announced soon, it includes: Sue Cook, the well-known journalist, writer, radio and TV broadcaster, David Goodhart, a prominent figure in public debate in the UK, founder and former editor of 'Prospect Magazine', Chris Dyas and Ivan Tyrrell.

We will add more speakers and details of the programme to the HGI website as soon as they become available.

www.hgi.org.uk



Sue Cook



David Goodhart

SPECIAL CONFERENCE PACKAGE

This covers attendance at both days, including lunches, Saturday evening dinner, refreshments at each break and conference materials.

SAVE £25 – when you book by **14th February 2018**

**EARLY BIRD
OFFER**

£324.00 per delegate

Normal Price: £349.00 per delegate



"I enjoyed the conference from beginning to end and look forward to future events. I was on a high for days afterwards reflecting on all the information shared"

J. Black

"It felt good to be surrounded by sensible, clear-thinking people. And I had so many brilliant discussions over the weekend. Thank you!"

L. Poits

"Such a good all round programme with a group of very diverse speakers. I feel proud to be part of such an inspiring, innovative and thoroughly good organisation"

T. Hamilton-Jones

Accommodation

Woodland Grange is an award-winning residential venue in Leamington Spa, Warwickshire, set in 16 acres of beautiful grounds, close to the Midlands motorway and rail network.

We've negotiated **special discounted** Bed & Breakfast rates for Conference attendees in their newly refurbished single and double rooms.

To take advantage of this offer call Ann in their Reservations Team on **01926 310537** or email: **alangdon@eef.org.uk** – quoting 'Human Givens'. Credit or debit card details will be required to secure your reservation at time of booking.

Single Room

Discounted rate: £108 per night
Usual rate: £130 per night

Double Room

Discounted rate: £126 per night
Usual rate: £155 per night



**SPECIAL
OFFER**

www.eef.org.uk/venues/woodland-grange-leamington-spa

BOOKING FORM

Places are limited – book yours now

To book your place, please print and complete the form below and send it with your cheque or credit/debit card details to:

The Human Givens Institute, Chalvington, East Sussex, BN27 3TD.

Alternatively, you can book over the phone, by calling our office on:

+44 (0)1323 811662 (9:00am – 5:30pm Mon-Fri)

I would like to book _____ delegate place/s for the 2018 HG Conference at Woodland Grange @ the following rate:

Early Bird:*

Normal Price:

Full Weekend:

☐

£324 per person

☐

£349 per person

*Offer available if you book before 14th February 2018

☐

I enclose a cheque made payable to **The Human Givens Institute Ltd.**
for the Total Amount: = £ _____

OR:

☐

I authorise you to debit my credit/debit* card with £ _____

My card number is: _____

Expiry date: _____ *Issue No. _____ Security No. _____

Name: _____

Address: _____

Postcode: _____

Phone: _____

Email: _____

Any additional
delegate names: _____
