



**Monday 18th January 2021
at 7pm**



Steve Bagienski

MAGIC & WELLBEING

Steve Bagienski is a PhD level scientist at University of London, a magician, and positive psychologist.

A member of the Science of Magic Association, he's conducted comprehensive literature reviews on magic & wellbeing, is the recipient of the Richard Benjamin Trust studentship, and currently investigating the social and emotional experiences of how magic can enhance wellbeing, community, and resilience. One of his ongoing research projects focuses on how learning magic can enhance a community and improve self-esteem, while preventing depression, anxiety, and stress in undergraduate students. His research has been published by the World Health Organization and has consulted the magic-based learning design company, Abracademy, on designing their resilience workshops.

Join Zoom Lecture

<https://zoom.us/j/93446718522?pwd=TEt4L2prTURxZlhQVnJpUkJSaFhUdz09>

Meeting ID: 934 4671 8522

Passcode: 519683

**Visitors welcome please contact the secretary Barry Martin
either on 07885/959520 or email
barry@theleicestermagiccircle.co.uk**