

WOMEN'S WORKSHOP PROGRAM

16th – 18th April 2010

Facilitators: Lynette Glendinning and Ondina Gregoric

PROGRAM:

FRIDAY 16th OF APRIL

- 5.00pm • *Arrival and registration*
- 6.00pm • *Drinks and introductions*
- *Dinner*

SATURDAY 17th OF APRIL

- 6.45am • *Morning walk for early risers (optional)*

7.30am *Breakfast*

9.00am **SESSION 1 – YOUR PERSONAL ‘SCRIPT’**

- Understanding life transitions
- Crafting your own life script or map (understanding “True North”)

10.15am **SESSION 2 – YOUR PERSONAL STYLE**

- Presenting the real you – in a range of contexts
- Personal branding

11.15am **SESSION 3 – YOUR ENERGY AND ENGAGEMENT**

- Dealing with life's stresses
- Nurturing energy – mental, physical, emotional and spiritual

12.30pm *Lunch and relaxation*

2.00pm **SESSION 4 – PRESENTING YOURSELF WITH STYLE**

- Social skills and the art of conversation

3.30pm **SESSION 5 – COMMUNICATE WITH CONFIDENCE**

- Social skills for work & personal life
- Dealing with difficult situations

4.45pm **SESSION 6 – PERSONAL COACHING**

4.45-5.00pm	5.15-5.30pm	5.45-6.00pm
5.00-5.15pm	5.30-5.45pm	

- 6.30pm • *Drinks and dinner*

WOMEN'S WORKSHOP PROGRAM Cont.

SUNDAY 18th OF APRIL

8.00am **SESSION 7 – OPTIONS**

- *Physical Renewal – Tai Chi (optional)*
- *Personal Coaching 8.15-8.30am; 8.30-8.45am; 8.45-9.00am*

8.45am

Breakfast

9.45am **SESSION 8 – TUTORIALS**

- *Developing your life script*
 - *Personal presentation - makeup*
-

11.00am Personal Takeaways

11.30am Close

Stay and enjoy the rest of the day and drive home feeling empowered