

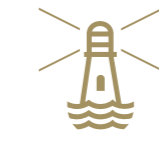
# Discover Your Light

A WELLBEING EVENT

# Workshop Schedule

Friday, January 31<sup>st</sup>, 2020, 9.45am – 4pm

Registration opens at 9am (Villa 1)



**THE LIGHTHOUSE**  
CENTER FOR WELLBEING

9.45 - 10.45

11.00 - 12.00

12.15 - 1.15

1.30 - 2.30

2.45 - 3.45

## GARDEN

Connect With Others in the Sunshine and Enjoy Wellbeing Activities, F&B Vendors and Live Music!



## VILLA 01

<b>REGISTRATION / Opens at 9am</b>	<b>What Gets In the Way?</b> MOVING TOWARDS A VALUES-DRIVEN LIFE 11am - 12pm / <b>VISION Room</b> <b>DR. ROSE LOGAN</b> Adults 18+yrs	<b>Self-Compassion</b> MOVING PAST BARRIERS AND DEVELOPING PRACTICE 12.15pm - 1.15pm / <b>VISION Room</b> <b>DR. JAMILAH MOTALA</b> Adults 18+yrs	<b>What Gets In the Way?</b> MOVING TOWARDS A VALUES-DRIVEN LIFE 1.30pm - 2.30pm / <b>VISION Room</b> <b>DR. ROSE LOGAN</b> Adults 18+yrs	
	<b>'Leaning In' to Our Feelings:</b> HOW EMOTIONS ARE KEY TO SELF-DISCOVERY 11am - 12pm / <b>KINDNESS Room</b> <b>RONETTE ZAAIMAN</b> Adults 18+yrs	<b>Schema Therapy:</b> UNDERSTANDING HOW YOUR CHILDHOOD AFFECTS YOU NOW 12.15pm - 1.15pm / <b>KINDNESS Room</b> <b>DR. NICHOLAS WAKEFIELD</b> Adults 18+yrs	<b>'Leaning In' to Our Feelings:</b> HOW EMOTIONS ARE KEY TO SELF-DISCOVERY 1.30pm - 2.30pm / <b>KINDNESS Room</b> <b>RONETTE ZAAIMAN</b> Adults 18+yrs	<b>Schema Therapy:</b> UNDERSTANDING HOW YOUR CHILDHOOD AFFECTS YOU NOW 2.45pm - 3.45pm / <b>KINDNESS Room</b> <b>DR. NICHOLAS WAKEFIELD</b> Adults 18+yrs
	<b>Self Care Essentials</b> 11am - 12pm / <b>ADVENTURE Room</b> <b>DR. OTTILIA BROWN</b> Adults 18+yrs	<b>Healing Through Meditation</b> 12.15pm - 1.15pm / <b>ADVENTURE Room</b> <b>MADEEHA AFRIDI</b> Adults 18+yrs	<b>Self Care Essentials</b> 1.30pm - 2.30pm / <b>ADVENTURE Room</b> <b>DR. OTTILIA BROWN</b> Adults 18+yrs	<b>Meditation 101 – LEARN TO MEDITATE</b> 2.45pm - 3.45pm / <b>ADVENTURE Room</b> <b>MADEEHA AFRIDI</b> Adults 18+yrs
	<b>Mindful Parenting</b> 11am - 12pm / <b>CURIOSITY Room</b> <b>DR. NAKITA O'LEARY</b> Adults 18+yrs	<b>Parenting an Anxious Child</b> 12.15pm - 1.15pm / <b>CURIOSITY Room</b> <b>DR. CATHERINE FROGLEY</b> Adults 18+yrs	<b>Mindful Parenting</b> 1.30pm - 2.30pm / <b>CURIOSITY Room</b> <b>DR. NAKITA O'LEARY</b> Adults 18+yrs	<b>Parenting an Anxious Child</b> 2.45pm - 3.45pm / <b>CURIOSITY Room</b> <b>DR. CATHERINE FROGLEY</b> Adults 18+yrs

## VILLA 03

<b>Kids Yoga/Dance</b> 11am - 12pm / <b>RECEPTION</b> <b>TLA EVENT PARTNER</b> Kids (5-13 yrs)	<b>Kids Yoga/Dance</b> 12.15pm - 1.15pm / <b>RECEPTION</b> <b>TLA EVENT PARTNER</b> Kids (5-13 yrs)	<b>Kids Yoga/Dance</b> 1.30pm - 2.30pm / <b>RECEPTION</b> <b>TLA EVENT PARTNER</b> Kids (5-13 yrs)	<b>Kids Yoga/Dance</b> 2.45pm - 3.45pm / <b>RECEPTION</b> <b>TLA EVENT PARTNER</b> Kids (5-13 yrs)	
	<b>Why Mind Matters:</b> AN INTRO TO MENTAL HEALTH FOR TWEENS 11am - 12pm / <b>FAITH Room</b> <b>ANNA WHITE</b> Tweens (9 - 12 yrs)	<b>How to Be a Great Friend</b> 12.15pm - 1.15pm / <b>FAITH Room</b> <b>DR. REBECCA STEINGEISSER</b> Tweens (9 - 12 yrs)		<b>How to Be a Great Friend</b> 2.45pm - 3.45pm / <b>FAITH Room</b> <b>DR. REBECCA STEINGEISSER</b> Tweens (9 - 12 yrs)
	<b>My Calm Down Strategies</b> 11am - 12pm / <b>LOVE Room</b> <b>ROGAIYAH HAMIDADDIN</b> Kids (6-10 yrs)	<b>Being Your Own Best Friend: A SELF-COMPASSION WORKSHOP FOR TWEENS</b> 12.15pm - 1.15pm / <b>LOVE Room</b> <b>ANANYA YADAV &amp; LARA OMRAN</b> Tweens (9 - 13 yrs)	<b>My Calm Down Strategies</b> 1.30pm - 2.30pm / <b>LOVE Room</b> <b>ROGAIYAH HAMIDADDIN</b> Kids (6-10 yrs)	<b>Being Your Own Best Friend: A SELF-COMPASSION WORKSHOP FOR TWEENS</b> 2.45pm - 3.45pm / <b>LOVE Room</b> <b>ANANYA YADAV &amp; LARA OMRAN</b> Tweens (9 - 13 yrs)
	<b>The Self-Portrait: BUILDING SELF-AWARENESS THROUGH DRAWING</b> 11am - 12pm / <b>SPONTANEITY Room</b> <b>JOÃO LOURENÇO</b> Kids (5-11 yrs)	<b>Mindful Baking</b> 12.15pm - 1.15pm / <b>KITCHEN</b> <b>DR. NIDA HUSSAIN</b> Kids (5-10 yrs)	<b>The Self-Portrait: BUILDING SELF-AWARENESS THROUGH DRAWING</b> 1.30pm - 2.30pm / <b>SPONTANEITY Room</b> <b>JOÃO LOURENÇO</b> Kids (5-11 yrs)	<b>Mindful Baking</b> 2.45pm - 3.45pm / <b>KITCHEN</b> <b>DR. NIDA HUSSAIN</b> Kids (5-10 yrs)
	<b>Smart Heart Board Game (Life-Size!) - POWER Room / Kids (5-11 yrs)</b>			
11-11.30AM	12-12.30PM	1-1.30PM	2-2.30PM	

## VILLA 04

<b>Sound Healing Meditation</b> 9.45am - 10.45am / <b>DOWNSTAIRS</b> <b>TLA EVENT PARTNER, GWENN ZEN</b> Adults 18+yrs Doors open at 9.15am	<b>Panel 1: Mental Health</b> DEBUNKING MYTHS AND EXPLORING OPTIONS FOR WELLBEING 11am - 12pm / <b>DOWNSTAIRS</b> <b>DR. TARA WYNE, DR. VALENTINA FAIA, DR. IOANNIS DELIPALAS, DR. DILARA CAGIL TEKIN</b> Adults 18+yrs	<b>Panel 2: Parenting</b> 12.15pm - 1.15pm / <b>DOWNSTAIRS</b> <b>JOÃO LOURENÇO, ANNA WHITE, ROGAIYAH HAMIDADDIN, FACILITATOR (TBC)</b> Adults 18+yrs	<b>ZenClass Relaxation Techniques</b> 2.45pm - 3.45pm / <b>DOWNSTAIRS</b> <b>TLA EVENT PARTNER, GWENN ZEN</b> Adults 18+yrs	
	<b>Relationship Wellbeing CheckUp</b> 11am - 12pm / <b>ABUNDANCE Room</b> <b>JUAN KORKIE</b> Adults 18+yrs	<b>Constructive Communication in Couples</b> 12.15pm - 1.15pm / <b>ABUNDANCE Room</b> <b>DR. SHEETAL KINI</b> Adults 18+yrs	<b>Relationship Wellbeing CheckUp</b> 1.30pm - 2.30pm / <b>ABUNDANCE Room</b> <b>JUAN KORKIE</b> Adults 18+yrs	<b>Constructive Communication in Couples</b> 2.45pm - 3.45pm / <b>ABUNDANCE Room</b> <b>DR. SHEETAL KINI</b> Adults 18+yrs
	<b>'Brave Conversations' ART OF COURAGEOUS CONVERSATION</b> 11am - 12pm / <b>PERSEVERANCE Room</b> <b>CHRISTINE KRITZAS &amp; FARAH DAHABI</b> Adults 18+yrs	<b>'Brave Conversations' ART OF COURAGEOUS CONVERSATION</b> 12.15pm - 1.15pm / <b>PERSEVERANCE Room</b> <b>CHRISTINE KRITZAS &amp; FARAH DAHABI</b> Adults 18+yrs	<b>Home-Based Emotional Regulation Strategies</b> 1.30pm - 2.30pm / <b>PERSEVERANCE Room</b> <b>ANNA WHITE</b> Adults 18+yrs	<b>'Brave Conversations' ART OF COURAGEOUS CONVERSATION</b> 2.45pm - 3.45pm / <b>PERSEVERANCE Room</b> <b>CHRISTINE KRITZAS &amp; FARAH DAHABI</b> Adults 18+yrs