

# Cinema 1

# Cinema 2

# Cinema 3

9:15  
to  
10:00 am

**Mental Models**--How Increasing Awareness About Our Thought Process can Help Us Improve Relationships in the Workplace and at Home

**Raquel Tobian**  
*Therapist*

**Resilience Health Check:**  
Vital Signs of Mental Health and Wellbeing

**Dallas Dralle Shetler**  
*Therapist*

**Tips and Tricks** for Anxiety in the Workplace

**Sutton Burke**  
*Clinical Director*

10:15  
to  
11:00 am

**Practical Tools** to Unleash Your Full Potential and Become the Architect of Your Life

**Carola Scolari**  
*Behaviour Analyst*

**Ghosts in the Workplace:**  
Intergenerational Transmission of Trauma and You (the Parent)

**Derek Oliver**  
*Psychologist*

**Peak Performance** in the Workplace: How Neurofeedback, Coaching, and Counselling go Hand in Hand

**Denise Ledi**  
**James Moore**  
**Estefanie Barnett**

11:15  
to  
12:00 pm

**4 Player Model:**  
Understanding Key Roles Within a Team to Increase Performance and Positive Interactions

**Raquel Tobian**  
*Therapist*

**Tips and Tricks** for Anxiety in the Workplace

**Sutton Burke**  
*Clinical Director*

**Self Care Planning Workshop:**  
Prioritising Your Values and Personal Needs for Optimal Wellbeing

**Dallas Dralle Shetler**  
*Therapist*

12:15  
to  
1:00 pm

**Ghosts in the Workplace:**  
Intergenerational Transmission of Trauma and You (the Parent)

**Derek Oliver**  
*Psychologist*

**Practical Tools** to Unleash Your Full Potential and Become the Architect of Your Life

**Carola Scolari**  
*Behaviour Analyst*

**Mindful Wellness:** Nurturing Mental Health Through Meditation

**Maria Pla**  
*Therapist*