

# BUSY WOMEN'S RETREAT

## INSPIRING RICHER CONNECTIONS

SATURDAY 22 OCTOBER 2016

## WORKSHOP OPTIONS

Choose two when you register at: [www.trybooking.com/NANU](http://www.trybooking.com/NANU)



### Crafting Your Own Story - Connecting through writing and speaking



Join **JENNIFER LUMSDEN** to hear why story telling is an effective way to reflect and gain personal insight as well as connecting with others through story. You will get to use a simple story structure to develop a story of your own and then enjoy sharing and listening to the stories of others.

Initially training as a midwife and then armed with degrees in Social Work and Adult Education, Jennifer worked and freelanced in community development, policy and program development and innovation across a range of sectors. One project Jennifer has enjoyed is working with young people with intellectual disability to craft their stories of transition from school. Her motivation is to enable people to learn from what works well and from what isn't working so well so that energy can be used meaningfully.

Facilitating story telling is a powerful way to build insights and learning. Jennifer enjoys cycling, reading, and walking the dogs early in the morning.

### The Five Elements of Apology - Reconnecting after messing up

Join **TITA COOK** in this interactive workshop which responds to when you find yourself feeling sad, hurt or frustrated – wondering “why can't xxx ever apologise?” Tita will explore the five elements that make an apology meaningful.

Born in Mexico, Tita originally trained as a paediatric dentist. After living in many different countries, Tita is now settled in Melbourne and she is a full-time staff member of LifeWorks Relationship Counselling and Education Services. Tita is a relationship counsellor and educator with over fifteen years of experience in relationship and family education. Having lived in eight different countries, Tita has experience and understanding of multicultural influences in relationships. As a presenter, Tita uses a combination of theory, practice and experience to provide realistic strategies for relationship establishment, maintenance and growth. Tita is a Level 3 Gottman trained practitioner with a passion for happy, healthy and intimate couple relationships.



## Up-front and Personal Confidence - Connecting through voice and body language



Join **DALE STEVENS** as she offers practical solutions on how we can maximise our personal confidence, and create stronger connections with our clients, colleagues and managers. Dale has a unique perspective on how to develop new, authentic ways to express ourselves and new ways to listen to other people – with a particular focus on voice and body language in day to day life.

Dale is a professional actor who has had a long and varied career – training in London and then performing in lead roles in *Mission Impossible*, *A Streetcar Named Desire* and *Blue Heelers*. Dale now uses these skills to provide consulting services to a variety of organisations – from large corporate to small businesses. She enjoys bringing teams

closer together, and inspiring and encouraging individuals to explore untapped potential. Participants find her sessions: inspiring, exciting, thought-provoking, and fun.

## Thriving In and After Change - Forging new connections in a new job or a new stage of life

Join **NICOLA TEMPLETON** to explore how change – in addition to bringing opportunities – can be hard, financially uncertain, and bring a whole set of challenges you might think you are ready for but actually haven't thought through. In 2014 Nicola experienced three major losses in one year. This workshop will be story led with participants invited to role play, to think through ways they might work through loss, prepare for change and be ready to move onto something new in their next phase of life.

Nicola's career in communications includes working in publishing, government, education and international development in the UK, Australia and the Middle East.

Her first job was with music composer Andrew Lloyd Webber's *The Really Useful Group*. In her mid twenties she traveled to Asia, Australia and South America. Following her marriage Nicola moved to Melbourne in 1992 where amongst other things, she worked for Penguin Books, Reed Elsevier and the Victorian State Government as a writer and editor and then a speechwriter. After volunteering with her husband for a media organization based in the Middle East, Nicola moved to Cambridge as Senior Manager for *Keep Sunday Special* and the *Keep time for children* initiative. On her return to Melbourne, Nicola worked for Siena College before being hired by Overseas Council Australia as their Melbourne Director until August 2014. She is presently a full-time student at Ridley College in Melbourne.



## Prayer and Other Conversations - Connecting with God



Join **LIBBY HORE-LACY** to get excited about connecting with God in prayer and start reaping the benefits. Explore and try a variety of prayer styles to find one that suits you. Discussion, questions and sharing of ideas will be encouraged.

Libby originally trained in Occupational Therapy, and after the child-rearing phase, her OT skills were well used in voluntary work such as *Nursing Mothers'* and running various church groups. For the last nine years, Libby has been practising Spiritual Direction, a very old spiritual discipline that helps an individual notice where God is active in their life, and how to co-operate with God's invitation to spiritual growth. Libby meets with her clients on a monthly basis, participates in and leads retreats. Her original training was completed at Wellspring and then furthered at the Ignatian Champion Centre. She also gained a Graduate Diploma through MCD University of

Divinity, and she has a Graduate Diploma in theology through earlier studies at Ridley College. Libby is also interested in gardening, grandchildren, reading, writing, music and hospitality.