

November 7-11, 2022

# Gathering of Kindness Connections 2022

Lift your gaze from  
the daily grind.

Gather • Be Inspired • Reconnect

## Monday 7 November

## Program

9.00	Acknowledgement of Country	
9.05	Welcome	Prof. Catherine Crock
9.15	PHYSIOLOGY OF STRESS: MEDITATION, MUSIC & MEDICINE	Dr Arnagretta Hunter & Prof. Kim Cunio
9.40	Music break	Prof. Kim Cunio, Sally Walker
9.45	HUMANS AT WORK – Author Panel – hosted by Ed Le Brocq and Dr Hilton Koppe	Ed Le Brocq, Dr Hilton Koppe, Dr Ben Bravery, Dr Neela Janakiramanan, Ms Sharee Johnson
11.00	Morning Tea	
11.30	KINDNESS IN ACTION – Panel	Dr Mark Boughey, Alicia Reid, Uncle Alan Parsons, Dr Emma West
12.30	The Dancing Doctor & the Silvertops Dancers	Dr Richard Mayes, Sarah Cook & The Silvertops
1.10	Lunch break	
2.10	FULLY SICK – patient story and reflection	Rosie Keely & Suzanne Donisthorpe
2.25	THE LULLABY PROJECT	Emma Gann & Hilary Kleinig
2.45	CONCURRENT ACTIVITIES * Reflective Writing Workshop, *Narrative Workshop, * Song Writing Workshop COLLABORATIVE ART & YARNING	Dr Hilton Koppe, Viviana Foulke, The Lullaby Project Aunty Rochelle Patten & Uncle Alan Parsons
3.30	Short break	
3.45	Intelligent Kindness – Intro	Nicki Macklin
3.55	TRUE PERSPECTIVE– Leading from the inside out	Joe Hart
4.50	Reflections & Close	
5.00	Light refreshments in the Foyer	
5.45	GRATITUDES – SPECIAL PREVIEW	Slava Grigoryan
6.30	THEATRE: ENDURING WITNESS	Dr Hilton Koppe, Dr Sally Brown, Dr Duncan Howard
7.30pm	CLOSE	

## Tuesday 8 November

9.00	Welcome & Acknowledgement of Country	
9.10	THE CASE FOR INTELLIGENT KINDNESS	Nicki Macklin
9.40	The Invictus Quartet	Rebecca Wang, Nyssa Sanguansri, Jin Tong Long, Annika Cho
9.50	CAN DO CULTURE CHANGE	Dr Eric Levi
10.20	Morning Tea	
10.50	HEALTH FUTURES THINK TANK Structural Kindness – the what, the who, the how	Alan Sandford AM, Matt Jones, Frank Daly Kaye McNaught, Dr Katherine Worsley
12.50	Lunch	
1.50	The Invictus Quartet	
2.00	CONCURRENT ACTIVITIES *Storytelling Workshop, *Narrative Workshop *Reflective Writing Workshop COLLABORATIVE ART & YARNING	Care Opinion, Vivian Foulke, Dr Hilton Koppe Aunty Rochelle Patten, Uncle Alan Parsons
3.00	HUSH HEALTH PLAY – “WHAT MATTERS?”	Vivian Nguyen, Juan Fernando Monge, Paul English, Margot Knight
3.50	MUSIC WITH SLAVA	Slava Grigoryan
4.15	SCRUB CHOIR	Staff of the Royal Melbourne Hospital
4.45	Reflections	
5.00pm	CLOSE	