

# Discover Your Light

A WELLBEING EVENT

31 JANUARY 2020



# 2020: Live on Purpose

## Event Highlights & Activities

### WELLBEING WORKSHOPS

#### 22 interactive wellbeing workshops

across a wide array of topics and life skills for Adults (individuals, couples & parents), Teens, Tweens and Children (5 yrs+).



### MIND & BODY

#### A range of activities for personal

**development** and experiential stands to reflect and explore. Visit our Information Corner for informal discussions with members of The LightHouse Arabia team and enjoy healthy snacks & refreshments.



### PANEL DISCUSSIONS

#### Two interactive panel discussions

addressing adult mental health and parenting.



### KIDS ZONE

#### A Kids Zone for ages 5+ yrs.

An enhancing experience for children with arts and crafts, games, live music and storytelling.



## JOIN US

**DATE:** Friday, January 31<sup>st</sup>, 2020

**TIME:** 9.45am – 4pm  
(Registration opens at 9am)

### REGISTER:

[lighthousearabia.com/events](http://lighthousearabia.com/events)

**FEE:** Dhs 105 (All-Access).

*Includes 5% VAT. (Children under 12 years and nannies attend for free)*

**WORKSHOPS:** To be announced.  
Pre-scheduling required.

*Mental Health for  
Everyone, Everywhere*

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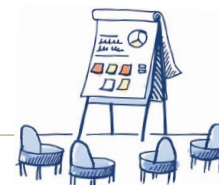


**THE LIGHTHOUSE**  
CENTER FOR WELLBEING

[lighthousearabia.com](http://lighthousearabia.com)

# Event Workshops:

ADULTS



## **Sound Healing Meditation**

Switch on your relaxation reflex and put your body into self-repair mode. Now you can slow down your heart, your breathing and your brain wave rhythms with the vibrational sound healing meditation with GwennZen. At the start, you will be guided by a visualisation to help your body and mind to release the stress of your daily life. Then, you will be bathed with sounds from crystal and Tibetan bowls, Koshi chimes, ocean drums and gongs. The sound vibrations will completely surround you and you will experience deep relaxation and a profound sense of peace and harmony.

**For:** Adults (18 yrs+)

**Facilitator:** TLA Event Partner, Gwenn Zen

**9.45 - 10.45am** (Registration opens at 9.15am)

## **Brave Conversations:**

### **The Art of Courageous Conversations**

Have you ever avoided a difficult conversation or had it go horribly wrong? Learn the core skills to stay brave and constructive in tough conversations, give and receive meaningful feedback, build trust, and foster deep engagement in your relationships.

**For:** Adults (18 yrs+)

**Facilitators:** Christine Kritzas & Farah Dahabi

**11am - 12pm, 12.15-1.15pm & 2.45-3.45pm**

## **Self-Care Essentials**

Feeling stressed out? Burnt out? Overwhelmed? Are you taking care of you? This workshop will let you take a moment to reflect on the basics of self-care and assess what's going well, what could go better and where the shortfalls are. This session combines psychoeducational material with self-reflective practices to give you an opportunity to start developing a self-care plan.

**For:** Adults (18 yrs+)

**Facilitator:** Dr. Ottilia Brown

**11am - 12pm & 1.30 - 2.30pm**

## **What Gets In the Way? Moving Towards a Values-Driven Life**

Humans are naturally avoidant. We do our best to avoid discomfort, difficulty, and pain. Even for those who are in tune with their values, the avoidance of difficult emotions, experiences or situations can get in the way of living our best life. Join this workshop to explore what it means to live your values and what gets in the way of a values-driven life. We will use an experiential approach to build awareness, reduce avoidance and build a willingness that will engage us in our values.

**For:** Adults (18 yrs+)

**Facilitator:** Dr. Rose Logan

**11am-12pm & 1.30-2.30pm**

## **'Leaning In' to Our Feelings: How Emotions Are Key to Self-Discovery**

Emotions are vital sources of information, giving us direction and helping us know what we need. At times, you may wonder why you are experiencing certain feelings, and question where they have come from and what they are trying to tell you. Often, we feel stuck when it comes to dealing with difficult feelings. This workshop will focus on how to relate to your emotions in a way that will help to support, rather than hinder, good decision-making, insight into and compassion towards yourself and effectiveness in how you relate to others. Practical strategies will be shared, along with opportunities to relate the material to your own personal experiences, and an independent exercise that will set the foundation for further personal exploration.

**For:** Adults (18 yrs+)

**Facilitator:** Ronette Zaaiman

**11am-12pm & 1.30pm-2.30pm**

## **Schema Therapy: Understanding How Your Childhood Affects You Now**

Our childhood influences how we see ourselves and how we understand and relate to others as adults. The things that happen to us when we are young result in us developing behavioural patterns to defend ourselves and our emotional world. Sometimes these behavioural patterns stay with us long after they are useful and cause us problems as adults. Schema therapy provides a way of understanding these patterns and break free from them. In this taster workshop, you will understand what schemas are and how they might affect you, identify the schemas you may have developed, learn to challenge the inner critic, and discover the power of schema imagery to heal childhood emotional wounds.

**For:** Adults (18 yrs+)

**Facilitator:** Dr. Nicholas Wakefield

**12.15-1.15pm & 2.45-3.45pm**

## **Healing Through Meditation**

In this workshop, you will be introduced to the basic information about, and importance of, energy centers (also known as chakras or meridians) in your body. We will explore these to help you balance and manage the mental, emotional, spiritual, and physical blocks that most people experience in their daily lives. You will be led through a self-healing and energy balancing meditation. This workshop is for you if you are curious and interested in learning more about yourself through a self-healing meditation practice and integrating your mind, body, and spirit to live to your fullest potential.

**For:** Adults (18 yrs+)

**Facilitator:** Madeeha Afridi

**12.15 - 1.15pm**



# Event Workshops:

## ADULTS

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### **Self-Compassion:**

#### ***Moving Past Barriers and Developing Practice***

An introduction to the key components and theories of self-compassion, and how it can be of benefit to us all. An experiential exploration of what stops us from taking a more self-compassionate stance and a look at practices that will enhance self-compassion practices.

**For:** Adults (18 yrs+)

**Facilitator:** Dr. Jamilah Motala

**12.15-1.15pm**

### **Meditation 101 – Learn to Meditate**

Meditation practice promotes physical and mental wellbeing and provides the foundation of living our lives wisely and healthily. While many people want to meditate, they may feel confused about this ancient practice. In this introduction to meditation, attendees will learn the basics of meditation, and gain a better understanding of mindfulness and insight meditation practices. You will learn how meditation can transform your brain, support emotional and physical wellbeing, and elevate your performance.

**For:** Adults (18 yrs+)

**Facilitator:** Madeeha Afridi

**2.45-3.45pm**

### **ZenClass: Relaxation Techniques**

Join the Zenclass by GwennZen to learn how to reduce your stress, to control your flow of thoughts and to manage your emotions. Zenclass is designed to teach you different relaxation techniques that you can add in your daily life.

**For:** Adults (18 yrs+)

**Facilitator:** TLA Event Partner, Gwenn Zen

**2.45-3.45pm**



# Event Workshops:

## PARENTING & COUPLES

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### **Mindful Parenting**

You have probably heard of mindfulness, and you may even practice it in your day-to-day life. But, have you heard of mindful parenting? Research shows that mindful parenting will enhance your ability to respond consciously to the needs of your child, instead of reacting from a place of negative emotion. This reduces conflict and stress in your relationship with your child and promotes healthier wellbeing for all involved. Attendees can expect practical tips, useful tools for putting mindful parenting into practice and setting both you and your children up for its benefits.

**For:** Parents

**Facilitator:** Dr. Nakita O'Leary

**11am-12pm & 1.30pm-2.30pm**

### **Parenting an Anxious Child**

Anxiety is one of the most commonly reported mental health problems. While worrying is a normal part of life, excessive worrying and continuous negative thoughts can lead a person to feel overwhelmed, stressed, stuck, and anxious. Anxious children report not feeling like they are in control of their negative thoughts, resulting in them feeling excessive nervousness, indecisiveness, and an inability to relax. In this workshop, parents will learn the difference between normal worries and clinical anxiety, as well as get a better understanding of how anxiety presents itself in children. Parents will learn about the causes of anxiety, as well as gain practical tools to assist them in supporting their children in dealing with life's stressors.

**For:** Parents

**Facilitator:** Dr. Catherine Frogley

**12.15-1.15pm & 2.45-3.45pm**

### **Emotional Regulation: Strategies to Help Your Child**

Teaching emotional regulation to children can be challenging for many parents. This workshop explores how to support children in understanding and controlling their feelings, energy levels and exercising self-control over their behavioral choices. Self-regulation skills enable children to identify and manage stressful or difficult situations they may encounter as they transition through their childhood and teenage life. Parents will walk away with a toolbox of techniques to support children and teens manage their emotions and behavior in the home environment.

**For:** Parents

**Facilitator:** Anna White

**1.30-2.30pm**

### **Constructive Communication in Couples**

This workshop will help you understand the four core aspects of communication that can either predict marital success or marital difficulty. We will discuss the complexities of conflict and miscommunication and how they can be handled masterfully.

**For:** Adults (18 yrs+)

**Facilitators:** Dr. Sheetal Kini

**12.15-1.15pm & 2.45-3.45pm**

### **Relationship Wellbeing CheckUp**

In this workshop, individuals and couples will have the opportunity to assess the state of their intimate relationship. The workshop will provide a brief overview of key relationship dimensions, what they mean and why they are important for relationship wellbeing. These dimensions include: Conversation, Affection, Intimacy, Differences, Togetherness, Partnership and Hopefulness. Participants will also receive practical guidance and suggestions on how to improve their relationship on each of these relationship dimensions. Participants will have the opportunity to complete the Couple Wellbeing Scale and receive guidance on scoring it as a way of getting an idea of the state of their relationship.

**For:** Adults (18 yrs+)

**Facilitator:** Juan Korkie

**11am-12pm & 1.30-2.30pm**



# Event Workshops:

## KIDS, TWEENS & TEENS

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### **Mindful Baking**

This workshop provides a gentle, fun introduction to mindfulness using baking as the experiential exercise – helping children to slow down and learn to enjoy the present moment with all of their senses. Research shows that mindfulness can help increase contentment and happiness, while reducing anxiety and depression.

**For:** Kids (5 – 10 yrs)

**Facilitator:** Dr. Nida Hussain

**12.15-1.15pm & 2.45-3.45pm**

### **My Calm Down Strategies**

This workshop is about helping your children learn to calm themselves within and with others.

**For:** Kids (6 – 10 yrs)

**Facilitator:** Rogaiyah Hamidaddin

**11am-12pm & 1.30-2.30pm**

### **Smart Heart Board Game (Life-Size!)**

A fun game for children to learn to identify and express emotions together.

**For:** Kids (5 – 11 yrs)

**Facilitator:** The LightHouse Arabia Interns

**11-11.30am, 12-12.30pm, 1-1.30pm & 2-2.30pm**

### **The Self-Portrait: Building Self-Awareness Through Drawing**

Children notice differences around them *all the time*. As positive role models, it's important to guide our children to recognize and embrace their amazing uniqueness, while growing to accept and value others. In this workshop, children will have the chance to draw their own self-portrait. A self-portrait expresses a lot about how we value ourselves and how we want to be seen by others. Steered by positive conversation, this exercise will help children to create a deeper foundation of self-awareness, while building self-confidence and having fun!

**For:** Kids (5 – 11 yrs)

**Facilitator:** João Lourenço

**11am-12pm & 1.30-2.30pm**

### **Being Your Own Best Friend: A Self-Compassion Workshop for Tweens**

Teaching young people to practice the skill of self-compassion from an early age can be essential in laying the foundations for positive mental health. From a young age, we are taught to be kind to others, to share, and to be compassionate, but rarely are we taught how to be kind to ourselves. This workshop is designed to help Tweens discover the power of being more kind and compassionate towards themselves - to help silence the inner critic and reduce feelings of being alone in their struggles. Through activities and interaction, this workshop will focus on ways for Tweens to be more gentle with themselves and accepting of feelings.

**For:** Tweens (9 – 13 yrs)

**Facilitators:** Ananya Yadav & Lara Omran

**12.15-1.15 & 2.45-3.45pm**

### **How to Be a Great Friend**

Good friends are amongst life's greatest blessings. In this workshop, we will explore the main qualities of what makes a great friend, while offering practical tips and strategies for how to navigate tricky friendship issues and conversation challenges. Tweens will be able to reflect on their own friendships and consider how they currently show up in these relationships, and where there is room for improvement.

**For:** Tweens (9 – 12 yrs)

**Facilitator:** Dr. Rebecca Steingeisser

**12.15-1.15pm & 2.45-3.45pm**

### **Your Mind Matters: An Intro to Mental Health for Tweens**

What does mental health mean? Today, it is more important than ever for young people to feel comfortable expressing themselves, feel validated in their emotions, and take care of their minds, just as much as their bodies. This is a fun and interactive workshop for Tweens, that will be filled with activities and lively conversation on the topic of mental health, with a focus on thoughts, feelings and behaviors.

**For:** Tweens (9 – 12 yrs)

**Facilitator:** Anna White

**11am-12pm**



# Panel Discussions



Our panel discussions bring together key clinicians with an interested audience to explore content, answer questions and stimulate relevant and useful conversations. Panel discussions are interactive and open to all, subject to seating availability.

## PANEL 1:

### **Mental Health – Debunking Myths and Exploring Options for Wellbeing**

In this session, our panel of psychiatrists and psychologists will discuss common misconceptions about mental health issues. They will also present the latest in treatment options and discuss the problems and fears that get in the way of people engaging in helpful therapies. Different cultural lenses, in regard to mental health, will be explored. The topic will be thoroughly visited through information sharing, discussion and question and answer.

**For:** Adults 18+yrs

**Facilitators:** Dr. Tara Wyne, Dr. Valentina Faia, Dr. Ioannis Delipalas, Dr. Dilara Cagil Tekin

**11am -12pm**

## PANEL 2:

### **Parenting**

The parenting panel consists of clinical psychologists, a speech and language therapist and an occupational therapist, and will be facilitated by a parenting expert from The LightHouse Arabia. The panel will discuss issues related to parenting children in the 21st century. An open forum where parents can ask questions related to (but not limited to) child and adolescent mental health, technology use, limit setting, raising resilient children, building self-esteem, bonding and communicating, consequences and rewards, emotional intelligence and values will make the session interactive and informative.

**For:** Parents

**Facilitators:** João Lourenço, Rogaiyah Hamidaddin, Anna White, Facilitator (TBC)

**12.15-1.15pm**

