

# Collegiate Girls' High School Wellbeing Conference: 13-15 June



## Special Features:

- Shuttle Service
- Excellent **Catering for lunches, teas and suppers** from Capitol Catering and Old Grey
- **Entertainment** from Centrestage
- **Break-Away Sessions** featuring a wide range of options for delegates: art, drumming, animal therapy, parent's perspective on LSEN, ON the Couch Discussions, Concession Applications, the role of a Wellbeing Department.

Contact Penny Stephenson at [pennys@cghs.co.za](mailto:pennys@cghs.co.za) with queries and pricing options.

The Wellbeing Conference expo:  
<https://forms.gle/3ezrJD4kP5xMpG49>

Who should attend: school management teams, grade heads, teachers, psychologists, social workers, therapists, counsellors.

Should you wish to register as a delegate, please visit this page: <https://forms.gle/XRZTmVfjUUzhyz2g7>

## Programme Highlights:

### 13 June:

14:00

Arrival of delegates, Wellbeing Expo, Music and Networking

15:00 onwards

- *In the Flow* address by Principal, Mrs Louise Erasmus
- Kathy Balshaw, expert in Clifton Strengths, Positive Education and building on what is strong, not wrong
- Estee Cockcroft of Screensmart on *Human Connection versus Chronic Technology Distraction*
- *Laughter* with Gino Fabbri of Centerstage
- Being Full and Well Supper

### 14 June:

08:00 onwards

- Bizskills presents two CPTD accredited courses: *Understanding the Learner's Brain during Stress and Conflict, Criticism and the Programmes in our Mind*
- Dr Ela Manga on *Breathing and Burnout*
- Devan Moonsamy, author and frequent guest on local television, on *The isms that divide and the wellbeing that unites*
- Keynote address by Vivienne Schultz, author, founder of A2B Transformation, programme designer of Global Change Agent Academy. Manager of certificate programme Responsive Leadership based on neuroplasticity principles.
- Break-away sessions
- Centrestage performance and Celebrations at Old Grey with Build a Burger and Build a Connection

### 15 June:

08:00 onwards

- Financial Fitness
- Philippa Fabbri, Doctorate in Inclusive Education, co-founder of Elsen Academy
- Lara Hayward, Life Healthcare, social worker and educator

11:45

- FareWELLS

