

Pondero, Pilates for the Mind, the first 50 Talks

Series	Date	Title	Speaker	Company
Winchester	30/09/2015	Psychology of Change	Sarah Reynolds	LifeForward Ltd
	07/10/2015	Website Design	Karina Witton-Dauris	Think-Creative Ltd
	14/10/2015	Bowen Therapy	Helen Barnard	Helen Barnard, Bowen Therapy
	04/11/2015	Diversity talk	Linda Buisson	Linda Belzile Buisson
	11/11/2015	Energy Talk	Martin Maeso	Energy Institute
	18/11/2015	Judiciary System	Talk given by a practising female judge	
	25/11/2015	Governance and the Police	Jenni Douglas-Todd	Diversa Consulting
	02/12/2015	Roman Archaeology	Professor Graeme Earl	Southampton University
Winchester	13/01/2016	Coffee: from seed to cup	Peter Axworthy	Winchester Coffee Roasters
	20/01/2016	Sailing the Atlantic	Rob Burch	
	27/01/2016	Headley Court	Dr Julia Wheatley	Medical Risk Services Ltd
	03/02/2016	Power of Attorney	Andrea Waring	The Waring Partnership
	10/02/2016	Stress – Impact on Body and Mind	Sarah Reynolds	LifeForward
	24/02/2016	Energy: Fracking	Martin Maeso	Energy Institute
	02/03/2016	Website design	Karina Witton-Dauris	Think-Creative Ltd
	09/03/2016	Naval Architecture	Ian Parry	Winchester Marine Consultants Ltd
	16/03/2016	Marine Archaeology	Dr Helen Farr	Southampton University
Guildford	18/01/2016	Psychology of Change	Sarah Reynolds	LifeForward Ltd
	25/01/2016	Sailing the Atlantic with a family	Rob Burch	
	01/02/2016	Governance and the Police	Jenni Douglas-Todd	Diversa Consulting
	08/02/2016	Power of Attorney	Andrea Waring	The Waring Partnership
	22/02/2016	Family Poverty and Living Standards	Professor Donald Hirsch	Loughborough University
	29/02/2016	Nutrition and Self Healing	Lisa Jamieson	Enucleo
	07/03/2016	UK Energy policy	Martin Maeso	Energy Institute
	14/03/2017	Teenagers: Fuelling their bodies and exercise	Gaynor Arnold	PS Squared Ltd
Winchester	20/04/2016	Mindfulness	Amanda Ridgley	Fertiliza
	27/04/2016	EU/Brexit	Georgina Krone	
	04/05/2016	Google	Steve McGhee	Google
	11/05/2016	Twitter	Rebecca Wade	Purple Dog
Guildford	25/04/2016	Shipping and Energy with a detour into Climate	Dr Anne-Marie Warris	Ecoreflect
	09/05/2016	A Modern Adventurer: Mountains and much more	Holly Budge	Holly Budge
	16/05/2016	EU / Brexit	Georgina Krone	
	23/05/2016	Beating Anger (for parents)	Linda Bolland	Beating Anger Guildford
Winchester	14/09/2016	Beating Anger	Linda Bolland	Beating Anger Guildford
	21/09/2016	Brand Development	Karina Witton-Dauris	Think-Creative
	28/09/2016	The Magistracy in the 21st Century	Ameila Ashton	Magistrate
	05/10/2016	A Modern Adventurer	Holly Budge	Holly Budge
	12/10/2016	Charles Babbage from the Beginning	Lucy Simister	Moorside Publications
	02/11/2016	EU: What Happened	Georgina Krone	
	09/11/2016	Energy	Martin Maeso	Energy Institute
	16/11/2016	The Highly Sensitive Brain	Nina Khoo	Nina Khoo Coaching for Highly Sensitive Women
Winchester	11/01/2017	Natural Healing	Lisa Steel	Naturopathic Centre

	18/01/2017	Secrets of the Black Sea	Dr Helen Farr	Southampton University
	25/01/2017	The Theory of Colour	Dr Valerie Bonnardel	Winchester University
	08/02/2017	Emotions and the Brain	Sarah Reynolds	LifeForward
	15/02/2017	UK Electricity Supply	Dr Cathy McClay	National Grid
	01/03/2017	The Art and Science of Unconscious Bias	Sandi Rhys Jones OBE	Rhys Jones Consultants
	08/03/2017	Managing Social Media Profiles	Rebecca Wade	Purple Dog
	15/03/2017	Employability Skills for Students	Sophie Brigden	Be the BEST
Winchester	26/04/2017	The Science behind Anger	Linda Bolland	Beating Anger Guildford