New Pathways Life Coaching
~ Accompanying you during transitions of life

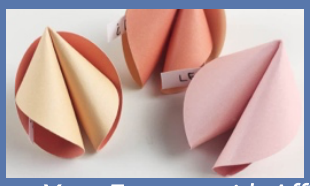
Hands-on & Participatory Workshops For Mental Health & Wellbeing 2025

During recent months while travelling throughout Victoria and offering mental health and wellbeing programs, I have noticed the desire of residents to want to 'work & chat'. In response to this, I am delighted to share with you a series of new hands-on participatory workshops.

Each is carefully designed to introduce new practices to keep the hands busy and to quieten the mind.

All our workshops provide an inclusive space for creative activities, while exploring elements of health and wellbeing and providing a space for connection. Each workshop is 90 minutes in length, to allow for interaction, discussion and provide time for hands-on tasks.

We look forward to the opportunity to offer a stand-alone workshop or a series.

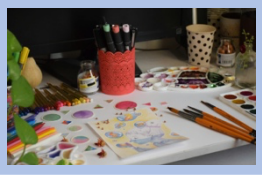


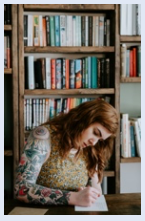
Tapping into Your Fortune with Affirmations

Affirmations offer us confidence, clarity, and a sense of direction — and who doesn't love the surprise of a fortune cookie? In this uplifting workshop, we'll bring the two together by crafting colourful paper fortune cookies and exploring the power of words. You'll create your own meaningful affirmations and tuck them inside your handmade cookies, ready to inspire yourself or others. Participants will leave feeling uplifted, creative, and carrying a handful of heartfelt fortunes.

The Art of Feeling through Flow

Discover how the flow of watercolour painting supports you to tap into your innermost thoughts and emotions. The choice of colour and density of colour are more important than technique, so no experience is needed. In this workshop, we'll explore how naming and managing your emotions supports mental health and wellbeing. You'll be gently guided by music, inspiring words, and colour as you find peace and healing in the silence. You'll leave with a sense of achievement, joy, and a deeper connection to yourself.





Letter Writing: A Gentle Act of Self-Care

Letter writing is a timeless form of communication that invites thoughtfulness and reflection. The regular exchange of letters fosters bonds of love and friendship. In this special workshop, we'll tap into that energy and explore how self-care practices can support your overall health and wellbeing. Together, we'll create a list of friends to start writing to—helping you nurture and strengthen those important relationships. Come ready to be inspired and let your creativity shine!

Quilling, the Art of Concentrating

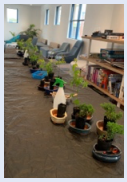
Join this quiet space to reflect on holistic wellbeing, nurturing your heart, mind, body, and spirit. Engage in learning the art of quilling while exploring themes of health and wellbeing. This program offers time to deepen your concentration and creativit as you craft a beautiful decorative card.

Creating the Gratitdue Jar * *an additional cost/person*

We all know how powerful practicing gratitude can be—let's explore this magic together through inspiring words. What we think and say to ourselves deeply impacts our mental health and wellbeing, and gratitude can help shift negative thoughts into positive ones. In this workshop, you'll decorate your own gratitude jar to take home—a daily reminder and motivation to cultivate gratitude in your life.

The Art of Bonsai to Find Inner Peace * *an additional cost/person*

There is nothing like having a hobby to connect with our inner self. This workshop explores the ancient art of bonsai or 'plant in a pot', and how it feeds our inner spirit and helps to slow our pace of life. We will uncover key elements of holistic wellbeing and plant individual plants into little bonsai pots, so that each participant can take home their own bonsai to care for and nurture.



The Magic of a Personal Vision Board

** an additional cost/person*

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.

The Power of Attention through Mindfulness

Explore how focus and attention play a vital role in wellbeing by enabling personal reflection. In this hands-on workshop, participants will discover the impact of creative mindfulness on their mental health and holistic wellbeing through engaging, hands-on activities involving dots, lines, and colour choices. Together, we'll also explore self-care practices and holistic lifestyle priorities to support a balanced and mindful life.

Gift Cards with Intention

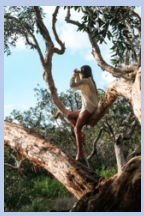
Gift cards with intention incorporate decorations, affirmations, symbols, inspiring words of wisdom and creativity. In this this hands-on workshop we will explore how the power of intention, purpose and choice can improve our mental health and wellbeing. Everyone will leave with a set of handmade cards - the perfect gift for family and friends – and a sense of personal inspiration to carry forward.

Finding My Passion

We all have passions and activities that bring us joy, but they often get lost in the demands of daily life. This workshop explores the power of passion to boost mental health and wellbeing. Participants will rediscover forgotten hobbies and embark on a hands-on journey to ignite confidence and create plans to weave new hobbies into their daily routines. As the warmer months approach, let's come together to **ignite our passions!**

Nature Bathing

Drawing from various meditation and mindfulness practices, this workshop invites participants to return to the foundations of personal reflection. Through cultivating stillness and focused attention, you'll discover powerful ways to support your health and wellbeing. Together, we'll explore the connections between nature walks, tree bathing, and deepening our relationship with the environment. Through meaningful discussion and participatory experiences, this workshop will engage your heart, mind, and spirit.



The Wellbeing Journal

We have all heard of people keeping a diary or journal, but have you thought how it can enhance your mental health and wellbeing? As the warmer months approach let's explore the power of journaling, uncover how it can assist in setting up personal goals and provide you time and space for personal reflection. During this practical and discussion-based workshop participants will commence the first pages of their own journal exploring gratitude, wisdom, personal strengths, and focusing on goals for the months ahead.

***** These sessions have an additional per person charge for materials

Presenter, Facilitator & Coach

Annette Subhani is the founder of *New Pathways Coaching & Education*, a dynamic facilitator and motivator known for her engaging workshops and ability to spark meaningful discussion and action. She brings an enthusiastic and compassionate approach to her work, delivering community-based wellbeing programs that draw on her rich and diverse life experience.

Her professional background spans human resources, recruitment, and training, as well as trauma counselling through LifeLine and MensLine. Annette has also supported people of all ages as a mentor and life coach, with experience in community development, parenting education, relationship support, and career guidance. Trained as both an early childhood and primary educator, she offers a unique, holistic perspective in all areas of her practice.

Annette's *New Pathways Life Model* promotes a holistic, practical approach to personal growth—supporting people to create strategies that foster change, balance, and empowerment. As a Wellbeing & Life Coach, Annette walks alongside individuals to help them uncover their inner strengths, set manageable goals, and stay supported at every step of the journey.

Her contribution to the community has been recognised with several awards, including:

- A *2021 Volunteer of the Year nomination* from Boroondara City Council for her support during the pandemic
- A *2013 Australia Day Outstanding Community Service Award* from Boroondara City Council
- A *2013 Award for Excellence in Service Delivery to Multicultural Victoria* from the Victorian Multicultural Commission

Testimonials from recent workshops:

Excellent presentation. Lived audience participation, Lovely being welcomed individually by presenter.

Annette you are such an uplifting person, and I enjoy hearing your insights.

Annette is a wonderful presenter.

Absolutely loved the session.

Annette is very hands-on and engaging with everyone.

Each workshop is developed to meet local needs, and Annette uses a unique combination of approaches to engage participants and create an empowering space.
Workshops are offered during the day, at night and on weekends.

Try a series:

A series offers a unique opportunity for Annette to connect with participants at a deeper level throughout a few sessions, optimising the outcomes. When working with individuals through a series of workshops, Annette creates deeper connections and sees greater empowerment and confidence develop. A series can be created to suit your local needs or schedule.

You can book one, two or even a series of workshops on various topics.

Recent examples:

- Wellbeing series at Ballarat - 6 wellbeing workshops over 3 months
- Night wellbeing series at Hobsons Bay - 3 wellbeing workshops over consecutive Thursday nights

We would love to be part of the schedule so please call to consult on how we can meet the needs of your community.

Prices on application

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