

# WORKSHOP

# PROGRAM

DAY ONE

SAT 21 NOV

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WORKSHOP 1 | 09:30 - 11:00

Dr Maria Sirois

A SHORT COURSE IN POSITIVITY IN  
THE MIDST OF DIFFICULT TIMES

WORKSHOP 2 | 11:30 - 13:00

Dr Robert Biswas-Diener

PRESILIENCE: THE PATH TO A  
STRONGER SELF

WORKSHOP 3 | 13:30 - 15:00

Duncan Young

BUILD YOUR IDEAL DAY WITH TINY  
HABITS

WORKSHOP 4 | 15:30 - 17:00

Dr Jono Lineen

WALKING INTO CREATIVITY

DAY TWO

SUN 22 NOV

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WORKSHOP 1 | 10:00 - 11:30

Professor Michael F Steger

FINDING YOUR PURPOSE

WORKSHOP 2 | 12:00 - 13:30

Ven Robina Courtin

UNRAVELLING OUR EMOTIONS

WORKSHOP 3 | 14:00 - 15:30

Toni Powell

RELATIONSHIP HACKS - LET'S MAKE  
OUR RELATIONSHIPS EASIER