



JUNE 8th - 9th 2018

AWAKENING OUR NEXT GENERATION

by Gerry & Miriam Hussey

QUINTA DO LAGO CLUBHOUSE, ROUNDABOUT 4

PROGRAMME

JUNE 8th - 9th 2018

8th JUNE - Parents event

5.30pm - 7.00pm

Topics:

- _Understanding the Adolescent mind
- _Minding Me – A parents guide to self care: making sure that we are well, so that we can be the best for our children
- _Having Empowering challenging conversations and creating an open and meaningful relationship

YOUTH

9th JUNE - Youth day 11+

10.00am - 4.00pm

5 workshops - 45 min each with 20 min breaks
1hr for lunch

Workshops will be a mix of engaging, interactive and fun talks on important topics with Gerry & Miriam presenting simple but key facts that translate easily into the everyday lives of young adults.

Participants will receive effective tools and techniques that they can use and implement into their everyday thoughts, emotions and behaviours.

Topics:

- _The simplicity and power of mindfulness in every day living – allowing the brain to breath;
- _Building self-confidence and resilience;
- _Emotional wellness - to include discussion and information on; Anxiety -what it is, why we experience it and how to turn it into our friend, Gratitude and the impact it has on our mental and emotional wellbeing;
- _Unplugging and reconnecting with the important things in life;
- _Minding my mental health;

SPEAKERS

PARENTS



Miriam Kerins Hussey - Co-founder - The Awakening & Soul Space. International Key Note Speaker, Business All Star Award Winner - Thought Leader in Human Health & Performance

Gerry Hussey - Performance Psychology Consultant & Motivational Speaker (The Awakening).



To register get in touch with us on
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ABOUT US

This event has been made possible through HMAA's fundraising efforts and generosity of the Quinta do Lago resort. We ask you make a small contribution to our collection box to help us implement the SEED programme.

Healthy Minds Algarve Association (HMAA) is an international group of individuals, residing in the Algarve and striving to make a difference in our community.