

DAY ONE

THURSDAY 16 NOVEMBER 2023

8:45 - 10:20 // THE BIG PICTURE: HOW TO WORK TOGETHER FOR THE GREATER GOOD

THE DREAMING PATH: INDIGENOUS THINKING TO CHANGE YOUR LIFE

Dr Paul Callaghan

WELLBEING ECONOMY: WHAT IS THE GOAL – MONEY OR HAPPINESS?

Dr Dóra Guðrún Guðmundsdóttir

LET'S CHANGE THE WORLD - ONE ACT OF GENERATIONAL KINDNESS AT A TIME

Dr Catherine Barrett

'LIVING INTO BEING' A WORLD WE CAN ALL BE HAPPY IN

Tim Hollo

10:20 – 10:50 // MORNING COFFEE

10:50 - 12:30 // HOW TO FIND GENUINE & LASTING HAPPINESS

MAKE IT MEANINGFUL: A PATH TO PROFOUND AND LONG-LASTING HAPPINESS

Professor Debbie Haski-Leventhal

THE OTHER SIDE OF HAPPINESS: WHY WE NEED DISCOMFORT TO THRIVE

Professor Brock Bastian

PANEL: IS CHANGING YOUR OUTLOOK ON LIFE EASIER SAID THAN DONE?

Dr Dóra Guðrún Guðmundsdóttir, Tim Hollo, Professor Debbie Haski-Leventhal, Professor Brock Bastian,

MODERATOR: Jacinta Tynan

ENERGISER – TAI CHI

Theresa Perry

PERSONAL STORY: NAVIGATING LIFE AFTER TRAUMA - AN INSPIRING STORY OF ACCEPTANCE, COMPASSION AND COURAGE

Gillian Coutts, Steve Quinlan, Jenny Steadman

12:45 – 14:00 // LUNCH BREAK

14:00 - 15:30 // HOW TO MEET LIFE'S CHALLENGES WITH HOPE & RESILIENCE

ENERGISER – AFRO STEP

Sheron Sultan

I'LL LET MYSELF IN: BREAKING DOWN DOORS, CLAIMING YOUR SPACE AND FINDING YOUR WHEELS

Hannah Diviney

HOW MINDFULNESS CAN UNLOCK YOUR FULL POTENTIAL

Dr Elise Bialylew

SWIPE RIGHT ON YOUR BEST SELF: HOW TO BE COURAGEOUS IN THE FACE OF LIFE'S CHALLENGES

Eric Winters

HIP HOP & HYMNS: THE HEALING EFFECTS OF MUSIC

Mawunyo Gbogbo & Special Guest: Kween G

15:30 – 16:00 // AFTERNOON COFFEE

16:00 - 17:05 // HOW TO ENHANCE CONNECTION & BELONGING IN OUR LIVES

THE ART OF CONNECTING AND ENGAGING: HOW TO HAVE SAFE AND HEALTHY YARNS

Anny Druett

THE PSYCHOLOGY OF BELONGING

Associate Professor Kelly-Ann Allen

NAMES: THE GATEWAY TO CONNECTION

Dr Fiona Swee Lin Price

17:05 // CLOSE DAY 1

DAY TWO

FRIDAY 17 NOVEMBER 2023

HOW TO IMPROVE MENTAL HEALTH FOR ALL

REIMAGINING YOUTH MENTAL HEALTH

Professor Patrick McGorry AO

VIRTUAL REALITY, NEUROSCIENCE & EMOTIONS AFTER TRAUMA: HOW SMALL CHANGES CAN LIFT MOOD

Scientia Professor Jill Bennett

TO MOUSTACHE AND BEYOND: HELPING BOYS AND MEN FLOURISH IN OUR CURRENT CLIMATE

Dr Zac Seidler

HARNESSING HORMONES TO IMPROVE WOMEN'S MENTAL HEALTH

Professor Bronwyn Graham

PANEL: HOW CAN WE ELEVATE MENTAL HEALTH & WELLBEING IN CHALLENGING TIMES?

Professor Patrick McGorry AO, Scientia Professor Jill Bennett, Dr Zac Seidler, Professor Bronwyn Graham, MODERATOR: Jacinta Tynan

10:30 – 11:00 // MORNING COFFEE

11:00 - 12:50 // HOW TO LIVE A HAPPY & HEALTHY LIFE OF CONTRIBUTION & PURPOSE

LOCAL IS OUR FUTURE: STEPS TO AN ECONOMICS OF HAPPINESS

Helena Norberg-Hodge,

THE TWO OF US: A REFUGEE STORY OF SURVIVAL AND RESILIENCE

Asif Sultani & Grace Sultani

NEW WAYS TO FEEL HAPPY - AT HOME, AT WORK AND BEYOND

Vanessa King

ENERGISER – TAI CHI

Theresa Perry

ACHIEVING SIMPLICITY: HOW TO OVERCOME PROCRASTINATION BY GIVING UP ON PERFECTIONISM

Susanne Thiebe

LIVING A LIFE OF PURPOSE

Ronni Kahn AO

12:50 – 14:00 // LUNCH BREAK

14:00 - 15:10 // TRANSFORM YOUR MIND, TRANSFORM YOUR LIFE

ENERGISER – AFRO STEP

Sheron Sultan

CONTEMPLATIVE SCIENCE: TRANSLATING ANCIENT WISDOM INTO MODERN MENTAL HEALTH RESEARCH

Corey Jackson

BOOST YOUR NEURO-GRIT BY BEING BRAIN FIT

Nicole Yeates

IGNITING YOUR REBELLIOUS CURIOSITY

Yemi Penn

15:10 – 15:40 // AFTERNOON COFFEE

15:40 - 17:00 // HOW TO ENHANCE CONNECTION & BELONGING IN OUR LIVES

THE FUTURE IS HUMAN

Sue Langley

TAKING ENJOYMENT SERIOUSLY: THE KEY TO SUSTAINABLE ACTIVE LIVING

Gordon Spence

PANEL: HOW TO GOW UP, BUT STAY PLAYFUL

Vanessa King, Helena Norberg-Hodge, Dr Fiona Swee Lin Price, Yemi Penn, Dr Gordon Spence, MODERATOR: Sue Langley

17:00 // CLOSE DAY 1