



PRESENTING THE 3<sup>RD</sup> EDITION OF

# Discover Your Light

A Wellbeing Event

SMALL STEPS TO TRANSFORM YOUR LIFE IN 2019

Friday, January 25<sup>th</sup> 2019, 11am – 4pm (Registration opens at 9.30am)

*Join us for our third annual Wellbeing Day for all ages; a day of interactive wellbeing workshops, informal discussions and activities inspired by positive psychology and psychological findings, as they relate to wellbeing, overall.*

**Discover Your Light** is a day of interactive wellbeing workshops and informal discussions facilitated by The LightHouse Arabia's team of qualified and experienced psychologists and psychiatrists. Attendees can look forward to a wide array of topics and life skills for Adults (individuals, couples & parents), Teens, Tweens and Children (5 yrs+).

It is not always about putting out fires. Psychology, especially in groups, is often about redesign and inspiration. Why wait until there 'is a fire in the house' to ask for help, when you may just have a desire to expand the house, to renovate and redecorate?

**Discover Your Light** is designed to be a fun and inspirational day – motivating participants of all ages to create a rich and satisfying 2019.

## Event Highlights and Activities

- **21 interactive wellbeing workshops** across a wide array of topics and life skills for Adults (individuals, couples & parents), Children (5 yrs+), Tweens and Teens.
- Free 30-min **Emotional Wellbeing Check-Ups** by qualified & experienced psychologists from The LightHouse team (pre-scheduled).
- **Four interactive panel discussions** addressing Adult Mental Health, Special Education Needs (SEN) for children, Parenting, and Relationships.
- An **Information Corner** for informal discussions with members of The LightHouse team.
- A **Kids Zone for ages 4+ yrs** An enhancing experience for children with arts and crafts, live music and storytelling time.
- **Personal Development** and experiential stands.
- **Mind & Body** activities.
- Healthy snacks & refreshments.

## Registration

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# Event Workshops:

## ADULTS

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### **Gong Bath Meditation**

This unique sound practice uses therapeutic gong sounds and vibrations to aid healing. Participants will be bathed in the gong sounds leading to beneficial changes in brainwaves. This practice is known to be extremely helpful in reducing stress and enhancing happiness. Gong bath meditation is helpful for beginners and advanced meditators alike and indeed for anybody who wants to give themselves a moment of deep and healing relaxation.

**For:** Adults (18 yrs+)

**10am - 10.45am** (Registration at 9.30am)

### **Self-Care Essentials**

Feeling stressed out? Burnt out? Overwhelmed? Are you taking care of you? This workshop will let you take a moment to reflect on the basics of self-care and assess what's going well, what could go better and where the shortfalls are. This session combines psycho-educational material with self-reflective practices to give you an opportunity to start developing a self-care plan.

**For:** Adults (18 yrs+)

**Facilitator:** Dr. Ottilia Brown

**11am - 12pm & 1.30pm - 2.30pm**

### **Self-Compassion:**

#### **Moving Past Barriers and Developing Practice**

An introduction to the key components and theories of self-compassion, and how it can be of benefit to us all. An experiential exploration of what stops us from taking a more self-compassionate stance and a look at practices that will enhance self-compassion practices.

**For:** Adults (18 yrs+)

**Facilitator:** Dr. Jamilah Motala

**12.15pm - 1.15pm & 2.45pm - 3.45pm**

### **Brave Conversations:**

#### **The Art of Courageous Conversations**

Have you ever avoided a difficult conversation or had it go horribly wrong? Learn the core skills to stay brave and constructive in tough conversations, give and receive meaningful feedback, build trust, and foster deep engagement in your relationships.

**For:** Adults (18 yrs+)

**Facilitators:** Christine Kritzas & Farah Dahabi

**11am - 12pm & 1.30pm - 2.30pm**

### **Healing Through Meditation**

In this workshop, you will be introduced to the basic information about, and importance of, energy centers (also known as chakras or meridians) in your body. We will explore these to help you balance and manage the mental, emotional, spiritual, and physical blocks that most people experience in their daily lives. You will be led through a self-healing and energy balancing meditation. This workshop is for you if you are curious and interested in learning more about yourself through a self-healing meditation practice and integrating your mind, body, and spirit to live to your fullest potential.

**For:** Adults (18 yrs+)

**Facilitator:** Madeeha Afridi

**11am - 12pm & 1.30pm - 2.30pm**

### **Your Creativity Unlocked**

This workshop will be especially helpful for those of us whose self-talk constantly says 'I am not a creative person'. We will create a space where we will facilitate your creative flow through mindfulness practices. Writing or visual art will be the mediums for your creativity. No prior experience with writing or visual art is necessary.

**For:** Adults (18 yrs+)

**Facilitator:** Reema Baniabassi

**12.15pm - 1.15pm & 2.45pm - 3.45pm**

### **Staying Young: Positive Aging**

Learn what positive aging is, how to change your relationship with aging, and how lying about your age is actually harming your health.!

**For:** Adults (18 yrs+)

**Facilitator:** Farah Dahabi

**12.15pm - 1.15pm & 2.45pm - 3.45pm**

### **Ego Lab:**

#### **Looking Inward to go Forward**

In this workshop, you will be introduced to the Egogram. Together, we will explore how to use it to induce the change you want to see in your life. The aim of the workshop is for you to learn more about yourself, and also how other people might perceive you. From this understanding, we will shed light on what you might change in your life in order to better realise your dreams.

**For:** Adults (18 yrs+)

**Facilitator:** Maša Karleuša Valkanou

**12.15pm - 1.15pm & 2.45pm - 3.45pm**



# Event Workshops:

## PARENTING & COUPLES

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### **Share, Praise, Love:**

#### ***The Hacks to Positive Communication with our Kids***

This workshop on 'Positive Communication' will focus on building skills to show respect for our children and to strengthen two-way communication between parent and child. Strategies for positive and constructive communication, including speaking and listening will be demonstrated and practiced. General positive discipline strategies will also be identified. Communicating positively with young children helps them develop confidence, feelings of self-worth, and good relationships with others. It also helps make life with young children more pleasant for children and parents.

**For:** Adults 18+ yrs

**Facilitator:** Daniela Salazar

**11am - 12pm & 1.30pm - 2.30pm**

#### ***Managing Meltdowns and Taming Tantrums***

Meltdowns. The nemesis of parents everywhere! Join us to explore why children have meltdowns and tantrums because often, there is more to a tantrum than meets the eye. This workshop will look at what we can do to help our children (and ourselves) when they are having a meltdown and will offer positive strategies for parents to take home. We will also take a look at some of the common responses we as parents have to these situations - which may not help (they may even make a meltdown worse).

**For:** Adults 18+ yrs

**Facilitator:** Dr. Rose Logan

**11am - 12pm & 2.45pm - 3.45pm**

#### ***How to Raise Emotionally and Behaviorally Healthy Children***

In this workshop parents will learn more about early development, and how emotional regulation starts in infancy and continues through early childhood. Different theories of attachment will be discussed as they relate to healthy development, and how to foster a secure attachment between parent and child will be explained. Parents will also learn the benefits of setting boundaries and having expectations, and how both help in the prevention of negative behaviors.

**For:** Adults 18+ yrs

**Facilitators:** Dr. Candice Render

**12.15pm - 1.15pm & 1.30pm - 2.30pm**

#### ***Catch 'em Being Good:***

#### ***Reward Charts for Children and Tweens***

Reward charts are a wonderfully positive parenting tool for focusing your child's mind on the right behavior. Join us for a talk on the different types of behavior charts, how to create a plan, and choose the rewards, so that you can actively encourage the behavior you want, discourage the behavior you don't want, and reward the practice of new skills. Leave with a reward system ready to use!

**For:** Adults 18+ yrs

**Facilitator:** Rogaiyah Hamidaddin

**2.45pm - 3.45pm**

#### ***Constructive Communication in Couples***

This workshop will help you understand the 4 core aspects of communication that can either predict marital success or marital difficulty. We will discuss the complexities of conflict and miscommunication and how they can be handled masterfully.

**For:** Adults 18+ yrs

**Facilitator:** Dr. Sheetal Kini

**11am - 12pm & 2.45pm - 3.45pm**

#### ***Seasons of Togetherness:***

#### ***How Relationships Change Over Time***

In this talk we use the four seasons as a framework for understanding the natural stages of a couple's development. Although most people would want to hold onto the newness and in-love-ness of a new relationship, this is as unrealistic as wanting an eternal Spring. The long-term health and well-being of a couple depends on the relationship remaining flexible and the partners being able to successfully manage the challenges and opportunities of each stage in the development of the relationship.

**For:** Adults (18 yrs+)

**Facilitator:** Juan Korkie

**11am - 12pm & 1.30pm - 2.30pm**



# Event Workshops:

KIDS, TWEENS & TEENS

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## **Mindful Baking**

This workshop provides a gentle, fun introduction to mindfulness using baking as the experiential exercise – helping children to slow down and learn to enjoy the present moment with all of their senses. Research shows that mindfulness can help increase contentment and happiness, while reducing anxiety and depression.

**For:** Kids (5 – 10 yrs)

**Facilitator:** Dr. Nida Hussain

**11am - 12pm & 1.30pm - 2.30pm**

## **My Calm Down Strategies**

This workshop is about helping your children learn to calm themselves within and with others.

**For:** Kids (6 – 10 yrs)

**Facilitator:** Kate Minosora

**11am - 12pm & 1.30pm - 2.30pm**

## **Story Reading**

Join us for story reading with Stephanie Robert, author of *Thiago's Shell*; a wonderful story that comes from a place of motherly love and compassion towards a common challenge, which some children face with shyness and when struggling with confidence.

This session will also include a guided visualization for children. Stephanie has a passion for children and has built a unique understanding into the child's heart and mind connection.

**For:** Kids (5-11 yrs)

**Facilitator:** Stephanie Robert, Author

**11am - 11.30am, 12pm - 12.30pm, 1pm - 1.30pm & 2pm - 2.30pm**

## **Modern Music Masters**

In this workshop your children will write their own song! Song writing is a very creative and fun means of self-expression. Based on an idea or theme of the children's choosing, they will learn how to compose a song, including lyrics and mixing their own backing track using looping as well as incorporating live music. Let the creative juices flow!

**For:** Tweens & Teens (8 - 13 yrs)

**Facilitator:** Deanne Harrison

**11am - 12pm & 1.30pm - 2.30pm**

## **Pilates for Kids**

Slowly but surely, Pilates is becoming the number 1 workout. Have fun learning how your body moves, and how to engage muscles that you've never even thought about! It's time to connect your mind and body and awaken that inner strength – the basis for a strong and aligned body.

**For:** Kids (5-11 yrs)

**Facilitator:** Jelena Krneta

**12.15pm - 1.15pm & 2.45pm - 3.45pm**

## **Little Music Mozarts**

Join an interactive musical experience that uses singing, movement and the playing of musical instruments! Children will experience and explore musical and social skills through turn-taking, being the leader, following instructions, using verbal and non-verbal cues in a fun way through familiar songs and guided musical improvisation.

**For:** Children (2 – 6 yrs)

**Facilitator:** Deanne Harrison

**12.15pm - 1.15pm & 2.45pm - 3.45pm**

## **Full Esteem Ahead**

Building your self-esteem and creating a positive self-awareness comes from knowing your own strengths and abilities as a human being. Those with high self-esteem believe that they are adequate, strong and worthy of a good life. This workshop for teens aims to draw on the character strengths you already have and build upon them so that you can have a kinder and healthier relationship with yourself.

**For:** Tweens & Teens (11 – 14 yrs)

**Facilitators:** Aisling Prendergast

**12.15pm - 1.15pm & 2.45pm - 3.45pm**



# Event Workshops:

## PANEL DISCUSSIONS

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**Our panel discussions bring together key clinicians with an interested audience to explore content, answer questions and stimulate relevant and useful conversations. Panel discussions are interactive and open to all, subject to seating availability.**

### PANEL 1:

#### **Mental Health – Debunking Myths and Exploring Options for Wellbeing**

In this session, our panel of psychiatrists and psychologists will discuss common misconceptions about mental health issues. They will also present the latest in treatment options and discuss the problems and fears that get in the way of people engaging in helpful therapies. Different cultural lenses, in regard to mental health, will be explored. The topic will be thoroughly visited through information sharing, discussion and question and answer.

**For:** Adults 18+yrs

**Facilitated by:** Dr. Valentina Faia, Dr. Salman Wahid, Dr. Nicholas Wakefield, Ross Addison

**11:00am – 12.00pm**

### PANEL 2:

#### **Special Education Needs (SEN)**

Our panel of special education experts will discuss common misconceptions about special education needs (SEN). They will also provide an understanding of different kinds of learning disabilities and neurological disorders that present in children, that require additional support in the educational setting (and also in the social and home settings in some instances). The panel will be open for questions and comments from the audience. Potential topics of discussion will include Dyslexia, Dyscalculia, Attention Deficit Hyperactivity Disorder (ADHD), Autism Spectrum Disorders, their forms of assessment as well as their treatment.

**For:** Adults 18+yrs

**Facilitated by:** Dr. Sheetal Kini, Rogaiyah Hamidaddin, Daniela Salazar, João Lourenço

**12:15pm – 1:15pm**

### PANEL 3:

#### **Parenting**

The parenting panel consists of a clinical psychologist, a psychiatrist, a speech and language therapist and behavioral specialist, and will be facilitated by parenting expert, Dr. Saliha Afridi. The panel will discuss issues related to parenting children in the 21st century. An open forum where parents can ask questions related to (but not limited to) child and adolescent mental health, technology use, limit setting, raising resilient children, building self-esteem, bonding and communicating, consequences and rewards, emotional intelligence and values will make the session interactive and informative.

**For:** Parents

**Facilitated by:** Dr. Saliha Afridi, Dr. Rose Logan, João Lourenço, Ross Addison

**1:30pm – 2.30pm**

### PANEL 4:

#### **Relationship Therapy 101**

This panel will discuss various aspects of relationships and will be open for questions and comments from the audience. Potential topics include typical patterns to be found in couples, communication problems and solutions, physical and emotional intimacy, the changes in roles and responsibilities as the couple becomes a family, and other relevant issues by the audience.

**For:** Adults 18+yrs

**Facilitated by:** Dr. Candice Render, Juan Korkie, Daniela Salazar

**2:45pm – 3:45pm**

## CONTACT US

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COST: AED 105 (includes 5% VAT)

Children under 12 yrs and nannies attend for free

LOCATION: The LightHouse - Center for Wellbeing. For directions please visit our website [lighthousearabia.com/contact](http://lighthousearabia.com/contact)

\* Complimentary Valet Parking is available.