

WORKSHOP SCHEDULE

Friday, January 25th 2019, 10am – 4pm

Registration opens at 9.30am (Villa 1)

Discover Your Light

A Wellbeing Event

10.00 - 11.00	11.00 - 12.00	12.15 - 1.15	1.30 - 2.30	2.45 - 3.45
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VILLA 01

	<p>Self Care Essentials</p> <p>11am - 12pm / VISION Room DR. OTTILIA BROWN Adults 18+yrs</p>	<p>Self-Compassion</p> <p>12.15pm - 1.15pm / VISION Room DR. JAMILAH MOTALA</p>	<p>Self Care Essentials</p> <p>1.30pm - 2.30pm / VISION Room DR. OTTILIA BROWN Adults 18+yrs</p>	<p>Self-Compassion</p> <p>2.45pm - 3.45pm / VISION Room DR. JAMILAH MOTALA Adults 18+yrs</p>
	<p>'Brave Conversations' ART OF COURAGEOUS CONVERSATION</p> <p>11am - 12pm / KINDNESS Room CHRISTINE KRITZAS & FARAH DAHABI Adults 18+yrs</p>	<p>Your Creativity Unlocked</p> <p>12.15pm - 1.15pm / KINDNESS Room REEMA BANIABASSI Adults 18+yrs</p>	<p>'Brave Conversations' ART OF COURAGEOUS CONVERSATION</p> <p>1.30pm - 2.30pm / KINDNESS Room CHRISTINE KRITZAS & FARAH DAHABI Adults 18+yrs</p>	<p>Your Creativity Unlocked</p> <p>2.45pm - 3.45pm / KINDNESS Room REEMA BANIABASSI Adults 18+yrs</p>
	<p>Healing Through Meditation</p> <p>11am - 12pm / ADVENTURE Room MADEEHA AFRIDI Adults 18+yrs</p>	<p>Staying Young : POSITIVE AGING</p> <p>12.15pm - 1.15pm / ADVENTURE Room FARAH DAHABI Adults 18+yrs</p>	<p>Healing Through Meditation</p> <p>1.30pm - 2.30pm / ADVENTURE Room MADEEHA AFRIDI Adults 18+yrs</p>	<p>Staying Young : POSITIVE AGING</p> <p>2.45pm - 3.45pm / ADVENTURE Room FARAH DAHABI Adults 18+yrs</p>
	<p>Share, Praise, Love: THE HACKS TO POSITIVE COMMUNICATION WITH OUR KIDS</p> <p>11am - 12pm / CURIOSITY Room DANIELA SALAZAR Adults 18+yrs</p>		<p>Share, Praise, Love: THE HACKS TO POSITIVE COMMUNICATION WITH OUR KIDS</p> <p>1.30pm - 2.30pm / CURIOSITY Room DANIELA SALAZAR Adults 18+yrs</p>	<p>Catch 'em Being Good: REWARD CHARTS FOR CHILDREN & TWEENS</p> <p>2.45pm - 3.45pm / CURIOSITY Room ROGAIYAH HAMIDADDIN Adults 18+yrs</p>

VILLA 02

	<p>Manging Meltdowns & Taming Tantrums</p> <p>11am - 12pm / RESPECT Room DR. ROSE LOGAN Adults 18+yrs</p>	<p>How to Raise Emotionally & Behaviorally Intelligent Children</p> <p>12.15pm - 1.15pm / RESPECT Room DR. CANDICE RENDER Adults 18+yrs</p>	<p>How to Raise Emotionally & Behaviorally Intelligent Children</p> <p>1.30pm - 2.30pm / RESPECT Room DR. CANDICE RENDER Adults 18+yrs</p>	<p>Manging Meltdowns & Taming Tantrums</p> <p>2.45pm - 3.45pm / RESPECT Room DR. ROSE LOGAN Adults 18+yrs</p>
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VILLA 03

		<p>Pilates for Kids</p> <p>12.15pm - 1.15pm / RECEPTION JELENA KRNETA Kids (5-11 yrs)</p>		<p>Pilates for Kids</p> <p>2.45pm - 3.45pm / RECEPTION JELENA KRNETA Kids (5-11 yrs)</p>
	<p>My Calm Down Strategies</p> <p>11am - 12pm / FAITH Room KATE MINOSORA Kids (6-10 yrs)</p>	<p>Full Esteem Ahead</p> <p>12.15pm - 1.15pm / FAITH Room AISLING PRENDERGAST Tweens & Teens (11 - 14 yrs)</p>	<p>My Calm Down Strategies</p> <p>1.30pm - 2.30pm / FAITH Room KATE MINOSORA Kids (6-10 yrs)</p>	<p>Full Esteem Ahead</p> <p>2.45pm - 3.45pm / FAITH Room AISLING PRENDERGAST Tweens & Teens (11 - 14 yrs)</p>
	<p>Modern Music Masters</p> <p>11am - 12pm / LOVE Room DEANNE HARRISON Tweens & Teens (8 - 13 yrs)</p>	<p>Little Music Mozarts</p> <p>12.15pm - 1.15pm / LOVE Room DEANNE HARRISON Kids (2-6 yrs)</p>	<p>Modern Music Masters</p> <p>1.30pm - 2.30pm / LOVE Room DEANNE HARRISON Tweens & Teens (8 - 13 yrs)</p>	<p>Little Music Mozarts</p> <p>2.45pm - 3.45pm / LOVE Room DEANNE HARRISON Kids (2-6 yrs)</p>
	<p>Story Reading</p> <p>11am - 11.30am PATIENCE Room STEPHANIE ROBERT Kids (5-11 yrs)</p>	<p>Story Reading</p> <p>12pm - 12.30pm PATIENCE Room STEPHANIE ROBERT Kids (5-11 yrs)</p>	<p>Story Reading</p> <p>1pm - 1.30pm PATIENCE Room STEPHANIE ROBERT Kids (5-11 yrs)</p>	<p>Story Reading</p> <p>2pm - 2.30pm PATIENCE Room STEPHANIE ROBERT Kids (5-11 yrs)</p>
	<p>Mindful Baking</p> <p>11am - 12pm / KITCHEN DR. NIDA HUSSAIN Kids (5-10 yrs)</p>		<p>Mindful Baking</p> <p>1.30pm - 2.30pm / KITCHEN DR. NIDA HUSSAIN Kids (5-10 yrs)</p>	

VILLA 04

<p>Gong Bath Meditation</p> <p>10am - 10.45am / DOWNSTAIRS Adults 18+yrs Registration at 9.30am</p>	<p>Panel: Mental Health DEBUNKING MYTHS AND EXPLORING OPTIONS FOR WELLBEING</p> <p>11am - 12pm / DOWNSTAIRS Adults 18+yrs</p>	<p>Panel: (SEN) Special Education Needs</p> <p>12.15pm - 1.15pm / DOWNSTAIRS Adults 18+yrs</p>	<p>Panel: Parenting</p> <p>1.30pm - 2.30pm / DOWNSTAIRS Adults 18+yrs</p>	<p>Panel: Relationship Therapy 101</p> <p>2.45pm - 3.45pm / DOWNSTAIRS Adults 18+yrs</p>
	<p>Constructive Communication in Couples</p> <p>11am - 12pm / ABUNDANCE Room DR. SHEETAL KINI Adults 18+yrs</p>			<p>Constructive Communication in Couples</p> <p>2.45pm - 3.45pm / ABUNDANCE Room DR. SHEETAL KINI Adults 18+yrs</p>
	<p>Seasons of Togetherness</p> <p>11am - 12pm / PERSEVERANCE Room JUAN KORKIE Adults 18+yrs</p>	<p>Ego Lab LOOKING INWARD TO GO FORWARD</p> <p>12.15pm - 1.15pm / PERSEVERANCE Room MAŠA KARLEUŠA VALKANOU Adults 18+yrs</p>	<p>Seasons of Togetherness</p> <p>1.30pm - 2.30pm / PERSEVERANCE Room JUAN KORKIE Adults 18+yrs</p>	<p>Ego Lab LOOKING INWARD TO GO FORWARD</p> <p>2.45pm - 3.45pm / PERSEVERANCE Room MAŠA KARLEUŠA VALKANOU Adults 18+yrs</p>