



## Happy Children Workshops Day

2<sup>nd</sup> March 2019

TIME	WORKSHOP 1 – MAIN HALL	WORKSHOP 2 – CLASS 1	WORKSHOP 3 – CLASS 2
10 – 10.25	<p><b>Kat Shaw</b> Brilliantly Imperfect Mindfulness and trigger stacking <b>Anesta Edge – Rephael House CEO</b></p>		
10.35 - 11	<p><b>Emma Hossack</b> Transforming Young Minds Self - confidence</p>	<p><b>Jaqueline Parkinson</b> Magnificent Munchers Therapy for Fussy Eaters – making food fun</p>	<p><b>Richard Daniel Curtis</b> The Kid Calmer The Importance of Gratitude – more than just words</p>
11 - 11.20	<b>BREAK</b>		
11.25 – 11.50	<p><b>Colette Bruce</b> Little Lotus Baby Yoga</p>	<p><b>Charlotte Clark / Anne Newby</b> Relax Kids St Albans Managing Anxiety</p>	<p><b>Tracy Lichtenstein</b> Positive Reflex Therapy Reflexology tips</p>
12 – 12.25	<p><b>Sanjeev Mehta</b> KMDT Self-defence and body confidence</p>	<p><b>Emma Hossack</b> Transforming Young Minds Self - confidence</p>	<p><b>Sharon Lawton</b> Natural Flair Anger Strategies</p>
12.20 – 1.30	<b>LUNCH</b>		
12.30 - 1	<p>Optional workshop 1 – MAIN HALL <b>Debbie Stewart</b>, Time out4me, Making a relaxing handscrub with essential oils</p>		
1 – 1.25	<p>Optional workshop 2 – MAIN HALL <b>Annette O'Donnell</b>, Artskool Academies, Sparkle and shine art workshop</p>		
1.30 – 1.55	<p><b>Sharon Lawton</b> Natural Flair Inner superhero and Resilience</p>	<p><b>Sarah Bramall</b> Sarah Bramall Coaching Goal setting / wheel of life</p>	<p><b>Saleema Davies</b> Papalona The power of thought–Don't believe everything you think</p>
2 – 2.25	<p><b>Sanjeev Mehta</b> KMDT Self-defence and body confidence</p>	<p><b>Kate Cohen</b> Sleep Time Baby Calm bedtime strategies</p>	<p><b>Emma Gosling / Angela Mercer</b> RTT Therapy Inner Confidence and Self Esteem</p>
2.30 – 2.45	<p><b>Colette Bruce</b> Little Lotus Baby Yoga</p>	<p><b>Tamara Donn</b> Transformation for Women Learn how to use EFT with your child</p>	<p><b>Charlotte Clark / Anne Newby</b> Relax Kids St Albans Relaxation techniques to take home</p>
2.45 - 3	<p><b>Anesta Edge</b> to CLOSE, discuss Rephael House and raffle</p>		
<b>TIMETABLE IS SUBJECT TO CHANGE</b>			