

Community Wellbeing Programs ~ Early 2024 – Let's get started!



I am delighted to share with you some sample and suggested programs for each month early in 2024. I hope to consult with you about how I can connect with your residents. I feel there is a desire from residents to engage in hands-on action, while exploring health and wellbeing themes. To assist this, some of the programs are practical and creative workshops, each engaging participants in meaningful experiences to experiment and develop new skills. Each participant will leave with an original personal piece to take home.

The *New Pathways* programs cater for a broad demographic including:

- Individual Empowerment through hands-on practical programs
- Parents
- Seniors
- Youth

Holistic wellbeing involves making changes to strengthen personal wellbeing through action, and our *Holistic Life Model* provides a unique approach to strengthening wellbeing - *heart, mind, body and spirit*. I hope to continue to offer empowering workshops that provide meaningful strategies to move forward with enhancing their health, connections and overall wellbeing.

Each workshop can be offered in-person or online where we provide a ZOOM meeting link for each workshop. All programs are offered in a 90-minute format to enable a unique participatory approach to health & wellbeing. Each workshop can be adapted to meet your local needs.

Annette Subhani

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"Annette brings out the best in others. Her programs provide a motivating space for discussions, reflect and are empowering to a broad demographic."



January 2024

- **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)
- **Building Inner Truth in 2024** (Being true to ourselves is about learning what our core values are and what is our sense of purpose. This program supports participants to begin 2024 with confidence in their own values, strengths, and passions so they can work towards achieving their goals)
- **Journal to New Beginnings in 2024** (This workshop uncovers the power of journaling to enhance wellbeing through self-care, helps to uncover and capture personal goals for 2024, assists participants to set up their own journal and leave having completed the first pages) - has an additional per person charge for materials

February 2024

- **Understanding Burnout - Turning it around to Strengthen Health & Wellbeing** (This workshop explores the increasing level of stress, anxiety and burnout in individuals, assists participants to understand how stress builds, and how to turn it down through choice, self-care and holistic lifestyle priorities)
- **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) - has an additional per person charge for materials
- **Kick off 2024 – Finding Wellbeing through our Senses** (We carry our 5 senses with us everywhere and they can be used to improve our wellbeing. This workshop assists participants to set goals for 2024 and explore how to incorporate practices to engage their senses through a series of hands-on experiences)
- **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) - has an additional per person charge for materials
- **Parenting**
 - **It's OK to say 'No' – Setting boundaries** (Boundaries are key to supporting children to be confident and happy individuals. This workshop explores change, behaviour and empowers parents to know when and how to say 'no')
 - **Let's get safe online in 2024** (Assists parents to think about the online world through the eyes of their children, and empowers them to create safety and manage age appropriate screen time)



March 2024

- **International Women's Day – 8 March**
 - **Women can Roar** (An empowering and honest workshop for women of all ages that explores the choices each woman can make to enhance their wellbeing and feel a sense of accomplishment and purpose)
- **The Stories We Tell Our-Self - Empowering us with Awareness** (Our mind is a powerful tool that is busy telling us stories to help us succeed and feel good, but sometimes these stories can make us feel inadequate. This program helps to unpack the power of awareness, our emotions and to uncover choices that are often hidden in our storytelling)
- **Parenting**
 - **Strengthening Families** (Explores the natural process of change, the importance of the family, family traditions, and uncovers strategies to create happy families)
 - **Building Resilient Young People / Ways to Support Your Kids to Thrive** (*exploring the key principles to strengthening resilience in kids of all ages*)
- **Happiness Day**
 - **Laughter is the Best Medicine** (Exploring the power of laughter on our health & wellbeing participants will leave energised with a feeling of joy, and real strategies to bring laughter into each day)
 - **Write Your Story to Wellness** (*a unique workshop to explore and invite seniors to tell their story and find ways to enhance their wellbeing*)
 - **The Power of Attention through Mindfulness** (Increase an understanding that focus and attention are major parts of wellbeing as it enables personal reflection. Participants will explore the impact of creative mindfulness on their health and wellbeing, and engage in practical experiences involving dots, lines, and colouring)



April 2024

• **International Health Day – 7 April**

- **Navigating Stress & Anxiety with Holistic Approaches** (exploring stress & anxiety and uncover approaches to wellbeing hygiene)
- **New Approaches to Self-Care** (This workshop explores how creating a personal wellbeing plan empowers action and uncovers self-care approaches to start along a pathway to inner peace)
- **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)
- **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 & Mentoring** (exploring the power of service to enhance our sense of purpose and overall wellbeing, while contributing to community building)
- **Social Cohesion – Building My Community** (a discussion-based workshop exploring the power of connection and how social cohesion builds strong purposeful communities, while enhancing personal wellbeing)

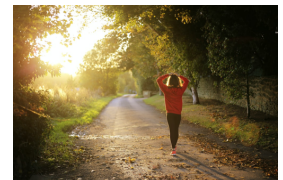


Series of workshops

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.

Here are some recent examples of a series of workshops:

- **Changing Habits, Changing Directions** (overcoming addiction)
Session 1 – Pathways to change and holistic wellbeing
Session 2 – Personal coaching sessions
Session 3 – The Road Forward & Key Strategies
Session 4 – It's the community that makes the difference
- **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
- **Wellbeing series in Ballarat in 2023**
6 wellbeing workshops over 3 months



Presenter, Facilitator, Coach – Annette Subhani

Annette Subhani has a background in early-childhood and primary education, human resources recruitment and training, community development, trauma counselling through LifeLine and Men's Line, parenting programs, careers guidance and personal coaching. She has a down to earth style that quickly engages participants in discussion and sharing, enhancing individual wellbeing outcomes and bringing about empowerment. Her *New Pathways Holistic Life Model* offers a holistic approach to establishing lifestyle strategies to support ongoing change, balance and inspiration.

Annette has received numerous awards for her work including:

- a nomination for *Volunteer of the Year with Boroondara City Council* in 2021 for her contribution to residents during the pandemic
- an *Australia Day Outstanding Community Service Award from Boroondara City Council* in 2013, acknowledging her contribution to community development at the grassroots work
- an *Award for Excellence – Service Delivery to Multicultural Victoria* from the Victorian Multicultural Commission in 2013

Call us today to consult on how we can meet the needs of your residents, community group, school or community.

We look forward to contributing to efforts to support residents.

Prices on application