



Be Inspired
Speaker Zone 1

Wonderful World of Wellbeing Festival
Wellbeing is the new currency
Be Inspired Speaker Zone 1

Saturday 11th May 2019

10.15 AM – 11.00 AM

The Missing Nutrients In Our Diet

Presented by: Richard Ranson, Mannatech

Education on what is missing from our diet. Discover how real food supplementation is a necessity, not an option, and how effective great supplementation can affect your current and future wellbeing.

11.10 AM – 11.55 AM

Master your Money, Transform your Life

Presented by: Riana Avis, Pragmatic Solutions

This talk is suitable for everyone and crucial if you want to get a grip on your money. It is especially important if you run a business, because if you cannot handle your personal money, how will you handle your business money?

12.05 PM – 12.50 PM

How to Create a Healthy Workplace

Presented by: Matthew Carlton, Shine Workplace Wellbeing

When employees are in good physical and mental health, they are happier, more engaged and more productive. Would you like to be part of a healthier workplace but are perhaps finding it hard to take the first step or get to the next level? Or maybe you need to present a case to other colleagues to get such an initiative started. If that sounds like you, we'd love you to join this talk which will give you the

inspiration and the know-how to start, or kickstart, your workplace wellbeing. Matthew will share insights, tips and case studies from businesses that are successfully implementing employee wellbeing schemes and initiatives and are achieving notable business gains. The examples can be applied to companies of all sizes and will inspire attendees, who will return to their workplaces full of ideas around employee wellbeing.

1.00 PM – 1.45 PM

Discover Plant Spirit and Plant Spirit Allies

Presented by: Guillaume Zeender, Sacred Nature

Guillaume Zeender, global educator and retreat leader, is joining us from afar. Guillaume will take you on a beautiful journey related to indigenous cultures and their differences that call upon plants to heal, without necessarily using the physical plant. Whilst embracing how the indigenous cultures connect with plant spirit, considerations to how we in the western world can also connect with plant spirit are explored. Learn how having a 'plant spirit ally' can help in everyday life, and how to receive messages from plant allies. This amazing journey of discovery will be experiential integrating an educative workshop and guided meditation, intertwined with the talk which enables you to find your plant spirit allies.

1.55 PM – 2.25 PM

Fast Fashion: Discover the Impact on your Health & Environment

Presented by: Ncheta Desilva, Zola Eve

Did you know, what you are wearing may affect your health? Ncheta Desilva, founder of Zola Eve, is dedicated to wellbeing wear by providing sustainable healthy clothing for Yogi's and fashionistas of wellbeing. She is presenting two 'NOT TO BE MISSED' very informative talks outlining fast fashion's dirty secrets, providing our socially conscious visitors with amazing insight and what can be done about it. Zola Eve was created in London by Ncheta Dasilva, born out of a love of yoga and a desire to infuse her West African heritage, through the Ankara inspired prints and her British nationality by designing and producing each item in the UK. The brand is devoted to promoting body positivity.

2.35 PM – 3.20 PM

WELLers COME! I'm a Weller, Get Me Out of Here!

Presented by: Helen Hardcastle, Occupational Therapist, Lifestyle Consultant, Author

Helen, who has a diagnosis of Bipolar Affective Disorder, will give a talk about her own experiences and how she came to design a self-help programme for others suffering from either depression or struggling with life issues. She will explain her interactive workshop (Sunday 3.25 - 4.10pm), as well as her book 'Getting out of the Well into Wellness' and interactive programme she is developing. The audience will learn how they can use these techniques to help themselves and others and will leave with the knowledge to be able to carry out these techniques.

3.30 PM – 4.10 PM

Essential Oils For Natural Healthcare Solutions

Presented by: Kim Hale, Doterra

If you have yet to connect with Mother's Earth's finest gift, this is a perfect opportunity. During this workshop, presented by the delightful Kim Hale, who is an expert Doterra essential oils wellness advocate and holistic therapist, will take you on a journey of essential oil sampling, PPP on essential oils, what they are, how they are sourced and how to use them.

4.20 PM – 5.00 PM

Rapid Therapy Technique for Adults

Presented by: Storm Copesake. Brightminds Coaching

RTT Hypnotherapy for abundance and success, an enlightening talk for men and women experiencing success or money blocks in their life. In the perfect world, everyone would be successful, have the perfect job, make all the money they want, exude confidence, have the perfect relationship and be happy. Unfortunately many people have blocks that prevent them from achieving the success that they desire in these areas. Even if someone knows specifically what they want to achieve, there are barriers and blocks within their subconscious that hold them back in their lives. Hypnosis is a tool that enables individuals to remove blocks that stand in their way of success. Usually these blocks are difficult to remove consciously. It can feel like an internal battle is waging between the part that wants to succeed and the part that wants to stay where it is. Removing a block and letting it go allows one to move to a new level of being. During Storm`s educative talk you will understand how the subconscious is holding you back, and how to uncover what your blocks are. You will gain knowledge from this talk and demonstration on how the mind works and the power it holds and experience a short hypnosis. You will leave with an understanding of how to wire your mind for success.

Sunday 12th May 2019

10.15 AM – 11.00 AM

Rapid Transformation Therapy for Children & Teens

Presented by: Storm Copesake, Brightminds Coaching

This talk is aimed at parents and children between ages aged 6 - 18 years old who are interested in how hypnotherapy can help their child's mental health. You will gain insight from a discussion taking in the different issues which children and teens experience, predominantly anxiety. Question & Answer time is included in this session, to answer the common questions such as "is hypnotherapy safe for children"?, "can the parent stay during the session"?, and "what happens in a session"? You will leave with information on how hypnotherapy can help your children. Storm will also give each attendee an audio recording for Perfect Sleep for Children.

11.10 AM – 12.00 PM

Mental Health & Wellbeing in the Workplace

Presented by: Matthew Carlton, Shine Workplace Wellbeing

Matthew will cover the growth of the wellbeing movement, its move to the mainstream, and what this means to workplaces and businesses. Using real world examples from companies that are talking openly about mental health, running wellbeing initiatives for staff, and seeing the benefits of doing so, he will also offer tips for you to take back to your place of work to help improve staff wellbeing. Employee wellbeing schemes have obvious benefits for individuals and the business overall and are often great fun and rewarding to be part of, making this session a must attend for anyone in a workplace who would like to help develop a happier, healthier environment.

12.10 PM – 12.55 PM

The Missing Nutrients: When our Cells Talk, our Body Listens

Presented by: Richard Ranson, Mannatech

Educative presentation on what is missing from our diet. Discover how real food supplementation is a necessity, not an option.

1.05 PM – 1.45 PM

"You're Incredible" - A Talk about the Body's own Healing Power and Bio Electricity

Presented by: Simone Dornbach, Nurokor

An interesting presentation and talk about the body's own healing power and bio electricity. How does your own self electricity work for you and how you can enhance this to aid your wellbeing.

1.55 PM - 2.35 PM

Headspace for You and Your Business: 3 Steps to Getting More Done and Having More Fun

Presented by: Riana Avis, Pragmatic Solutions

In this talk you will learn about the importance of 1) looking after your number 1 resource, 2) what to do to lead yourself AND your business, and 3) keeping things simple.

2.45 PM – 3.15 PM

Dirty Secrets

Presented by: Ncheta Desilva, Zola Eve

Did you know that what you are wearing may be incongruent to your wellbeing? Designer Ncheta is a

Yogiwear specialist dedicated to wellbeing wear providing sustainable healthy clothing for Yogi`s and fashionistas of wellbeing, exhibitor and also presenting a NOT TO BE MISSED very informative talk outlining fast fashions dirty secrets and what we can do about it.

3.25 PM – 4.10 PM

Getting out of the Well into WELLNESS

Presented by: Helen Hardcastle, Occupational Therapist, Lifestyle Consultant, Author

During this interactive workshop, participants will learn and try out Helen's techniques, which she has developed for getting out of periods of depression, or for anyone going through difficult issues in their lives. You will discover a series of straightforward techniques, learning how to use them to prevent depression and how to adapt them to your own needs. Upon completion of this workshop, you will have actively experienced the techniques for yourselves and with much discussion involved throughout, you will be able to use these techniques for yourselves and others. Discover aspects of Helen's book and the online programme available.

4.20 PM – 5.05 PM

Discovering Medicinal Plants in Your Own Garden

Presented by: Guillaume Zeender, Sacred Nature

Guillaume Zeender, global educator & retreat director, will be joining us from Europe to present a magical, educative talk about discovering medicinal plants. This is an interactive and experiential workshop where you will discover common medicinal plants and weeds that grow in your back gardens, learn about the medicinal properties of each plant and experience that plant through touch, taste and smell. Suitable for all ages, this will open up the opportunities to discover how your own plants and weeds can provide harmony and healing in life. Look no further than your own back garden.