

Workshops

Financial Health *Room 4 Upstairs*

CHRIS CHILDS – STRATEGIES FOR WEALTH

Chris Childs

Friday and Saturday 10:45-11:45am 1:15-2:15pm

Whether you are an experienced property investor or just getting started come along to Intro to Think Money to learn proven wealth strategies to increase equity and build a property portfolio that you can live on in retirement. Topics include:

The Secret to buying 10 Properties in 10Years

How to manage property holding costs

The right financial platform for investors

Proven strategies to property wealth

How to reduce your debt and not your lifestyle

Getting control of your money

About Chris Childs: *Chris is the Founder of Think Money Wealth Through Property. She has a multi-million dollar property portfolio and mentors her clients to reduce debt and create equity for property investment. Our Goal is to enable people to accumulate 10 properties in 10 years. The team teaches proven strategies to dramatically accelerate your property portfolio.*

THINK WEALTH 4 WOMEN – GIRLS'N'GOALS

Friday and Saturday 12:00-1:00pm

Imagine if you had no financial pressure...

Imagine if you owned your own home and an investment property portfolio...

Imagine if time and money were no object...

Women are amazing at doing many things and all at once! And that includes being able to set clear and concise goals. Come along and learn the success system of how to set the right goal for the right time and achieve success no matter how big or small. We'll guide you through the tricks and traps of working towards goals of handling money effectively, reducing your home loan fast and creating financial security for your future.

BUDGET BOOTCAMP – DEBT REDUCTION

Friday and Saturday 2:30-3:30pm

If you have challenges with setting a budget and sticking to it or you're unsure how to get started on your budgeting journey, this event will give you the support you need. An informative and informal workshop event with our Debt Reduction Team, you will see how budgeting can be made easy and fun. You will get loads of information, tips on:

Paying down your home loan faster

Saving money by banking differently

Reducing Credit Card debt fast

Setting up the right finance platform for wealth

How to beat the banks at their own game

123'S OF BOOKKEEPING

Room 6 Upstairs **Friday and Saturday 10:45-11:45**

5 Steps to accurate recording

Introducing the Chart of Accounts and Financial Reports
Why a paperless office is a smarter choice, and how.

About Louise Nousala: Louise is passionate about accounting and loves to take the time to explain using relatable language. Louise completed a Bachelor of Business (Accountancy) degree in 1997, attained CPA membership in 2000, and has been a registered Tax Agent since 2003. As well as preparing financial statements and tax returns for a wide variety of businesses, her experience includes bookkeeping for the family business giving her greater insight on the challenges her clients face when actually running a business.

Personal Growth Workshops

Why 1000 Self Help Books Won't Set Women Fully Free.

Marylin (Maz) Schirmer

Room 1 Downstairs **Friday and Saturday 10:45-11:45am 1.15pm-2:15pm**

1. Why being a woman has it's unique challenges NOT considered in the personal development and psychology industries that stops us getting the help we need.
2. The revolutionary NEW solution that IS working for women that you can't find anywhere else.
3. Take the suppression test and find out if you're suppressed and by who.
4. How women ARE the solution that we've been waiting for.

About Marylin (Maz) Schirmer: Marylin (Maz) Schirmer is an expert in the psychology of Women with 23 years' experience leading women internationally to break free of negative cycles and become successful at life, love and business. Author of The MAZ Factor, Owner of Institute of Women International and creator of the 2 NEW revolutionary and powerful methodologies for transformation at a deep root level called Creatrix® and Innovatrix®. She's trained Facilitators in 6 countries and is expanding rapidly across the world. She's a true role model of turning hope into reality after turning her own destitute life around. In fact, she's lucky to be alive. Get the MAZ Factor and turn YOUR life around.

Purpose and Passion

Dr Samantha Culley and Alison Asher

Room 1 Downstairs **Friday 12:00-1:00pm**

The importance of a purpose and how the heck do you find it? Purpose versus passion and how to make your passions PAY.

Having the Conversation

Dr Samantha Culley and Alison Asher

Room 1 Downstairs Saturday 2:30-3:30pm

The art of asking quality questions to make the most of your relationships. We delve into how to unravel what people really mean and rediscover how to have heartfelt conversations

About Sam: Sam Graduated in 1996 from Anglo-European college of Chiropractic. Sam is passionate about change and the ability to help you be who you choose *and* deserve to be. Sam supports others in not only their physical and innate capacity, but also their mental aptitude to change.

About Alison: Alison graduated in 1995, and promptly opened her first Chiropractic office in Melbourne. Alison works as a chiropractor, a coach and a kid-wrangler. She *may* make you laugh with her jokes or her questionable language **but** she will make you think.

Physical Health

GUT BRAIN LINK

ANNE CLARK

Room 2 Downstairs Friday 9:30-10:30am

When you are under stress, you are creating havoc in your gut and this affects your ability to focus and reason. Gut issues affect your whole being and create the inevitable 'Fuzzy Head Syndrome'. Symptoms like; headaches, fatigue, anger, anxiety and poor focus.

1. Essential *Fatty Acids* - Grease and oil your internal motor.
2. Essential *Oils* - for excellent digestion and stress relief in the gut.
3. Essential *Hydration* - The best time to drink water!

Annie can discuss the serious nature of the digestive system and what happens when it's not working. Bowel health doesn't have to be difficult to maintain, especially when one is living on task, and eating with more awareness and calm.

Running on Empty

ANNE CLARK

Room 2 Downstairs Saturday 2:30-3:30pm

How to avoid Adrenal Fatigue using essential oils and managing emotions.

You will learn more about the Sympathetic Nervous System and how to create better chemistry for the body, manage the emotions and become a happier and healthier human being, able to take part in all the joys of life, and even more importantly you will be able to set the pace for more Parasympathetic chemistry. Learn about pH, the right foods for mental health, and creative stretching which brings about more energy to your whole being.

About Anne Clark: *Annie is a speaker, author and lifestyle health consultant. Her vision is to share her knowledge and empower others to embrace a healthy and purposeful lives. She facilitates lifestyle retreats and education events Australia-wide and has published over 18 books on health and lifestyle. She specialises in live food preparation, Gut Brain Health and Improving mood - drug free.*

Self-care and growth through exercise, nutrition and mindfulness

JESS INDER

Room 1 Downstairs Friday 9:30-10:30am, Saturday 12:00-1:00pm

A holistic and personalised approach to helping busy women find space to cultivate self-care and self-growth through exercise, nutrition and mindfulness. Bec is passionate about introducing healthier lifestyle habits into our busy days, in a way that will inspire long lasting change, to achieve optimal health, balance and vitality.

About Jess Inder: Jess Inder is a Personal Trainer at Goodlife Maroochydore. She specialises in women's wellness, self-love and creating positive lifestyles

Need a Recharge?

Dr Carmen Atkinson

Room 2 Downstairs Friday 10:45-11:45am Saturday 1:15-2:15pm

Learn 4 powerful strategies to boost your energy and vitality.

About Dr Carmen: Dr Carmen is a Wellness Chiropractor, Strength and Conditioning Coach, advocate for plant-based nutrition and Ultra-distance endurance athlete as she draws on her personal and professional experiences to help you implement powerfully effective strategies to optimise your energy, vitality and innate health expression.

Eating Right for Shape, Balance and Longevity

GARY MARTIN

Room 3 Downstairs Friday 12:00-1:00pm, Saturday 10:45-11:45am

- The food pyramid that really works.
 - Protein – Not too much, not too little. Getting it right.
 - Fats – Eat good fats to lose weight, balance hormones and live longer.
 - Carbohydrates – Managing the addiction.
- ‘What should we be eating.’**

About Gary Martin ND. AFAIM, Gary is the founder of Australia's premier health retreat which has been operating in Queensland for 27 years. Along with his daughter, Giselle, he manages a team of 50 personnel, servicing over 1,000 clients per year. Living Valley Springs has positively changed the lives of over 14,000 people and will continue this work into the next generation.

Gut Health

DR ALI ARAGHI, MD FRACGP ABAARM

Room 2 Downstairs Friday 1:15-2:15pm

Gut health is grossly overlooked and often the root cause of chronic illness. We are 10% human and 90% bacteria. These tiny organisms dictate our mood, energy, health as well as contributing to numerous diseases known to us such as rheumatoid arthritis, hashimotos' thyroiditis, lupus, multiple sclerosis, depression, anxiety, Parkinson's disease, Alzheimer's disease and many more. The old saying 'we are what we eat' is all but true. In this workshop, we would like to shed some light on how to respect our inner ecosystems in order to achieve better quality of life.

Weight Loss - What you don't know about weight loss:

DR ALI ARAGHI, MD FRACGP ABAARM

Room 2 Downstairs Saturday 12:00-1:00pm

Diet fads and weight loss have been amongst the top three most difficult habits of human beings to change like smoking and exercise. Unfortunately, in the last 25 years all the efforts and health messages that have been published and relayed to the public about healthy eating habits and weight loss have been inadvertently wrong and misleading which leads us into a messy, ever confusing state where no one no longer knows what is good and what is not so good or ever bad! In this workshop, I would like to shed some light on how weight loss can be achievable without drastic surgical measures or even expensive meal replacements and even doable for people with mobility impairment.

About Dr Ali Araghi: *Dr Araghi of Australia Wellness and Cosmetic Institute is a General Practitioner with a specialising fellowship in Metabolic and Nutritional Medicine from American Academy of Anti-Aging and Regenerative Medicine (A4M). He also holds a fellowship of Aesthetic Medicine from A4M. He has been practicing functional/metabolic and nutritional medicine for the last 5 years on the Sunshine Coast. Working with patients who suffer from all types of autoimmune disorders including obesity, menopause and chronic disease as well as working with top performing national athletes.*

Do you really know what you are eating?

Karen Voyzey

Room 3 Downstairs Friday 1:15-2:15pm, Saturday 2:30-3:30pm

- Truth on Labelling
- GMOs
- Overcoming the complexities of what we are eating

About Karen: *Karen is a qualified Health Coach with a passion to get back to basics, not only in life but especially with how we nourish our bodies and minds. It all begins with knowing exactly what we are putting into our bodies and how we can be certain what we are eating is in fact the truth.*

Feel Fabulous with Fresh Juice

Vicki Doolan

Room 1 Downstairs Friday 2:30-3:30pm, Saturday 9:30-10:30am

- Learn how to gain energy and have glowing skin through juicing
- Secret shortcuts to make it easy
- The difference between juices & smoothies
- Learn which juicers are best and why

About Vicki Doolan, Vicki Doolan is a Qualified Natural Juice Therapist. She completed her studies with the Juice Master Academy in 2015 completing modules in Biology, Physiology, Anatomy and Nutrition through juicing. Vicki has regular workshops on juicing for prevention and speaks to a variety of different groups on how to support healing through the nutrients found in fresh juices.

Truly Lean and Healthy- a health breakthrough in Fat Loss

Diana Hunter

Room 6 Upstairs Friday 2:30-3:30pm, Saturday 9:30-10:30am

What is your lean body desire and how can you achieve it simply, effectively and for a long term?

1. Old Weight loss myths-don't be fooled
2. What is my body composition, how is it relevant and how do I improve it?
3. Do I really need to go to a diet?
4. Nutritional keys for my body to drop fat and keep it off.

About Diana Hunter, Diana Hunter has pursued a passionate interest in complimentary health for over 30 years. Diana holds an Associate Diploma in Allied Health, a Certificate in Basic Nutrition and Health, and Certificate in Dietary Wellness and Fat Loss, and is an experienced educator in the field of fat loss and maintenance of wellbeing, she has assisted 100's of people with their wellness and fat loss goals for over 17 years.

Thyroid Health for a Radiant Body, Mind and Life

Dr Sally James and Candice Soleil

Room 6 Upstairs Friday 1:15-2:15pm, Saturday 12-11:00pm

- The Thyroid: Why this powerful little gland is essential to Women's Health
- Signs your Thyroid is unhappy
- Understanding functional thyroid testing
- Dietary approaches to healing thyroid imbalances
- Key nutrients needed to support normal thyroid function
- Lifestyle factors that foster a radiant body, mind and life.

About Dr Sally James: Sally is a Clinical Psychologist devoted to fostering resilience, health and wellbeing in children, families and individuals. She maintains a holistic philosophy on psychological health and wellbeing and is an advocate of positive psychology. Dr Sally currently presents a variety of audiences on the topics of Mindset for Health, MindFit, Psychoneuroimmunology' and Mind and Body Habits in the Prevention of Cancer and other diseases.

About Candice Soleil: Candice is an accredited practicing dietitian with an interest in integrative and functional medicine. She is passionate about empowering women to take greater control over their health and wellness journey, and sharing how women can optimally nourish their body and mind to enhance physical, emotional, and mental wellbeing.

Personalised health for women: How your genes affect your body

Melanie 'Eager for Life'

Room 6 Upstairs Friday 12-1:00pm, Saturday 2:30-3:30pm

- Learn how up to take control of your health
- Learn how hormones are affected by your body type
- Learn how there is not one diet that is right for everyone
- Learn what type of exercise is good for your body
- Learn how different body types need different foods

About Melanie: Melanie is a Nutrition and wellness coach specialising in genetics health coaching. With two science degrees from London University and a health science career spanning nearly two decades, Melanie unites science with holistic health and complimentary therapies to ensure you have the best tools to achieve optimal health. After experiencing her own personal health journey, Melanie teaches people that our genes do not determine our health story and show's clients how it is possible to take control of your health through epigenetic (lifestyle) changes.

Business Growth

Building A Brand

KIM McCOSKER

Room 3 Downstairs Friday 10:45-11:45

- **A successful business doesn't require an MBA, it just requires an original idea**
- Start by defining your idea, your business, **then your brand**, think of it as a person
- Aim to **build** long-term relationships with your customers
- Know, love and speak to your customers daily, you can never have enough brand evangelists working on your behalf.

The Art of Marketing on ZERO Budget!

KIM McCOSKER

Room 3 Downstairs Saturday 12:00-1:00pm

- **A successful business is 20% great idea and 80% marketing**
- A **marketing plan** is an essential tool for business; developing one ensures you understand why your business is unique and how you communicate that
- Know your channels and how to reach your audience
- Content is King, but engagement is Queen and generally it is the lady who rules the house!

About Kim McCosker: 4 Ingridients Author and entrepreneur Kim McCosker brings her amazing story to life, to inspire audiences and amaze them with her simple, hardworking and determined recipe for success. Kim's light hearted and warm approach and her natural ease with people make her a favourite with audiences of all sizes and from all walks of life. Her enthusiasm and energy for sharing the passions in life an food is infectious.

Conscious Communication Code to Connect

KIM TAYLOR

Room 3 Downstairs Friday 9:30-10:30am, Saturday 1.15pm-2:15pm

Have you ever spoken to a potential client and messed up the sale?

Have you ever had a conversation with someone which felt incongruent?

Join Kim in this practical, fun, interactive workshop. You'll learn the ultimate art of communication Professionals must know for cultivating quality relationships, deepening connection and converting sales.

- Improve Your networking and presentation skills out of sight
- Fast effective strategies to secure Your sales and satisfy Your clients

- Know how to ecologically influence Your clients toward their desired outcomes
- Learn the five pillars of rapport for generating outstanding results professionally and personally
- Discover how to easily and effortlessly empathize with Your clients and Your teams to create valued relationships

About Kim:

Kim Taylor's passion for assisting people to discover and implement their own speaking style enables them to share their message and bring positive inspiration for change in the world. With more than 30 years of experience in professional and personal development, she is highly praised for her ability to help people unlock their voice and speak from their heart. Kim is a renowned speaker coach, trainer, author, emcee and founder of the *9-Steps to Ultimate Speaker training* system.

Capture WOW home memories you will LOVE to print & share

PAULA BRENNAN

Room 3 Downstairs **Friday 2:30-3:30pm**

Is your iPhone, DSLR & Facebook feed full with really ordinary images?

Make your home photos extraordinary with simple tricks and techniques covering

- Lighting, Timing, settings, backgrounds, engagement (happy smiling faces) and much more

Bring your cameras & iPhones for this hands on workshop.

BONUS receive FREE cheat sheet to take home also!

Create engaging images for success in business

PAULA BRENNAN

Saturday 9:30-10:30am

Room 3 Downstairs

Today EVERY entrepreneur/business requires professional looking images for profiles, website, promotions & social pages.

Learn how to create your own image collections using Paula's own formula for branding image success.

You will not want to miss out on this opportunity to learn from Paula Brennan as she shares her top tips for creating images that will attract and convert great paying clients.

BONUS receive FREE cheat sheet to take home also!

About Paula: Paula is an award-winning photographer who specializes in celebrating & empowering women with positive self-perception through contemporary portraiture and stylised personal branding photography. Calling all kick-ass ladies ready to take themselves to the next level.

Personal Styling

Spring Racing Fashion and Fillies

Jacinta Emms and Hayley Stephen

Room 2 Downstairs Friday 12:00-1:00pm, Saturday 10:45am-11:45am

Join us for an interactive, informative and very fashionable workshop covering all you need to know about Spring Racing Style.

- . Race Day Specific Dress Codes
- . How to wear your hats, fascinators and other fancy things
- . Latest Spring Colours, trends and fashion
- . Fashion on the Field Guidelines
- . Trackside Tips and Tricks

About Jacinta and Hayley: Drawn together by the love of fashion and all things style, Style Edit Elite is the shared vision of Jacinta and Hayley

This fashionable duo are very passionate about the local fashion industry and supporting Australian designers especially those in their own back yard.

With a combined background in fashion retail, marketing, fashion design and events they live and breathe all things fashion and style and love guiding both men and women on the path to finding their own signature style.

Back to Basics- Creating a great makeup

Samantha O'Connor

Room 2 Downstairs Friday 2:30-3:30pm, Saturday 9:30-10:30am

- Choosing your perfect shade of foundation
- Creating a great base
- Eyes like a pro
- Makeup must have's

About Samantha: Samantha's background is in photographic hair and makeup which has allowed her to meet and make over thousands of every day women.

Samantha loves seeing the initial reaction of women when they see themselves with their completed look.

Since her studio days she has worked in both television and print commercial industries with work published in Australian Vogue, Woman's Day, International Hair Magazines and advertisements for Chanel 7 and 9.

A simple guide on how to transform your natural day time makeup to a flawless night look.

Aura Makeup

Room 6 Upstairs Friday 9:30-10:30am, Saturday 1:15pm-2:15pm

Aura Makeup Artists will take you through everything you need to know on how to create a natural day time look. Whether you're going to the shops, running errands or headed to work, our flawless mineral makeup has you covered. They will then step you through a simple guide on how to transfer your day time look into a classic night time look that is perfect for a night out on the town or any special event.

Each attendant will receive a \$10 voucher towards makeup products at the Aura Makeup booth. To be used at the expo only.

About Aura Makeup Team: The AURA MAKEUP line has professionals and everyday users covered with an extensive range and array of colours and choice to suit all ages, lifestyles and skin types! Designed by Makeup Artists for a long lasting professional finish. Inspired to deliver an ethically conscious and sustainably sourced professional makeup line to the market, products that are truly VEGAN and CRUELTY-FREE, without compromising on performance or fashion!

Real Women Talks

Room 6 Upstairs

Friday - Saturday

Short, Inspirational (TED Style) Talks for Real Women Educating and Inspiring you to be Healthy, Wealthy and Wise

Join us to hear experts from across Australia share their expertise and experience to empower you both personally and professionally.

Whether you're a woman in business or a woman in the workplace you'll love our speakers who will educate and inspire you on everything from health and wellness to breaking through in your business.

Jodie Nolan (Rich Mum Club) will share her tips on 'Living Richly' on a shoe string budget while Annette Sym (Australia's favourite weight loss mentor) will give you tips on losing weight the 'Symple Way'. Discover what you should be doing to 'Age Well' with Tahhniaa Davai (I Age Well) and learn the Do's and Don'ts of Domestic Violence from domestic violence lawyer Kelli Martin of (KLM Solicitors), Tahlia Mandie founder of Kakadu Plum Co and more.

Speakers from 9:30am each day

Zoe Sparks

Annette Sym

Kelli Martin

Tahhniaa Davai

Zoe Sparks

Tracey Horton

Tahlia Mandie

Alice Young

Alison Bell