



Happy Children

The Wellbeing Conference

Saturday 6th October 2018, 10am-5pm
 Brookmans Park Primary School, Bradmore Way, Brookmans Park, AL9 7QY

9.15 – 10.00	Arrive – Grab a tea or coffee and take a look at our amazing exhibitor stalls!	
10.00 – 10.10	Welcome	
10.10 – 10.35	“Mindfulness – More than Meditation”	Kat Shaw, Brilliantly Imperfect
10.40 – 11.05	“How to be the kind of parent you really want to be”	Dr. Mog Hepworth
11.10 – 11.25	BREAK	
11.30 – 11.55	“My Child is anxious – how can we all understand it?”	Emma Hossack, Transforming Young Minds
12.00 – 12.25	“Connection, not perfection - coaching strategies to enhance communication with your child”	Sarah Bramall, Sarah Bramall Coaching
12.30 – 12.55	“We all need sleep”	Kate Cohen, Sleep Time Kids
12.55 – 1.00	REPHAEL HOUSE	Anesta Edge - CEO
1.00 – 2.00	LUNCH	
1.00 – 1.20	Optional yoga workshop	Collette Bruce, Little Lotus Baby
1.20 – 1.40	Optional Krav Maga workshop	Sanjeev Mehta / Danielle Kaal, KMDT
1.40 – 2.00	Optional EFT workshop	Tamara Donn, Transformation for Women
2.00 – 2.30	“ANGER – it’s OK not to be OK”	Sharon Lawton, Natura Flair Coaching Ltd
2.35 – 3.05	“Is your child like a swan – how to manage daily stresses?”	Nicola Weisfeld, Valuing Minds
3.10 – 3.40	“Social Media, Internet safety ... and does your child really need a phone?!”	Jenny Smith, DigitalJen
3.45 – 4.00:	BREAK and raffle draw	
4.05 – 4.30:	“How to promote healthy resilience”	Dr Laura Gosling, The Psychology Nest
4.30 – 4.50	“Increasing self-belief and confidence”	Emma Gosling,
4.50 – 5.00	CLOSE	
Timetable is subject to change		