

# Victorian Seniors Festival

## 1 – 31 October 2026

I am delighted once again to share with you some sample programs to engage and support seniors during October in 2026. For many years I have presented across Victoria during this special time to support seniors to come together and have fun, connect and reflect on their quality of life, health and wellbeing.

To allow for participation, interaction and hands-on tasks all my workshops run for 90 minutes. Some workshops have games and movement, and all focus on linking themes to overall mental health and holistic wellbeing.

Please reach out to if you have any questions, want more information on these samples or want me to create a specific program to meet the needs of your residents.

Each workshop is different and Annette uses a unique combination of approaches to engage participants and create an empowering space.

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Depending on the nature of the workshop these approaches include:

- Discussion and sharing of lived-life experiences
- Workshop handouts so participants can capture their insights and new strategies
- Uncovering personal strengths, passions, barriers
- Music, dance, drama, musical instruments
- Humour
- Myth Busters around health and wellbeing and the need for connection
- Participation from experts or inspirers – through video shorts
- Words of Empowerment and Inspiration
- Hands-on – planting bonsai starter plants in tiny pots, card-making, creative experiences
- Creative techniques – drawing, watercolour painting, doodling, colouring, the use of colour, shade and texture

### Plan Your Wellbeing in Retirement

A special workshop to explore how retirement is one of life's biggest transitions, and like any major change, it benefits from planning and preparation. While financial planning is important, preparing for retirement is also about thinking ahead to the kind of life you want to build. What will be important to you? What will give your days structure and meaning? Finding your "clan" to socialise with, creating a sense of purpose, reconnecting with your passions or taking care of your holistic wellbeing are all essential.

#### Connection & Fun

Singing & Reminiscing to Wellbeing

Laughter is the Best Medicine

Rediscovering your Passions & Hobbies

Who's my Clan? – uncover through discussion and games

Let's Get Active, through a little silliness & fun

#### Purposeful Connection

Unlocking Technology to Empower Connection – uncover technology to help connection, dispel myths

Service with a Smile

The Power of Gratitude

Community Connection Conversations (choose a theme such as empathy, harmony, joy, regret, kindness)

## Health & Wellbeing

The Stories we Tell Ourselves – Unlocking your Hidden Emotions

Sleep, your Health Superpower

Managing Intense Emotions

Unlock Secrets to Mental Health & Wellbeing

Caring for Yourself as the Carer

Balancing Dynamics of 50/60+

Are you OK? – Setting Boundaries

Spring into Action – Find the Keys to Feeling Great

## Hands-on & Creative

Watercolours - Opening the Door to a Sense of Peacefulness \*

The Art of Bonsai to Find Inner Peace \*

Quilling, the Art of Concentrating \*

Creating Gift Cards with Intention

Letter Writing: A Gentle Act of Self-Care

Journaling to Improve your Health & Wellbeing

Creative Life Writing to Wellbeing

The Power of Doodling & Colouring with Attention

Tapping into your Fortune with Attention

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

### Who is the presenter?

Annette Subhani brings an enthusiastic and engaging approach to her workshops, focusing on supporting individuals to uncover new insights, feel supported and leave feeling empowered with new strategies to try. She creates a safe space and throughout each workshop she is vulnerable in sharing lived-life experiences and encouraging others to do the same. Her down-to-earth style fosters open discussions and sharing, which enhances wellbeing and inspiration. She has received numerous awards for her contributions to community building and educational initiatives, highlighting her strong influence on both individuals and the broader community.

Annette 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. She draws on these experiences in planning and presenting her workshops. Through her *New Pathways Life Model*, Annette provides a holistic framework for creating life strategies that support ongoing change, balance, and personal empowerment.

### Testimonials from recent workshops:

Excellent presentation. Loved the 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 made me feel safe and included, and I uncovered many memories.

Prices on application



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