



Wellbeing & Development Programs Summer 20/21

~ supporting individuals and families as we transition past the COVID-19 crisis through strengthening wellbeing and personal development.

Throughout 2020 we have learnt a lot about what is most important in life. Individuals, families and the community in general have found a new level of strength, determination and innovation. Although we have had many challenges, we have overcome an increased level of anxiety, sense of isolation and uncertainty. At *New Pathways*, we feel grateful to have been invited to offer a huge number of online workshops during Victorian restrictions to support residents, create spaces for much needed connections and explore foundations of wellbeing.

Now as the community 'opens-up,' further pressures will arise as we transition towards a new reality.

Will we remember the promises we made ourselves?
Do we have the tools to incorporate lessons learnt into our daily lives?

New Pathways is delighted to share with you our wellbeing & development programs that have been refined to meet the current needs during the summer months of 20/21. We believe these revised programs will support residents in managing the challenges of this new phase.

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 quickly connects with those she works with. Annette offers 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



Annette Subhani

New Pathways Life Coaching and Training

0418 320 138

www.newpathwayslifecoaching.com.au

Email: newpathwayslc@gmail.com

Facebook @NewPathwaysLifeCoaching

New Pathways Wellbeing & Development Programs

Our *New Pathways Life Model* offers a series of strategies that contribute to 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*.

Our 90-minute Wellbeing & Development Programs offer a unique participatory approach to personal development and will be adapted to suit local needs, and can be offered online, face-to-face or a combination, depending on local restrictions.

WELLBEING - For all ages

- ***Doing It All! – Women's Health & Wellbeing***

2020 was a year like no other! Join us to turn the page of your book of life to explore real challenges facing women and consider what we can learn from history to inform our future in 2021. Can women really have it all, without finding balance and a sense of wellbeing, or making positive choices that unlock our inner sense of self? Our presenter Annette Subhani from *New Pathways*, will facilitate a moving workshop to ensure each woman will leave with real strategies to empower decisions to help find inner purpose and a sense of holistic wellbeing.

- ***The Wellbeing Journal – Let's Get 2021 Going (A Hands-On Workshop)***

With 2020 behind us, let's prepare for the New Year by exploring the power of journaling, learn how it can assist in setting up wellbeing goals for 2021 and commencing our own personal wellbeing journal. We have all heard about the power of keeping a journal, but have you thought how it can enhance your wellbeing?

During this hands-on workshop participants will learn about the power of keeping a diary or journal, and will see each participant creating the first pages of their own journal focusing on goals for 2021, gratitude, wisdom and personal strengths. This workshop will also provide an opportunity to connect with others and share your story.



- ***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 & stories, philosophical discussion and personal reflection. Themes relating to this current period of lockdown and physical isolation include laughter, gratitude, detachment, creativity, kindness, service just to name a few. Come connect and share your story!

- ***Self-Care? Discovering What Works for Me***

We so often hear, *self-care* supports our wellbeing and assists us in creating a sense of wellness. But what is *self-care* and will it work for me? This workshop will dispel myths around *self-care* and help you to uncover varied healthy lifestyle choices to trial. Creating a sense of balance and wellbeing in your life starts with an active and conscious choice to engage in activities that nourish and help to maintain holistic health – *heart, mind, body and spirit*.

- **Social Cohesion – Strengthening My Community**

During this COVID-19 experience we were taken back to the basics of life due to physical distancing and the removal of a lifestyle that we were familiar with. Our sense of control and routine was removed impacting on our mental, physical and financial health. We witnessed an upsurge in consciousness for our neighbours, kindness and a real desire to connect. This workshop explores how social cohesion can impact our moral health by nurturing and building communities, and will assist participants to leave with tangible ideas to support their own wellbeing and those in their neighbourhood over summer months. Our presenter Annette Subhani from *New Pathways* will facilitate a down to earth and honest reflection to get us all thinking.

- **A New Year of Opportunity – Exploring New Pathways Holistic Life Model**

2020 challenged us all and our wellbeing was put to the test. We were taken back to the basics of life due to physical distancing and the removal of a lifestyle that we were familiar with. Here is an opportunity to start the year afresh by reflecting on lessons learnt and plan for a year of balance and wellbeing. Exploring the *New Pathways Life Model* you will gain insight into a unique approach of 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.

FAMILIES

- **From Inside the Screen**

Children of all ages are online more than ever – due to learning from home, for social connection, personal development, entertainment and fun. Families are struggling to understand what is happening and how best to support their child(ren). Explore the challenges of balance, empowerment and building self-regulation in 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 Young People**

This workshop is an honest and frank look 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 to create a solid foundation for their children.

- **Strengthening Families – The Core of It All (Tips to family life)**

Explore current challenges facing families at this unique time and uncover the importance of the family and the household. This workshop draws on research, real-life experiences and models to support parents to leave with practical strategies to help build a strong and united family - healthy relationships, habits, boundaries, creating routines to assist each family member to achieve their best.



- **School Readiness (For Parents)**

A session for mums and dads - to explore the elements of school readiness and how it impacts on children and the family.

- Is your child ready for school? / Explore and dispel myths
- How can I help my child with the transition? / Foundation skills that can help build a confident child ready for a transition to school
- What about me? / Day 1 for Mum and Dad means freedom, but to do what?

- **Career Pathways – A Parent’s Perspective**

This is a special workshop for parents of high school students that explores study and career pathways of your children from Year 10 to post high school - work and study. This transition doesn't need to be stressful, if preparation and conversations are occurring within the family. As Uni Open Days come closer it will prepare parents with a Tool Kit of information and questions to throw at schools, Uni's and their kids. Our presenter Annette Subhani from *New Pathways* has a wealth of experience and insights to share, she will encourage discussion and an exploration of an alternate paradigm, one that doesn't involve arguments while presenting the pathway from a family perspective.

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.

- **Foundations of Wellbeing Through Conversations**

In later stages of life individuals have a wealth of knowledge and insight gained through life experiences, but sometimes the scars gained along the way cover the joys. Uncovering the foundations of wellbeing greatly assists to build a sense of inner peace, healing and self-awareness. This one of a kind workshop provides the opportunity for connection and purposeful conversations on core foundations of life and wellbeing. We will explore one theme of wellbeing through the sharing of writings, quotes & stories, philosophical discussion and personal reflection. Come connect and share your story!

(A theme can be chosen depending on relevance to local residents - eg laughter, gratitude, detachment, creativity, kindness, service).

Annette Subhani focuses on supporting individuals, families and the community during periods of challenge and natural transitions of life. During the COVID-19 pandemic she has been specialising in a huge range of wellbeing programs. She has been connecting with residents for over two decades through her down to earth and engaging approach.

In her work, Annette draws from her varied life experience and training in education and wellbeing. She is a qualified early childhood and primary educator, with training in trauma counselling and mentoring, draws from a wealth of experience in relationships support, community development, parenting and careers guidance. Her *New Pathways Life Model* offers a holistic approach to establishing life strategies to support ongoing change, balance and empowerment.

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

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

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