



Be Inspired  
Speaker Zone 2

Wonderful World of Wellbeing Festival  
Wellbeing is the new currency 2019  
Be Inspired Speaker Zone 2

**Saturday 11th May 2019**

**10.30 AM - 11.00 AM**

**Anxiety Management**

**Presented by: Hazel Bate**

Hazel will be taking you on a brief journey presenting succinct ways to help you manage anxiety in this 30 minute presentation. Does anxiety affect your life? Join Hazel for simple tips to help reduce and manage anxiety. One lucky person can also win a free Relaxation for Living CD or DVD.

**11.15 AM – 11.45 AM**

**The Role of our Emotions**

**Presented by: Libby Steggles-Ginn, The Emoji Coach**

Libby will be talking about how important it is to connect to your emotions and how you can help your children express themselves without having an emotional meltdown. It doesn't matter what stage you are at in life or who you are, connecting with your emotions is crucial for people to grow and transform. So let's start with your children to help them express how they feel and for them to know that it is ok to feel their emotions.

**11.55 AM – 12.25 PM**

**From Survivor to Thriver**

**Presented by: Madeline Slack, Ssassi**

An inspiring story of being caught up in sexual abuse, overcoming the challenges, and how Maddie turned her life into a thriving success.

**12.35 PM – 1.05 PM**

**Alchemy Transformation and the Tarot**

**Presented by: Debbi Bacci, Tarot Life Coaching**

As a Tarot Reader, Life Coach and Transpersonal Counsellor, Debbie will talk about the process of Alchemy and the unfolding of our life journey towards greater wellbeing. Working with the images and archetypes of the Tarot, she will offer some clarity and guidance on your journey.

**1.15 PM - 2.00 PM**

**Find Your Oomph**

**Presented by: Caroline Carr, Oomph Coach & Author**

If you want more joy, fun, sparkle, confidence, energy, enthusiasm and laughter in your life, this gently interactive presentation is for you. Everyone has Oomph, but sometimes it gets squashed, for a whole range of reasons. Caroline will show you how easy it is to reconnect with that wonderful, secret, joyous place inside. And then, even if your entire world seems to be falling apart you can tap into it quickly for a dose of sparkle, contentment, peace and love. Notice the positive impact this has on yourself and on those around you.

**2.10 PM - 2.55 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.

**3.05 PM – 4.00 PM**

**Group Coaching around Mindset and Empowerment**

**Presented by: Safiyya Abdulla, Bethink Coaching**

An interactive group coaching session for adults focussed on how to get the best out of mindset. This coaching session includes empowerment techniques. You will leave feeling inspired, informed and with tools to move forward in your daily life.

**4.10 PM - 5.00 PM**

**How to Quickly De-Stress During a Work Day, and How to Eliminate Aches & Pains in Day to Day Life**

**Presented by: Simone Dornbach, Nurokor Ltd**

The title of this presentation speaks for itself. Come and experience hands on methods that you can use to release yourself from daily stress at work or at home. This is an interactive workshop where you will be given the opportunity to try out devices to support your life, relieve you from stress and support pain management.

## **Sunday 12th May 2019**

**10.50 AM – 11.20 AM**

### **5 Steps to More Vitality - Without Sacrificing the Family Fulfilment you Can't Live Without** **Presented by: Lauratu Osu, Health & Lifestyle Coach and owner of L2O Coaching**

During this inspiring interactive coaching session, you will discover five steps to vitality as well as participating in an exercise which will quickly teach you how to create three sustainable, SMART goals

**11.30 AM – 12.00 PM**

### **The Role of our Emotions**

**Presented by: Libby Steggles-Ginn, The Emoji Coach**

Libby will be talking about how important it is to connect to your emotions and how you can help your children express themselves without having an emotional meltdown. It doesn't matter what stage you are at in life or who you are, connecting with your emotions is crucial for people to grow and transform. So let's start with your children to help them express how they feel and for them to know that it is ok to feel their emotions.

**12.10 PM – 12.40 PM**

### **Survivor To Thriver**

**Presented by: Madeline Slack. Ssassi, Counsellor & Author**

Inspiring story of sexual abuse, the road to reframing, rebuilding & leading to recovery eventuating in a thriving life.

**12.50 PM – 1.35 PM**

### **Give Yourself an Oomph Boost**

**Presented by: Caroline Carr, Find Your Oomph Expert Coach**

If you want more joy, fun, sparkle, confidence, energy, enthusiasm and laughter in your life, this gently interactive presentation is for you. Everyone has Oomph, but sometimes it gets squashed, for a whole range of reasons. Caroline will show you how easy it is to reconnect with that wonderful, secret, joyous place inside. And then, even if your entire world seems to be falling apart you can tap into it quickly for a dose of sparkle, contentment, peace and love. Notice the positive impact this has on yourself – and on those around you.

**1.45 PM – 2.35 PM**

### **Herbal Medicine / Cosmetic Making Workshop**

**Presented by: Alicia Buschi, Sacred Nature**

Workshop on how to prepare herbal medicines and cosmetics. Discover what a herbal tincture is and why would we use a tincture. Learn the properties of certain tinctures and how to make them, followed by a practical demonstration on how to make herbal tinctures. Explore the benefits of herbal infused oils and balms & how to make them. Each person will leave with their own herbal preparation.

**2.45 PM – 3.15 PM**

### **Balancing Life & Stress**

**Presented by: Hazel Bate, Relaxation for Living & More Ltd**

This presentation is for busy people passionate about their work and looking after others, but who overlook taking care of themselves. Join Hazel, specialist in stress reduction for people who care for others in both private and business settings. This light, engaging presentation will include some simple tips to enjoy life more and improve what you do for others. One lucky person can also win a free Relaxation for Living CD or DVD.

**3.25 PM – 4.10 PM**

**The 3 S's - Sitting Standing and Sleeping**

**Presented by: Kelly Melnikova-Rhodes, Kingston Chiropractic & Wellness Centre**

Learn how to sit, stand and sleep. During this session, you will be focusing on posture while sitting, standing and sleeping to allow for maximum comfort and reduction of muscular and skeletal complaints. Open to all ages.

**4.20 PM - 5.00 PM**

**How to Live Well with IBS**

**Presented by: Anne Williams, IBS Network**

Learn how to navigate the complexities of IBS; know your triggers and what the aggravating factors are. Get some top tips for helping to alleviate IBS symptoms, and learn changes you can make to your diet and lifestyle. Also learn how to deal with stress, and what treatments and therapies work.