****

BSA Postgraduate Forum Pre-conference Day - A non-conference, conference: A day of self-care

**DRAFT TIMETABLE**

10am – Registration welcome from BSA PG forum

10.30- 11.30 am – Confessions of a PhD student

11.30am – 1pm Walking Tour of Glasgow optional – sign up – note not suitable for people with limited mobility.

OR Mindfulness – Free to attend please bring or wear suitable attire i.e lose fitting/comfortable clothing. We aim to be inclusive to all levels of fitness and abilities are welcome, this session will have a more relaxed focus than a physical one

OR Massages – Please note any treatments you want must be paid for by yourself in cash – please see price list

1pm – 2pm – Lunch

2pm – 4pm Writing Retreat ran by Quill Out – Please sign up Please note Quill out will be not offering individual feedback on your work, this session is only to facilitate your writing

OR Mindfulness

OR Massages

4pm – 4.30 PM Refreshments/comfort break

4.30- 5pm – Presidential address

5pm – Closing remarks and feedback