

SYMPOSIUM SCHEDULE

CAMANA BAY CINEMAS | 9am - 2pm

PRIORITISING MENTAL HEALTH

TIME	CINEMA 1	CINEMA 2	CINEMA 3	CINEMA 4	VIP 1
9:15AM	Dopamine Hijacked: Why Nothing Feels Good Anymore Presenter: Greg Miller	The Invisible Storm: Mental Health Through Perimenopause and Menopause Presenter: Marissa Paquin	Body Image, Food and Self Worth Presenter: Heather Blackford	The Mindset Edge: Think Clearer, Handle More, Perform Better Presenter: Holly Venn	Mental Health First Aid – Making Every Conversation Matter Presenter: Rhonda Kelly
10:30AM	Mental Fitness: Real Life. Real Strategies. Real Change. Presenter: Sutton Burke	Loving Someone Suffering: What to Do When You Don't Know How to Help Presenter: Elissa Gross	The Courage to Be Seen: Vulnerability, Belonging, and Real Connection in a Disconnected World Presenter: Raquel Tobian	ADHD: More than Attention Presenter: Derek Oliver	Somatic Sanctuary: Mindful Movement Presenter: Lyndsey Holden
11:45AM	Dopamine Hijacked: Why Nothing Feels Good Anymore Presenter: Greg Miller	The Invisible Storm: Mental Health Through Perimenopause and Menopause Presenter: Marissa Paquin	Body Image, Food and Self Worth Presenter: Heather Blackford	The Mindset Edge: Think Clearer, Handle More, Perform Better Presenter: Holly Venn	Mental Health First Aid – Making Every Conversation Matter Presenter: Rhonda Kelly
1:00PM	Mental Fitness: Real Life. Real Strategies. Real Change. Presenter: Sutton Burke	Loving Someone Suffering: What to Do When You Don't Know How to Help Presenter: Elissa Gross	The Courage to Be Seen: Vulnerability, Belonging, and Real Connection in a Disconnected World Presenter: Raquel Tobian	ADHD: More than Attention Presenter: Derek Oliver	Somatic Sanctuary: Mindful Movement Presenter: Lyndsey Holden
VARIOUS TIMES	VIP 2 A Full Sensory Wellness Experience · 20 seats · 20–25 min sessions including: Neurofeedback Demos VR Experience Sound Bath AI + Biometric Health Monitoring Art & Emotions Meditation with Headphones				