

LIVING MY LIFE MY WAY

SYMPOSIUM 2015

WELLNESS | RE-ABLEMENT | RESILIENCE

FRIDAY, 25 SEPTEMBER 2015 – 9AM TO 5PM

9:00AM **REGISTRATION DESK OPENS**

9:30am **OFFICIAL WELCOME:** Jenny Hughes, CEO, SIS
9:40am **Phillip Herreen**
10:05am **Josephine Boylan:** From doing for to doing with
10:30am **PLAY TIME, movement break**
10:40am **Ngaire Hobbins:** Great food great life
11:05am **Dr Andrew Horwood:** My way or the highway

11:30AM **BREAK**

11:45AM **WORKSHOP BREAKOUT SESSIONS (30 mins each session then change)**

1A: Dr Andrew Horwood	1B: Colin Eves
The empowerment of blessing	Movement is a must

12:50PM **LUNCH AND NETWORKING**

1:50PM **PRACTICAL SESSIONS (Rotation)**

A – Amanda Shields & Mark Marston	B – Jenny Bennett & Vivienne Tomlinson	C – Nereeda McInnes & Frances Rennell
Mind Games	Mindfulness: The Key to Developing Resilience	Connection
<ul style="list-style-type: none">• Barriers to goals• Managing thoughts• Strategies for success	<ul style="list-style-type: none">• What is Mindfulness?• What is Resilience?• How can we learn both?	<ul style="list-style-type: none">• Connection with self• Our Healing Mind• Connection with others

3:20PM **BREAK**

3:35PM **TABLE TOP CONVERSATIONS**

We will be showcasing 10 tabletop conversations that support wellness, resilience and re-ablement and help us to live our lives our way. These include: Gardening for wellbeing, optimism and gratitude, art, singing, KEAP (Knowing Emotional and Physical Pain), age friendly communities and parallel pole dancing.

4:35PM **SOUND BATH – ACTION FOR ALL**

4:50PM **CLOSE**