



Community Health & Wellbeing Programs ~ Winter & Spring 2025

In the coming months we head into the colder, darker and longer days which sometimes impacts our emotional and mental health; however, it also provides us the opportunity to slow down take up new hobbies or embrace our creativity. Then with the change of season, Spring provides an opportunity to encourage people to reassess their health and wellbeing needs. I am delighted to respond to these needs by offering a unique selection of programs to enhance health, wellbeing, sense of connection and empowerment during winter and spring in 2025.

Special Days & Weeks

There are some 'special' days and weeks to focus on specific health & wellbeing themes in the coming months and each of the programs below can be adapted to suit the goals of each:



WINTER

A Recipe for Winter Wellbeing

With the cold winds of winter upon us it is a natural time to hibernate, and we can often feel a sense of isolation. This unique workshop reflects on health & wellbeing and provides a space to unpack approaches to self-care and create connections by engaging in conversations on core foundations of wellbeing. The session will also provide an opportunity to uncover ways to nurture your inner spirit and find healing for your heart, mind, body and spirit.



Quilling, the Art of Concentrating – This program creates a space for quiet reflection of holistic wellbeing approaches to support heart, mind, body and spirit, and engages participants with learning the skill of quilling. Participants engage in discussion on health and wellbeing themes and the building of confidence while embracing quiet mindfulness. *



The Magic of a Personal Vision Board – This session explores the power of intention, understanding purpose and the need for action to bring about change. Each participant will create their own vision board on cork to assist in crafting a virtual representation of personal hopes & dreams, inspiration and goals using images, colour, texture, text and symbols. *



SPRING

Spring into Action – Unlock Secrets to Mental Health & Wellbeing

With the warmer months around the corner, it is the perfect time to strengthen your inner-self and prepare for the warmer months of sun and the outdoors. This unique workshop enables participants to reflect on their health & wellbeing, the power of food and spring approaches to self-care.



Nature Bathing – As the weather warms up, let's draw from different modalities of meditation & mindfulness, by assisting participants to go back to the foundations of personal reflection, to uncover the power of stillness and attention to support health & wellbeing. Participants will uncover the links between nature walks, tree bathing and connecting with the environment through discussion and engagement in participatory experiences to stimulate the heart, mind and spirit.



The Art of Bonsai to Find Inner Peace – Exploring the ancient art of bonsai, this workshop has proven to be inspirational and connects participants with their inner peace, strategies to strengthen holistic wellbeing and the practical action of potting individual trees to take home and nurture. *



Cards with Intention - Participants will create gift cards with intention that will include affirmation symbols and inspiring words. They will be the perfect gift for family and friends, while also enhancing the wellbeing of participants through reflecting on inspiring words of wisdom and using their creativity.



Journal to Wellbeing – This hands-on workshop provides a space to learn about the power of keeping a diary or journal, dispel myths and enable participants to start the first pages of your own journal, focusing on wellbeing goals, the power of gratitude and wisdom to build inner strength.

Understanding Burnout – During this workshop participants will explore the increasing level of stress, anxiety and burnout in individuals, to increase an awareness and deeper understanding of how stress builds, and how to turn it down through choice, self-care and holistic lifestyle priorities.

Turning Sleep into Wellbeing – A hugely successful workshop that explores the science of sleep, the importance of holistic wellbeing and uncovers strategies to improve sleep hygiene. Each participant will leave with a sleep diary to help create new habits to improve the quality and quantity of sleep.



Social Cohesion – Uncovering My Community – A participatory workshop exploring the power of connection, how social cohesion builds communities and helps to create identity. Participants will engage in discussion to uncover new insights into their community.

Finding My Passion – We all have passions and activities that bring us joy, but often these get lost in the demands of daily life. This workshop explores the power of passion on our mental health and sense of wellbeing, allowing participants to rediscover many forgotten hobbies and engage in a journey of hands-on experiences to ignite confidence and plan to incorporate new hobby ideas into their daily life.

Creating a Peaceful Rhythm to Life - Rhythm is a natural part of life – our bodies, the seasons, even night and day. This workshop explores the power of routines, asks participants to reflect on mental health issues, obstacles to their wellbeing and supports them to uncover new approaches to self-care and wellbeing routines.

Laughter is the Best Medicine – This workshop explores the power of laughter on our health & wellbeing allowing participants to leave energised with a feeling of joy, and real strategies to bring laughter into each day.



Write Your Story to Wellbeing – A participatory workshop to provide a space for participants to uncover their strengths and achievements through a journalling approach that incorporates writing, verse and drawing. The participants will also be supported to plan for personal priorities and goals through journalling.

Your RoadMap to Mental Health – As the sunny months approach this workshop explores the causes of stress and anxiety and feel a sense of support as participants create a personal wellness plan – A plan to empower action, uncover approaches to holistic wellbeing and create a roadmap for walking on a pathway to inner-strength and being their best.



* These sessions have an additional per person charge for materials

Women's Health Week 2025 – Say 'Yes' to you!

Uncovering the Empowered Women – offers a powerful space for women to reconnect with their inner voice and explore their *Core Truth System*. By understanding their deepest motivations and reactions, participants gain essential self-awareness, which helps them discover their authentic voice. This is a crucial step toward empowerment and finding a deeper sense of purpose. The workshop's holistic approach goes beyond just self-reflection—it encourages action to strengthen all aspects of human nature: heart, mind, body, and spirit. It's about creating balance and fostering growth in every part of a woman's being, empowering her to live more authentically and confidently.

*When we uncover our truth, our deepest belief system, the way we truly be,
then we can set our spirits free to fly to new heights – Annette Subhani*

Women Can Roar – Moving Forward Together - is an opportunity to reflect on the journeys of women and what creates a personal sense of meaning and wellbeing. While the idea of "having it all" is often discussed, true empowerment comes from making choices that support our personal goals, health and happiness. Confidence grows through connection and shared experiences and by being true to oneself. Learning from the resilience of women throughout history can inspire us to face challenges with strength and determination. During this workshop we will remember that every woman's path is unique, and by working together, we can build a brighter, more fulfilling future for ourselves and our community.



[The Stories we Tell Ourselves: Unlocking our Emotions](#) – Our minds are constantly working to help us succeed, but with the busy lives of mothers our internal narratives can lead to feelings of anxiety or self-doubt. By unpacking the power of awareness, participants will gain valuable insights into how their thoughts and emotions influence wellbeing. Identifying the stories we're telling ourselves can allow us to see hidden choices and opportunities. The workshop offers approaches to name and identify emotions and explores holistic wellbeing strategies to improve mental health and enhance a sense of emotional balance.

[Women's Health Panel](#) – Annette would be delighted to participate in a Women's Health panel where a 2 - 4 health professionals speak on topics such as menopause, physical strength, brain health, heart health, prioritising your health, be kind to your mind, uncovering your passions, exploring the importance of knowing your true self, finding joy and a sense of purpose.

Senior's Festival

[Caring for yourself as the Carer](#) - a program designed to support and empower carers to find ways to look after themselves and find a sense of independence and purpose during this challenging period of life.

[Service with a Smile](#) - Explores the benefits of service, volunteering and mentoring

[Balancing Dynamics of 50/60+](#) - explore challenges at this stage of life and open-up honest discussion about life changes including themes such as isolation, family, regret, managing emotions and planning for the future

[Singing Together](#) - A fun session for Seniors Festival to enable a sing-along to reminisce past musical eras

[Creative Life Writing](#) - A hands-on workshop to uncover personal strengths and achievements

[Unlocking Technology](#) - A much needed workshop for seniors to explore the strength of technology, dispel myths, assist in creating confidence and connection with others practical insights to open new doors of wellbeing and a sense of belonging.

[Community Connection Conversations in 2025](#) – This discussion-based workshop helps to create connections and explores foundations of wellbeing through discussion on philosophical topics such as happiness, gratitude, friendliness, empathy, harmony, social cohesion, (depending on your local needs, choose a theme that will relate to your community - joy, gratitude, regret, creativity, kindness, purposefulness, service).



FOR FAMILIES

[Building Resilient Young People / Ways to Support Your Kids to Thrive](#) - Exploring the key principles of strengthening resilience in kids of all ages.

[Let's get safe online in 2025](#) - Assists parents to think about the online world through the eyes of their children and empowers parents to create safety and manage age-appropriate screen time.

[Dad's Matter](#) - This session unpacks the vital role of the dad figure in a family and provides strategies to strengthen relationships. Creating routines and activities to engage in together, empowers each member to grow increase a sense of confidence.

[The Power of Service](#) - Explores the power of service together as a family, and how it enhances our joint sense of purpose and connectedness, strengthens family relationships, while contributing to community building.

[For families - Strengthening Family Rhythms](#) – This discussion-based workshop explores the natural process of change, the importance of the family, the strengths of each family member and uncovers strategies to create happy families. It is vital for families to create natural rhythms to empower each member to grow and succeed with confidence.

[It's OK to say 'No' – Setting boundaries](#) - Boundaries are key to supporting children to be confident and happy individuals. This workshop explores the importance of change, behaviour and empowers parents to know when and how to say 'no'.



[What's Next for Me? - Career & Study Pathways – A Student's Perspective](#) - Exploring study, work and career options & the power of opening up communication with mum and dad.

[Career & Study Pathways – A Parent's Perspective](#) – Supports parents to understand how best to support their student in making study, work and career pathways choices.

CREATE YOUR OWN SERIES

Why not create your own series. This provides the opportunity for Annette to develop deeper connections, and she has observed it allows for greater empowerment and confidence to develop. A series can be created to suit your local needs or schedule. Examples:



[Wellbeing series](#) – a series of 4 - 6 workshops chosen from these samples or on topics you feel relate to your residents

[A RoadMap to Work](#)

[Session 1](#) – Foundations of searching for work, holistic wellbeing, CV and cover letter, role plays

[Session 2](#) – Review of individual action, interviews and personal planning and action

Who is Annette Subhani?

Annette Subhani is a professional with a diverse background in early childhood and primary education, human resources, community development, coaching, providing parenting support and education, along with trauma counselling with Lifeline, Men'sLine, and CareRing, providing vital support in areas such as mental health.



"Annette is an enthusiastic educator and personal coach who thrives on supporting others to achieve their best."

She brings an enthusiastic and engaging approach to her workshops, focusing on supporting individuals, families, and communities during life's natural transitions. Her down-to-earth style fosters open discussions and sharing, which enhances wellbeing and inspiration. Annette has also received numerous awards for her contributions to community building and educational initiatives, reflecting her strong impact on both individuals and the broader community.

Through her New Pathways Life Model, Annette provides a holistic framework for creating life strategies that support ongoing change, balance, and personal empowerment.

Annette's community workshops run for 90 minutes, providing a discussion-based approach that encourages participants to reflect on their own health and wellbeing. These workshops can be designed for individuals, seniors, and families, and can be tailored to meet the specific needs of a local community. The focus is on fostering empowerment, reflection, and meaningful conversations that support personal growth and wellbeing.

We would love to be part of the programs you are offering.

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

Prices on application



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