



# New Pathways Building Wellbeing & Community Connection Programs

*~ empowering residents to respond to the COVID-19 crisis  
through creating connections and strengthening wellbeing*

At this critical time in history creating connections to assist in overcoming anxiety and a sense of isolation, strengthening wellbeing and empowering individuals is most important. We are delighted to offer sample ONLINE programs that we believe can contribute to residents managing these challenges.

Annette Subhani is an enthusiastic and positive educator and personal coach who thrives on supporting others to achieve their best. She has a down to earth and open style that connects with those she works with.

She creates participatory experiences that connect and allow participants to leave with meaningful strategies to bring about empowerment.

Annette has received two awards for her work with grass roots community and educational programs:

- Victoria's Multicultural Awards for Excellence – from Victorian Multicultural Commission
- Australia Day Outstanding Community Serviced Award – Boroondara City Council



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## New Pathways Building Wellbeing & Community Connection Programs

Our *New Pathways Life Model* offers a series of strategies that contribute to the empowerment and wellbeing to bring about meaningful and long lasting change to holistic living to strengthen all elements of human nature – *Heart, Mind, Body and Spirit*.

Please contact us to consult on your individual needs as programs can be varied or adapted to specifically meet local requirements.

### FAMILIES

- ***Families – Strengthening the Core of it all*** (*Tips to embrace family life at home*)  
Explore current challenges facing families at this unique time and uncover the importance of the family and household unit. This session presents interesting studies around healthy relationships, habits, boundaries, creating routines to assist each family member to achieve their best. The session draws on research, real-life experiences and models to support parents to leave with practical strategies to help build a strong and united family.
- ***An Educational Toolbox for Parents*** (*Educational Resources to use at home*)  
Come on a tour of the world exploring online educational resources to support the holistic wellbeing of your child(ren). During this challenging period of isolation, parents have been charged with the responsibility to enhance and add to the educational experiences of their child(ren). This session presents a toolbox of online resources (free/and paid) that you can access to support holistic development – heart, mind, body and spirit.
- ***From Inside the Screen (Parenting in 2020)***  
Explore the challenges of balance, empowerment and building self-regulation in your adolescents. This session is designed to support parents in a practical way to manage day to day challenges, as they support their adolescents to reach their potential in a fast-changing world.
- ***Building Resilient Kids***  
An honest and frank session that looks at current research around empowering and supporting children of all ages to have a positive outlook on life. Parents will leave with tangible insights and strategies to make a positive change, and feel empowered to make choices.
- ***Career Paths***  
A special session for high school aged students and parents to have a realistic look at the pathway from year 10 to post high school and university. This transition doesn't need to be stressful, if preparation and conversations are occurring within the family.



## WELLBEING - For all ages

- **Wellbeing Conversations**

This unique session provides the opportunity for connection and purposeful conversations on core foundations of life and wellbeing. Each session will explore a theme of wellbeing through the sharing of writings, quotes and stories, philosophical discussion and reflection. Themes such as giving, wisdom, detachment, patience, service, relationships and inner peace .... just to name a few. Come share your story!

- **New Pathways Life Model**

Our *New Pathways Life Model* offers a unique approach to holistic living that encourages action to strengthen all elements of human nature – *Heart, Mind, Body and Spirit*. This session creates connections between participants, explores the impact of the current isolation on wellbeing and assists participants to decide on practical, personal strategies to support holistic wellbeing and empowerment.

- **Take a Few Moments - Finding Your Centre**

This session is a regular (daily/weekly) 10 minute program for participants who may feel isolated, drained or anxious about the current health crisis and their future. The short program invites participants to pause and meet demands of life head on, to open their hearts and minds to find that quiet and meaningful place of reflection and wellbeing. The program will incorporate music, visuals and a series of specially chosen motivating words of wisdom on a specific theme (eg peacefulness, gratitude, wisdom).

## SENIORS

- **Balancing Dynamics of 60+**

A session like no other, to explore challenges at this later stage of life and to open up honest discussion about real life changes and reveal strategies to find fulfilment, life balance and health. Themes including: community, family, regret, isolation, emotions and planning for the future. The session draws on research and real-life experiences to support participants to leave with practical strategies to build empowerment and open new doors of wellbeing and belonging.



We are eager to contribute to efforts to support residents across ages and cultures at this important time.

For further information

Sessions are 60-90 minutes in duration.

Prices on application.

Call us today to consult on how we can meet the needs of your residents and community -

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