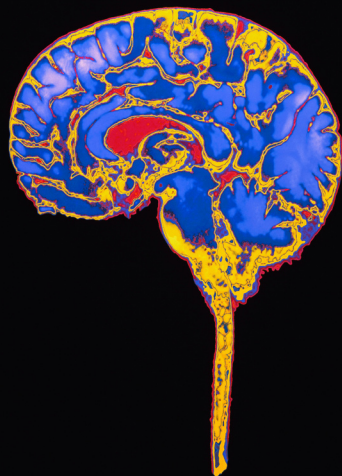




Houses of Parliament  
Parliamentary Office of  
Science and Technology



# Mental Capital and Wellbeing

Wednesday 22nd October, 9.00-11.00am  
Attlee Suite, Portcullis House

## Programme

9.00am **Welcome and Refreshments**

9.15am **Introduction by Professor David Cope**  
*Director, Parliamentary Office of Science and  
Technology*

9.20am **Professor John Beddington**  
*Government Chief Scientific Adviser and Head of  
the Government Office for Science*

9.30am **Professor Cary Cooper**  
*Chair of project lead expert team*

9.45am **Question and Answer session**  
*with project's lead expert team*

10.20am **Refreshments**

11.00am **Close**

To attend please email [POST@parliament.uk](mailto:POST@parliament.uk) or telephone Emma Kearney  
on 020 7219 8377 as places are limited.

This event is being jointly hosted with Foresight, which is based within the Government Office for Science. Foresight and its Horizon Scanning Centre help the government to think systematically about the future.

Foresight's Mental Capital and Wellbeing Project has drawn on leading-edge international research to understand how to improve mental capital and wellbeing across the population and throughout life.

'Mental capital' refers to a person's cognitive and emotional resources. It includes the brain's ability to process information (learning and thinking) but also includes emotional intelligence – interacting with others and resilience in the face of stress.

The project looks at how mental capital changes over a person's lifetime and the factors that enhance or hinder its development. It asks what interventions can help people to flourish from infancy to old age. It has also examined how to overcome obstacles that can hinder people in realising their mental potential, for example learning difficulties, stress in the workplace or cognitive decline. With concerns about the economic climate, these issues may become particularly relevant as individuals face the stress of debt or job insecurity.

This seminar is a special chance for parliamentarians to hear about the key findings of the report from the Project's director, the Government's Chief Scientific Adviser, Professor John Beddington, and the project team.